



Fresh Start Support Service

Carla Matos
Board President





Event



Experience




Effect

Three
E's of
Trauma


2x More likely to binge drink and have a bad diet




3x More likely to be a smoker




4x More likely to have low levels of mental wellbeing



5x More likely to have sex before 16 years of age




6x More likely to have an unplanned pregnancy




7x More likely to have been involved in violence



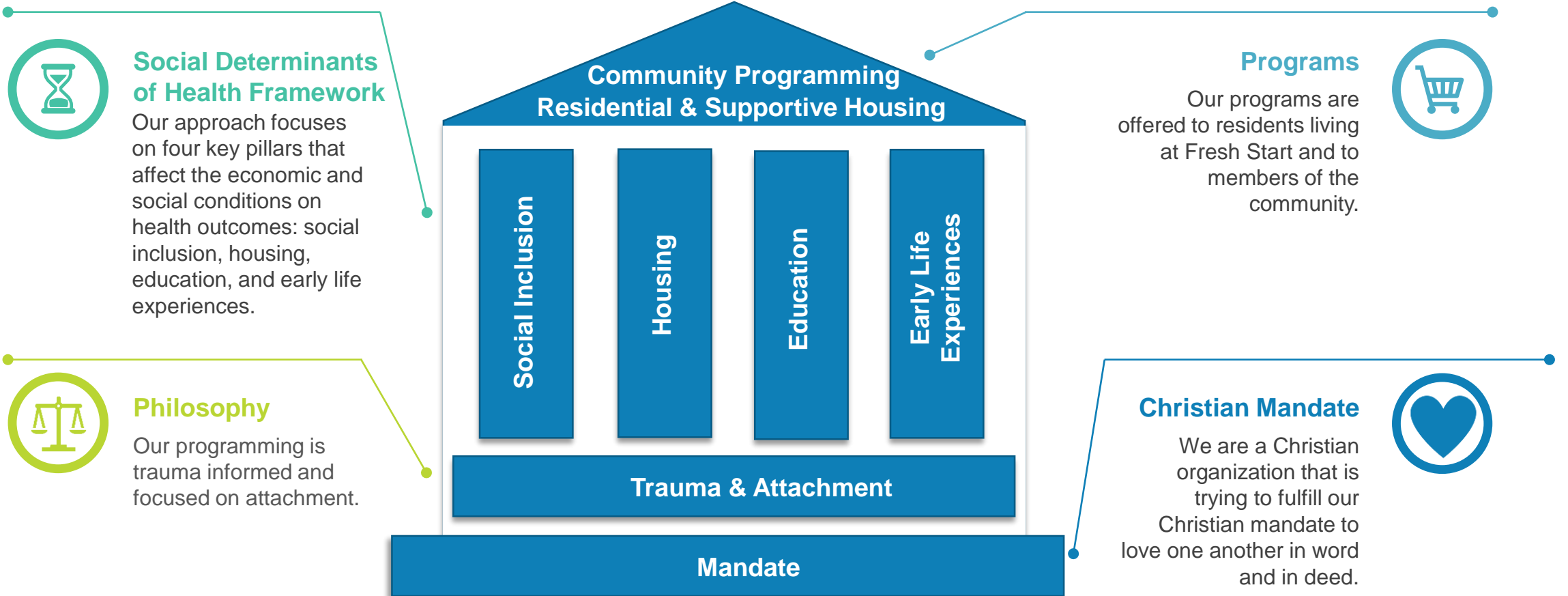
11x More likely to have used IV drugs



11x More likely to have a law enforcement presence



Fresh Start Model



Fresh Start Programming

Parenting Skills

Child Developmental Education, Attachment Programming, Baby Best Practice, Mom & Me Programming.



Education & Employment

Completion of High School Diploma, College Registration, Volunteering, and Employment Goals.



Social Inclusion

Daily Meaningful Activity, Communal Meals, Group Programming.



Life Skills

Personal Administration, Money Management, Nutrition, Social Relationship and Networks, and Self Care.



Housing

Housing stability skills, Maintaining a Health Environment, Health & Wellness, Medication Management, Managing Tenancy.



