

## Providing Opportunities for Parental Success (POPS)

Centerstone is initiating a 5-year federal grant program – Providing Opportunities for Parental Success (POPS). This program is intended to help individuals with children and families sustain responsible fatherhood. The major goals of the program are to help build skills, such as improving financial stability, developing good parenting skills and improving family relationships.

The Centerstone POPS team has been specially trained to assist fathers in the program in the areas of Family Wellness, Employment, and Building Recovery Capital.

### Family Wellness

- Our Healthy Families workshop implements a well-established family education and family enrichment model for teaching skills, enhancing healthy family interactions, and connecting family members to each other and to their community.
- The curriculum is listed in SAMHSA's *National Registry of Evidence-Based Programs and Practices* as a Best Practices program.
- Centerstone POPS coaches are certified to teach Survival Skills for Healthy Families, Dads for Life: Fathering for Family Wellness, and The Strongest Link: The Couple, a curriculum for couples.

### Employment

- Centerstone employment coaches provide one-on-one support to assist fathers with self-assessment, planning and setting goals, finding jobs, and retaining employment. The coaches have specific training in working with individuals with a criminal history.
- The Steps Toward Employment & Personal Skills (STEPS) workshop is a one-of-a-kind curriculum that provides group support and information that will promote job success.
- Centerstone employment team members are certified by the Indiana Institute on Disability & Community (IIDC) to utilize the Benefit Information Network (BIN) to assess how employment will affect Medicaid, Medicare, and Social Security benefits.
- The employment team utilizes a Supported Employment Evidence Based Practice (EBP) and therefore have a Choose-Get-Keep job approach based on an individual's strengths and abilities.

### Building Recovery Capital

- Recovery is approached with the theory-based Stages of Change model through which clients build strengths, abilities, and resources to improve their health and wellness, live a self-directed life, and strive to reach their full potential.
- Centerstone's CCAR-certified recovery coaches will focus on building recovery capital, linking fathers to community resources, and advocacy.

**This program will serve fathers who are 16 years and older, in the following Indiana counties: Bartholomew, Brown, Lawrence, Monroe, Morgan, and Owen.**

To make a referral to Providing Opportunities for Parental Success (POPS), please contact: [lauryn.kramer@centerstone.org](mailto:lauryn.kramer@centerstone.org) or (812) 318-7414

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