

# **United Way Capital Area: The New Programs**

*A brief look at the new agencies and programs being funded by United Way Capital Area beginning in 2008, divided by Focus Area.*

## **Focus Area: Education (Early Childhood)**

*Goal: Children enter kindergarten ready to succeed*

### **Hospital Visitation to the Parents of Newborns**

The Parents of Newborns Project intervenes in the life of a new mother and father through hospital visits, follow-up phone calls, parenting classes, and support groups during the first days and months after the birth of a child to provide education (in English or Spanish), information, and support. Each family receives a binder with basic newborn care tips and information about helpful community agencies and resources.

#### Agency Providing Hospital Visitation:

- Family Connections

### **Home Visiting**

All members of UWCA's Home Visiting Collaboration work with vulnerable families of infants and toddlers in the families' homes to improve basic parenting skills, screen children for developmental delays and make appropriate referrals, help parents establish regular visits with health care providers, and support school readiness by encouraging families to talk, sing, play and read to their children every day. Each partner in the collaborative may have additional services, and each focuses on a different target audience.

#### Agencies Providing Home Visitation:

- Any Baby Can Child and Family Resource Center
- AVANCE
- Communities In Schools

### **Direct Childcare Supplements**

Because the state child care subsidy rate for low-income working families does not cover the true cost of quality care, it is very difficult for centers serving a large number of low-income families to meet the highest standards of quality. This funding will provide direct supplements to eligible, non-profit early childhood care and education centers who have met the quality standards set by the National Association for the Education of Young Children (NAEYC). The amount of supplement is tied to the number of low-income children served by the center. Centers can use the funding in a variety of ways to support qualified teachers and support staff, purchase curriculum materials and healthy snacks or meals, provide family support, and maintain their building and equipment.

#### Agencies Receiving Direct Childcare Supplements:

- Ebenezer Child Development Center
- Faith Presbyterian Child Development Center
- MainSprings Schools
- Open Door Child Development Center
- SafePlace Child Development Center
- Trinity Child Development Center

## **Social Emotional Collaboration**

This collaborative delivers on-site mental health consultation (focused on children, parents, and early childhood teachers) to child care centers serving vulnerable children and families. Services will include series-based training on social-emotional guidance and support, mental health screenings and assessments, and professional development related to self-care and stress-management.

### Agencies Collaborating:

- Austin Child Guidance Center
- YWCA

## **Parent Education**

Delivery of evidence-based parenting education (The Incredible Years) on elementary school campuses located in Hays and Caldwell counties to parents of pre-k students.

### Agency providing Parent Education:

- Communities in Schools

## **Play and Learn Groups**

Free weekly sessions for low-income families (parents and children) will be offered in two southeast Austin elementary schools. Classes are facilitated by a degreed early childhood teacher, and include exemplary, evidence-based parenting education as well as typical pre-school experiences for children.

Agency: Communities In Schools

## **Focus Area: Education (Youth)**

*Goal: Economically disadvantaged middle-school youth achieve academic success & develop strong life skills*

### Supportive Adults

#### **Child Advocacy / Mentoring the Middle**

Mentoring the Middle will target youth served by CASA in middle school, or transitioning in or out of middle school (grades 5 through 9). Children served by CASA are often behind in school because of turbulent home situations, frequent transitions between schools, and/or learning disabilities. Each middle school youth will be matched with a volunteer advocate providing Guardian ad Litem services.

Volunteers complete intensive training and commit to serve one child or sibling group for approximately 20 hours a month for a minimum of one year, usually longer. While providing advocacy in legal, educational, medical, therapeutic and placement situations, the volunteer will be a supportive advocate and mentor for the middle school youth and will encourage and support the children to succeed educationally and develop positive and healthy behaviors.

Agency: CASA of Travis County

#### **Hispanic Mother/Daughter Program**

The Hispanic Mother Daughter Program is a supportive adult program that connects Mother-Daughter teams with mentors and tutors, holds conferences on personal and academic priorities, offers counseling, conducts ESL classes for mothers, and provides information about college admission, scholarships and campus life.

Agency: The Junior League of Austin

## **Project Connect**

Breakthrough shepherds youth from the 7<sup>th</sup> grade until high school graduation, filling gaps and finding resources to make college possible. Key to this work is attracting, training, and retaining supportive adults to act as teachers, tutors, mentors, and role models. This project will increase capacity to recruit more volunteers, train them better, and keep them longer.

Agency: **Breakthrough**

## **Healthy Choices**

### **Healthy Choices**

The Healthy Choices for Middle School program is a comprehensive effort to support middle school youth in learning healthy behaviors, making healthy choices, and engaging in healthy activities. Healthy Choices will synthesize three successful YouthLaunch programs: No Kidding (preventing teen pregnancy); YPC (preventing underage alcohol use); and Urban Roots (learning about nutrition and environmental sustainability) into one overarching effort, connecting the strands of service to create lasting impact for over 2,700 middle school students in 11 schools throughout Central Texas. Young people will be the teachers, mentors and leaders of Healthy Choices, holding workshops, engaging students in hands-on activities, and leading apprenticeships through our partnership with Citizen Schools.

Agency: **Youth Launch**

### **REAL Space**

LifeWorks' prevention programs have evolved over forty years to provide middle school youth and pre-adolescents with safe environments that facilitate open communication about relationships, peer pressure, and making choices. Core components include curriculum-based groups, individual mentoring, volunteer projects, organized family events, and an opportunity to develop a caring relationship with an adult – a component that LifeWorks considers the single most important factor impacting the choices youth make. Pregnancy Prevention groups focus on strategies to resist peer pressure, build self-esteem, delay sexual involvement, and make healthy choices. Substance Abuse and Violence groups emphasize impulse control, positive social skills, empathy, and techniques for managing emotions.

Agency: **LifeWorks**

## **After School**

### **School Success**

By providing campus-based advocacy, monitoring report cards, and convening family-school conferences, Breakthrough helps students succeed in advanced coursework. While this intervention has proven effective by several key measures, students' academic skills are still lagging when they enter 9<sup>th</sup> grade. We are launching after school skill-building and tutoring sessions to address this gap. After-school academic sessions will take place at Breakthrough's offices and via "clubs" at students' schools. Sessions will provide tutoring, study skills training, academic coaching, and family conferences to address individual needs. In addition to academic benefits, the after-school program will provide a forum for building positive relationships among our achievement-oriented students. Over time, campus clubs will positively impact school culture at our target middle schools.

Agency: **Breakthrough**

## **Summer Bridge**

Breakthrough's nationally-recognized academic summer sessions for low-income rising 7th and 8th graders are highly effective in reversing the "summer slide" typically experienced by low-income students. Each summer, students exhibit significant gains in reading, writing, and mathematical fluency. Breakthrough will launch a 4-6 week pre-9th grade summer session to build on the gains of the previous summers and to ensure that students not only enroll in college-preparatory high school programs but also persist and thrive in them.

Agency: **Breakthrough**

## **Core Program Areas**

After-school (during the school-year) and all day during the summer and school holidays, Boys and Girls Club of the Capital Area will offer programs that address character and leadership development, education and career development, health and life skills, the arts, and sports, fitness and recreation. Last year, more than 1,670 kids participated in these programs.

Agency: **Boys and Girls Club of the Capital Area**

## **Focus Area: Health**

*Goal: Central Texans are physically and mentally healthy*

### **Primary Care**

#### **Jack Sansing Dental Clinic**

The Jack Sansing Dental Clinic offers comprehensive dental care to people with HIV/AIDS in Travis and the nine surrounding counties who cannot otherwise access care due to their HIV status, lack of dental insurance, or inability to pay for services. Professional staff and volunteer dentists and hygienists offer care on a sliding scale fee, although no one is turned away for inability to pay.

Agency: **AIDS Services of Austin**

#### **CARE/Candlelighters**

Any Baby Can's medical case management programs ensure that at-risk children from families with limited resources optimize their physical health by accessing primary care, including specialist services and supportive resources such as mental health services and basic needs assistance. The Comprehensive Advocacy and Resources for Empowerment (CARE) Program delivers bilingual services to families of children with chronic health care needs (excluding children who are eligible for the agency's Early Childhood Intervention Program). The Candlelighters Childhood Cancer Program helps families throughout all stages of cancer, including initial diagnosis, treatment, remission, and bereavement.

Agency: **Any Baby Can Child and Family Resource Center**

#### **Manos de Cristo Dental Clinic**

The Manos de Cristo Dental Clinic provides high-quality, affordable dental care to individuals with limited resources. The clinic aims to restore the oral health of low-income individuals who are at risk of suffering from poor oral hygiene. It serves those who are ineligible for governmental dental assistance, without private dental insurance, and with a gross monthly income of 150% below poverty. It is the only reduced fee dental facility in Austin that offers a full range of treatments to the general public.

Agency: **Manos de Cristo**

## **Doug's House**

Doug's House is a residential facility providing hospice care for persons living with HIV/AIDS in the final stage of AIDS and supportive care during periods of medical crisis. Doug's House services allow hospice clients to live fully and comfortably during their last days and supportive care clients to stabilize and learn how better to manage their disease.

Agency: **Project Transitions, Inc.**

## **Chronic Disease Management Program**

The Chronic Disease Management Program focuses on diabetes, high blood pressure, and endocrinology disease. The following components constitute the continuum of care: prevention/detection, treatment, stabilization and management; disease management, self-care

Agency: **Volunteer Healthcare Clinic, Inc.**

## **The Care Communities**

Volunteers ("Care Teams") work in groups to ensure that the client (usually a single adult without family or a support group of church or friends) can maintain access to healthcare and treatment regimens, or to remain independent during terminal illness. Care Teams assist with transportation to medical appointments, retrieval of medications, and transportation to support group meetings. Volunteers also shop for groceries and other items, do light housekeeping and meal preparation, yard work, and supportive child services. One of the Care Team members is in touch with the client at least daily to check on well-being and needs. Serves Bastrop, Williamson, and Travis counties.

Agency: **Interfaith Care Alliance**

## **Behavioral Health**

### **Children's Outpatient Mental Health and Evaluation Services**

The goal of the Austin Child Guidance Center (ACGC) program is to improve the mental health of children and their families through intervention, diagnosis and treatment to help them develop the emotional skills for meeting life's challenges. The majority served are the most vulnerable, low-income families. A multidisciplinary team of social workers, counselors, psychologists and psychiatrists provide individual, family, and group therapy; parent education classes; psychological assessments; psychiatric evaluations; community consultations; and training of mental health professionals.

Agency: **Austin Child Guidance Center**

### **Austin's Special Populations in Recovery (ASPIRE)**

ASPIRE provides access to and provision of a seamless continuum of behavioral health services. This includes a 28-bed medical detox, a 60-bed men's facility on a 40-acre ranch, a 24-bed men's extended treatment facility on a 12-acre site, a 59-bed women's primary & extended program, with a 16-bed Family House for women with children who are in treatment. ASPIRE provides extensive outpatient services including a special program for probationers, aftercare, alumni activities and free community education.

Agency: **Austin Recovery**

## **Integrated Behavioral Health Services and Outreach**

The Integrated Behavioral Health Outreach and Services program provides four services that address mental health challenges in Central Texas: 1) Counseling targets youth, families and individuals who are victims of domestic abuse; 2) Family Violence Intervention; 3) Kids' Exchange provides supervised visitation and child exchange services; 4) Community Outreach

Agency: **LifeWorks**

## **Counseling Services (Domestic Violence)**

The SafePlace Counseling Services program offers individual, family, and group therapy to women, children, and men hurt by sexual and domestic violence. A continuum of services is offered to serve their varied needs.

Agency: **SafePlace**

## ***Older Adults***

### **Elderhaven Adult Day Care**

Elderhaven Adult Day Care, the only licensed medical-model adult day care program in Travis County, provides a safe and supervised setting to encourage regular therapies and activities; and empowers seniors to remain engaged in activities of daily living and delays entry to institutional settings.

Agency: **Austin Groups for the Elderly**

### **Brown Bag Program**

The Brown Bag Program gives low-income seniors access to nutritional meals, creates opportunities to participate in exercise and recreational activities, nutrition education, and health and safety.

Agency: **Bastrop County Emergency Food Pantry & Support Center**

### **Aging in Place**

The Family Eldercare Aging in Place Program is a continuum of case management-supported financial, medical, transportation, in-home care, respite, and legal guardianship services provided to elders and persons with disabilities to prevent abuse, neglect and/or financial exploitation. Services are intended to ensure and protect the health, safety, and care of older adults and meet and monitor their basic needs. Four program components include: In-Home Care and Respite, Guardianship, Service Coordination, and Money Management.

Agency: **Family Eldercare**

### **Meal on Wheels**

Meals on Wheels provides home-delivered, healthy meals to older adults and individuals with disabilities in the Greater Austin area.

Agency: **Meals on Wheels and More, Inc.**

### **Senior Nutrition / Meals on Wheels**

The Senior Nutrition Program provides congregate and home-delivered meals in senior centers and in homes. The Senior Nutrition Program also provides a range of related services including nutrition screening, assessment, and education counseling. These services help participants identify their general and special nutrition needs as they may relate to health concerns such as hypertension and diabetes.

Agency: **Williamson-Burnet County Opportunities, Inc.**

## **Adult Day/Health Care**

The Adult Day/Health Care program provides a safe, appropriate environment for adults with special needs. Our mission is to maximize the health and capabilities of each client and provide caregivers support and needed respite care, allowing clients to remain safely in their homes and community. The Round Rock ADHC is the only medically licensed Adult Day Care in Williamson County.

Agency: **Austin Groups for the Elderly**

## **Focus Area: Financial Stability**

*Goal: Families and individuals are financially stable*

### **Capital IDEA**

Educational sponsorship, financial assistance, case management, and counseling to those enrolled in higher education to complete degrees in high-need, high-paying occupations.

Agency: **Capital Investing in Development and Employment of Adults, Inc.**

### **HomeBuyer Program**

HomeBuyer Education classes prepare Habitat HomeBuyers for social and financial responsibilities of owning their own homes. Program participants complete 24 units of education ranging from basic financial literacy to budget development.

Agency: **Austin Habitat for Humanity**

### **BiGAUSTIN**

Training, technical assistance, and access to marketing and lending resources for low-income, minority, and/or female small business owners.

Agency: **Business Invest in Growth, Inc.**

### **Job Source Ready to Work**

The Ready to Work Program assists individuals with barriers to employment with finding and retaining employment in the Central Texas community, through the development of job readiness skills, job placement, and retention support.

Agency: **Goodwill Industries of Central Texas**

### **Steps to Success**

The Steps to Success program offers multiple opportunities to address poverty, through the provision of safe, supported housing, emergency financial assistance, independent living skills, job training, GED, educational goal planning, mentorship, and a well established, coordinated system of linkages to community and government resources. Key groups to be served include families affected by teen parenthood, individuals without a high school education, and young adults "aging" out of foster care.

Agency: **LifeWorks**

### **Financial Stability**

The Financial Stability Program provides a continuum of services including the Community Tax Centers, quality affordable rental housing, financial education and homeownership classes, college credit courses, and Individual Development Accounts (IDAs).

Agency: **Foundation Communities**

## **Funded Collaborations**

### **Communities In Schools/Big Brothers Big Sisters Mentoring**

For more than 20 years, Communities In Schools–Central Texas (CIS) and Big Brothers Big Sisters of Central Texas have been successfully matching community mentors with at-risk middle school students. This collaboration combines these strengths while eliminating barriers to create an innovative, school-to-community based mentoring model. The program will increase the number of mentors in central Texas middle schools, increase the average length and retention of mentoring matches, and support matches through transition from school to community settings, ensuring year-round mentoring services. CIS will identify students and families, while BBBS will spearhead the match-making process. Both organizations will pilot this initiative at middle schools and share expertise and resources throughout the process.

Agencies Collaborating: **Communities In Schools, Big Brothers Big Sisters of the Capital Area**

### **Passages Program**

The Passages Program is a collaboration of seven agencies (Salvation Army, Caritas, Foundation for the Homeless, Lifeworks, Family Connections, Foundation Communities, and SafePlace) where case managers link homeless participants to permanent housing, stable income, counseling, life skills, direct financial assistance. The program addresses a continuum of services including: housing, workforce, emergency financial assistance, credit repair, and debt reduction.

Agencies Collaborating: **Salvation Army (fiscal agent), Caritas, Foundation for the Homeless, LifeWorks, Family Connections, Foundation Communities, and SafePlace**

### **Quality Childcare Mentoring Collaboration**

Based on evidence and data surrounding the importance (and long-term benefits) of investing in early childhood development and education, the Quality Childcare Mentoring Collaboration helps Central Texas childcare centers achieve quality ratings and accreditation. This includes professional development of staff, facility improvement (through the Childcare Facilities Improvement Project), and increased resources and implementation of best practices.

Agencies Collaborating: **WorkSource (fiscal agent), Family Connections, Austin Community College**