

SERVICES

Sierra House offers the following services:

- Two Year Transitional Housing
- Tutoring
- Higher education preparation
- Life skills education
- Job skills training
- Job search training
- Individual counseling
- Group counseling
- Family counseling
- Daily living skills
- On-going support services
- Recreational/cultural programs
- Referrals
- After-care planning
- Transportation



**For more information, please contact:
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Sierra House Inc.**

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www.sierrahouse.org

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Sierra House is a nonprofit 501(c)(3) organization.



HOPE LIVES HERE

Sometimes people in need feel too embarrassed or discouraged to seek the help that is essential to their growth and success. Here at Sierra House, we welcome young women, ages 18 through 25, with open arms as we provide shelter, food, and other services needed to empower them. Young women can face their issues, conquer them, and proceed to an abundant life. There's NO need to feel discouraged or ashamed.

Come join us!



ABOUT US

Established in 2002, Sierra House is a nonprofit organization committed to helping young people.

Our mission is to improve the prospects of individual achievement for at-risk youth and young adults through housing, education

and community services, thereby contributing to the long-term stability of our community.

The agency currently consists of two programs: Sierra House Transitional Program and Sierra House Entrepreneur Leadership Program, also known as SHELPH.

OUR TRANSITIONAL PROGRAM

The Sierra House Transitional Program is a structured two-year program for homeless young women and young mothers who are victims of abuse or neglect or aging out of the foster care system.

Our goal is to teach and prepare them to face and conquer their challenges, and proceed to where they can live independently within the community at large. During their stay at Sierra House, young women and young mothers learn responsibility, autonomy, and sound decision-making skills.

Our Transitional Program provides young women with a supportive family-like environment that encourages growth and helps them to improve their self-esteem. Upon arrival, each young lady works with a counselor to develop a customized plan, which is geared toward promoting healthy lifestyles, obtaining stable housing, achieving emotional stability, and increasing the educational and career opportunities available to them.

Each plan is age appropriate, milestone-based, sets goals, and identifies the timeframe needed to accomplish them. The plan is action-based and provides each resident with clear steps on how to achieve her goals, making sure each participant is getting what she really wants out of life.

Education: The Sierra House Transitional Program offers a host of classes including but not limited to life skills, parenting classes, financial literacy, gardening, empowerment classes, and much more. It is our desire that residents reach their highest academic potential. Those who are completing high school or pursuing a GED are assisted in doing so successfully. Sierra House staff actively promotes full-time college attendance and works with residents to demystify college and other post-secondary school enrollment processes.



Job Skills: On-site and off-site job training and career development workshops are also offered. This training includes basic office & computer proficiency skills, job search, resume writing, and job interview preparation. Sierra House works with employment

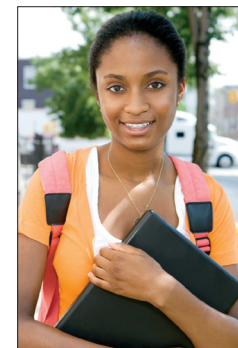
services, actively networks with businesses, arranges for participation in job fairs, and organizes career days to assist residents in finding employment.

Counseling: Group and individual counseling is available to all residents. Counseling provides a supportive place for them to deal with the problems of everyday life. These might include adjusting to adulthood, college, motherhood, and dealing with low self-esteem. Counseling may also address issues with relationships, family problems, depression, guilt, anger, life traumas, or difficulties from the past. Most of all, counseling provides a supportive environment for participants to share and talk about their thoughts, develop positive solutions and make life changes.

Summary: After successful completion of the program, our graduates are able to live independently in an apartment of their own, to assume responsibility for managing time, to enroll in college/or other post-secondary training, to get a job, and to live as productive citizens of our communities.

Eligibility: Young women interested in residency at Sierra House must be between the ages of 18 and 25 and be willing to comply with the rules of the program. Residents may live with only one child, who must be less than four years old.

To Apply: For an application, please visit our website at www.sierrahouse.org/success or give us a call at (973) 678-3556.



SHELPH

The Sierra House Entrepreneur Leadership Program (SHELPH) works in partnership with local high schools to teach students managerial and business ownership skills. The goal of the six-month program is to promote college attendance and entrepreneurship, and to provide students with real-world business experience.

Students enrolled in SHELPH gain social, leadership, decision-making, business development, and ownership skills. They also learn how to work together as a team.

To Apply: High school students interested in SHELPH can call us directly at (973) 678-3556.

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Sierra House, please contact
Keely Freeman, Executive Director
at (973) 678-3556.**

*Sierra
House*
Helping young women open
the door to self-sufficiency

Sierra House Individual Support Services Program is based on the principles of family-focused, accessible, needs-based, clinically appropriate and outcome-driven individualized care for children, adolescents and young adults. The program is outcome-based and is designed to assist youth with moderate self-care and habilitation skills.

Sierra House is committed to providing these services based on the needs of the child and family. Each client receives personalized, one-on-one services and a customized, individual support plan.

Our staff works closely to train parents and guardians in the implementation of the individual support plan to ensure success while increasing their ability to provide the support the youth needs to function in his/her natural environment. Services are offered in Essex, Hudson, Union, Bergen, and Passaic counties.

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Sierra House
Helping people open the
door to a better life

Individual Support Services (ISS)

Sierra House is a nonprofit 501(c)(3) organization.

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Sierra House offers individual support services for eligible children, youth and young adults under age 21 with challenging behaviors and developmental disabilities.

The purpose of these services is to transfer the necessary skills to enable our young people to achieve and/or



maintain the outcomes of increased independence, productivity, enhanced family functioning and inclusion in the community.

Individual support services will foster and increase the ability of the family, guardian and/or caregiver to provide the youth with needed support to remain home, in school, and in the community requiring minimal, if any, outside intervention.



Individual Support Services include:

- Basic Activities of Daily Living (BADLs) skill building: BADLs consist of self-care tasks, including but not limited to:
 - Bathing and showering;
 - Dressing;
 - Eating;
 - Grooming;
 - Washing hair;
 - Brushing teeth; and
- Instrumental Activities of Daily Living (IADLs) skill building: IADLs are not necessary for fundamental functioning, but they enable an individual to live independently in a community. These skills include but are not limited to:
 - Completing Housework;
 - Taking medications as prescribed;
 - Managing money;
 - Shopping for groceries or clothing;
 - Using the telephone or other forms of communication;
 - Using technology; and
 - Using public facilities.