





# 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 job training and case management while operating Nebraska's largest food pantry.

PROGRAM DETAILS

- 9-month program
- Up to 40 hours per week (Monday-Saturday)
- Up to 20 participants at a time
- Financial assistance provided
- Post graduation case management with emphasis on:
  - Earned income and the balancing of a household budget
  - Stable housing
  - Reliable transportation
  - Job retention

## PERSONAL DEVELOPMENT

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

## MEASURING PROGRAM SUCCESS

- Six months of employment that balances household budget, stable housing, and reliable transportation.
- Increased earning potential
- Progress with the barriers that created a need for the program

## 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
- **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

## HIGH QUALITY OF LIFE

- Financial incentives for graduates
- Peer network of support
- Ongoing staff support