

UMOJI

Holistic Transitional Housing Program

This program offers a supportive environment for individuals transitioning from homelessness or unstable housing situations towards independent living. It combines safe housing with a comprehensive program focused on self-sufficiency, personal well-being, and business development.

Program Components:

1. **Safe and Stable Housing:** Provides participants with private or shared rooms in a secure and supportive environment.
2. **Life Skills Training:** Covers topics like budgeting, healthy cooking, meal planning, time management, and conflict resolution.
3. **Business Development and Education:**
 - **Business Classes:** Offers basic business courses in areas like starting a business, marketing, customer service, and financial literacy.
 - **Mentorship Program:** Connects participants with experienced business professionals who provide guidance and support.
4. **Service Learning:** Provides opportunities to volunteer within the community, allowing participants to develop skills, gain experience, and give back.
5. **Supportive Services:**
 - **Case Management:** Assigns a case manager to each participant to develop personalized goals and action plans.
 - **Counseling:** Offers individual and group counseling sessions to address mental health needs, trauma, and addiction recovery (if applicable).
 - **Financial Planning:** Provides assistance with budgeting, debt management, and saving for future housing.

Schedule Breakdown:

- **Curriculum Hours:**
 - **Monthly:** 20 hours (4 hours/week) These hours can be flexible based on individual needs and work schedules.
- **Coaching/Mentorship:**
 - **Weekly:** Individual meetings (30 minutes) with a coach or mentor.
 - **Group Sessions:** Bi-weekly group meetings (1.5 hours) with coaches or mentors for peer support and discussions.
- **Counseling:**
 - **Individual:** Weekly meetings (30 minutes)
 - **Group:** Optional weekly support groups (1 hour)
- **Service Learning:**
 - **Weekly:** 4 hours This can be completed in flexible time slots to accommodate work schedules.
- **Self-Care Time:** Daily: Participants are encouraged to prioritize self-care through activities like exercise, meditation, or spending time in nature. Weekly: One evening or afternoon dedicated to personal time and relaxation.

Addressing Drug Addiction and Behavioral Issues:

- **Professional Support:** The program will partner with external addiction specialists or mental health professionals to provide the necessary support for individuals in recovery.
 - Addiction treatment plans will be integrated with the overall program structure.
- **Modified Curriculum:** The business development and service learning components might be adapted for those with specific needs.
 - Emphasis will be placed on building foundational skills necessary for work and healthy living.

Program Duration:

The program is designed to be flexible, with an average duration of 12-18 months. Residents can stay longer based on individual needs and progress.

Success Measurement:

Progress will be measured through goal achievement, increased financial stability, employment acquisition, and successful business development (if applicable). Overall well-being and positive social interactions will also be monitored.

Collaboration:

The program will collaborate with local businesses, community organizations, and social service providers to offer employment opportunities, volunteer placements, and additional support services.

This holistic program offers a supportive and structured environment for individuals to develop the skills and confidence needed to achieve self-sufficiency. By addressing both practical needs and well-being, this program strives to empower participants to build a brighter future.