FRESH START JOB TRAINING PROGRAM



FRESH START PATH TO SELF SUFFICIENT LIVING



PROGRAM OVERVIEW

The Heart Ministry Center's Fresh Start Job Training Program provides participants intensive human resource training and holistic case management while operating Nebraska's largest food pantry.

PROGRAM DETAILS

- 15-20 week program
- 33 hours per week (Monday-Saturday)
- Up to 20 participants at a time
- \$5,500 direct program expense per participant
- Post graduation case management with emphasis on:
- Earned income and the balancing of a household budget
- Stable housing
- Reliable transportation
- Job retention

SCREENING PROCESS

- Individuals with limited, if any job prospects, due to the following:
- Chronic unemployment
- Criminal history
- Addiction
- Mental health issues
- Toxic relationships
- Lack of education
- Generational poverty

JOB TRA

- · Honest, open minded, and willing
- Background check
- Drug testing
- Final acceptance subject to approval of Fresh Start Staff and program facilitators
- 3 week trial period

JOB PREP

- Monthly meeting with Fresh Start Staff to discuss:
- Consistency
- Reliability
- Work Ethic
- Attitude
- Communication
- Internship at HMC
- Predictive Index human resource guide
- Resume preparation
- New work clothes purchased
- Checking and savings account with initial deposit opened

PERSONAL DEVELOPMENT

- Weekly meeting with mental health specialist
- Weekly group therapy
- Medical screening and comprehensive health plan
- Weekly exercise with certified nutritionist and personal trainer
- Financial literacy instruction
- Digital literacy program
- Weekly meetings with case manager to discuss:
- Food
- Clothing
- Housing
- Transportation
- Cash flow (HMC funds expenses based on need)
- Individual goals
- Weekly guided yoga and meditation classes

MEASURING PROGRAM SUCCESS

OFMENT PREP

- Success measured by having six months of employment that balances household budget, stable housing, and reliable transportation.
- Postgraduate check-ins



HIGH QUALITY OF LIFE

- Postgraduate support
- Financial incentives for graduates who stay with the same employer for up to 1 year
- Financial incentives for graduates

