



# Notes from conversations about the bridge to self-sufficiency pillars

Name \_\_\_\_\_ Date \_\_\_\_\_

## Family Stability: Housing

Introductory Statement: It is easier to move forward toward economic independence when you have a stable, safe, affordable living situation. This pillar ranges from not being permanently housed to living in an unsubsidized apartment or home, where you pay less than 30% for rent and mortgage. How could you describe your living situation?

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## Family Stability: Family

Introductory Statement: Individuals work hard to meet their children and family members' needs. The following pillar is not about whether you are a good parent, grandparent, family member or not. The pillar asks about how much time and energy you have to devote to meeting your children or family members' needs, and how much that effort takes away from the time and energy you can devote to working on your own goals (especially work and school). Examples of needs that might prevent you from moving forward include: a child who gets sick often, not being able to find consistent, appropriate childcare, a child who has difficulty following the rules at school, or a child who had learning challenges that s/he is not getting help for or a family member who is dealing with mental health, addictions or health complications that causes stress and anxiety in your everyday life. How would you describe your children or family members' needs, and the effects that those needs have on you and your family?

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## Well-Being: Physical & Mental Health - Personal

Introductory Statement: Physical and mental health issues can make it more difficult to make progress toward our self-sufficiency goals. How would you describe your physical and emotional/mental health? What impact do your physical and emotional/mental health issues have on your ability to focus on yourself, hobbies, interests, or your family in the way that you would like to?

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## Well-Being: Physical & Mental Health - Work

Introductory Statement: Physical and mental health issues can make it more difficult to make progress toward your self-sufficiency goals. We recognize that your physical and emotional/mental health is influenced by the roles that we have in life. When you think about your employment, how would you describe your physical and emotional/mental health? What impact do physical and emotional/mental health issues within your work setting have on your ability in meeting your goals of self sufficiency for your education, family or financial management?

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## Well-Being: Networks

Introductory Statement: Your ability to make progress toward your goals can be affected by your support system, whether people in your life are draining or supportive, whether the people around you think your goals are important and can share resources to help you make progress. We think about networks in two different ways: people who offer you personal support, and people who provide a “leveraging” network. Leveraging networks are those that can connect you to resources, information, opportunities, etc. Examples might include your case manager, your mentor, a friend who can tell you about job openings, or people who can connect you to supportive social services. How would you describe your networks?

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## Financial Management: Debts

Introductory Statement: Owing money can cause stress, and can prevent you from moving forward economically. The debt pillar ranges from debts that aren’t currently being paid to having no debt at all. How would you describe your debt?

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## Financial Management: Savings

Introductory Statement: It is easier to cope with changes or crises if you have money saved to pay for the things you need and want. Think about the amount of money that you have saved. If your income stopped today (but all other benefits-such as subsidized housing or childcare – continued) how long would you be able to pay for your expenses with the savings you have now?

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## Education & Training

Introductory Statement: Education and training can position you to get a job that pays a family-sustaining wage. What is your highest level of education or what job experience/training? Have you completed any certifications?

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## Employment & Career Management

Introductory Statement: At CCP, economic self-sufficiency means being able to support your family without getting any government assistance (such as Forward Health, food stamps, subsidized housing or childcare, etc.) To look at your household earning and how much it may take to support your family, we use Area Median Income (AMI). We use AMI because it matches up with the metrics used for public benefit eligibility. The numbers you see may seem very high. Our goal in showing you this isn't to discourage you, but to help you figure out pathways that would move you closer to your living wage and how you define economic self-sufficiency for your family. How do you feel about your current employment/career as being able to provide a self-sufficiency income for your family?

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## Mobility

Introductory Statement: At EMPATH, economic self-sufficiency means being able to have reliable transportation to assist you in getting to work and appointments as necessary. If you own a car, having a valid driver's license, car insurance and the means to maintain your own car are important to stability. We have created benchmarks to help you set goals within the transportation pillar to help you move closer to independence and self-sufficiency for you and your family.

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