

TEEN MOM HANDBOOK & COURSE DESCRIPTIONS



**HOPE
HOUSE**
COLORADO





HOPE
HOUSE
COLORADO

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PURPOSE AND GOALS OF HOPE HOUSE

OUR MISSION STATEMENT

Hope House Colorado empowers parenting teenage moms to strive for personal and economic self-sufficiency and to understand their significance in God's sight, resulting in a healthy future for them, and for their children.

SELF-SUFFICIENCY DEFINITION:

Hope House defines self-sufficiency as the ability to financially support a family; maintain physical, spiritual and emotional security; build and maintain healthy relationships; provide safe and loving parenting; and demonstrate responsible decision-making.

OVERVIEW OF OUR PROGRAMS

HOPE HOUSE PROGRAMS

Teen moms are one of the most vulnerable yet overlooked groups in our community, with less than 2% graduating from college and only half earning a high school diploma. Our programs offer tangible hope, providing a variety of free services designed to help teen moms become self-sufficient and to have a place to belong. Our community activities are designed to allow our teen moms the opportunity to build friendships as well as be surrounded by healthy, safe and supportive relationships.

PROGRAM COMPONENTS

Empower Program

- High School & GED Program
- College & Career Program
- Economic Supports
- Legal Advocacy
- Healthy Relationships Classes
- Mental Health Support
- Licensed Counseling
- Personal Growth Classes
- Health & Wellness Support
- Spiritual Support
- Activities & Events
- Progress Meetings

Housing Support Program

- Residential Program
- Housing Supports

Early Learning & School Age Program

- Child Care (3-hour sessions while mom is in class at Hope House)
- Clubhouse (a program for school-age children focused on literacy and extracurricular activities)
- Early Intervention Services
- Therapy Dog Program
- Parenting Education and Classes

HOPE HOUSE STRUCTURE

Ever wonder how Hope House operates? How we pay all of the amazing staff who love and support you? Hope House is not government funded (like a school). Hope House is a nonprofit and we are funded by our *amazing champions* (donors), who freely give to us because **they believe in YOU!** Our champions are elderly folks on a fixed income, students in college and young professionals. Our goal is that all of our champions get to experience God through their giving. We call this “*transformational giving*.” You, our teen moms, are a big part of transformational giving! You may be asked to write a handwritten thank you card, or be given an opportunity to share your story, because your stories inspire every single one of us!

Program staff are helping you day in and day out with your personal and economic self-sufficiency goals. We also have staff who are not on program team who are also working hard on your behalf! That may be the development team – Dteam for short – hard at work raising money. Or it may be the operations team – Ops Team for short – setting up the kitchen, doing the dishes, fixing broken things or sitting at the front desk. Ops team makes sure you have an excellent environment – because that’s what you deserve!

These service and activities take place in our Resource Center in Arvada which provides a variety of features like classroom and office spaces; a Learning Lab for studying; an Early Learning Program for your little ones; a nursing room; a counseling room; fitness and laundry facilities; a dining hall; and a Mama Bear Cave where you can hang out and get to know other teen moms and their children.



“When I joined Hope House, I had no idea how much of an impact it would have on my daughter and me. I earned my GED, started college, learned how to become the best mommy I could be and so much more. I was in such an awkward situation seven years ago, but now I own my own car and live in my own apartment!”

- Alisha
Hope House graduate

VALUES

 Hope House is a
caring community



a place of
RESPECT

a place to
SET  **MEET GOALS**



a place to
 **LEARN**

a place
that is *beautiful*



a place that is
safe & secure 

a place that is **FUN**



a place where
**YOU ARE FREE TO BE WHO
GOD CREATED YOU TO BE!**

WELCOME FROM OUR FOUNDER & EXECUTIVE DIRECTOR

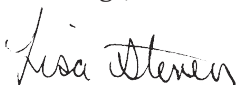
Welcome to Hope House! I'm so glad to have you here! My name is Lisa Steven, and I am the Founder & Executive Director of Hope House. I haven't even officially met you yet, but I already love you!

My husband John and I were teen parents ourselves. We were 17 when we got pregnant and got married. We have three grown-up kids and three granddaughters. John and I started Hope House because we know how hard it is to be a teen mom.

I know that you face judgment. You've probably heard someone say that you can't do it, or that your little one will be a statistic. I am here to tell you that they are **WRONG!** You are strong, beautiful and chosen. Maybe the timing was unexpected, but God Himself chose **YOU** to be the mother of your little one, and He never makes mistakes! He knew that you would love, protect and guide your baby. He knew that you would do everything in your power to build a stable, loving home for your children.

Besides being a mom and grandma, it is the greatest honor of my life to be a part of that journey with you. I believe in you. I know that you are a nurturing, loving mama, and I can't wait to see you meet the goals you set here at Hope House!

Blessings,



Lisa Steven
Founder & Executive Director
Hope House Colorado



WELCOME FROM OUR DIRECTOR OF PROGRAMS

Hi Mamas! Welcome to Hope House Colorado! My name is Jenny Gonzales, and I am the Director of Programs. I hope when you walked through our doors you were greeted with a warm smile and kind words because this is your safe space to love, relax and grow in.

We have a team that is excited you have applied to be a Hope House mom. We can't wait to get to know you and your little ones better! We love being able to support you in dreaming big and meeting all the goals you have set for yourself and your kids.

Being a teen mom is hard for sure. I was a teen mom myself and can't believe my son is already an adult! I still remember the feeling of being judged by people that did not even know me or my son. Here at Hope House, we love rewarding you for your hard work and one of our superpowers is helping you find ways through tough situations. Please come and see us anytime you need help or just want someone to hang out with!



Glad you found Hope House!

A handwritten signature of Jenny Gonzales in black ink.

Jenny Gonzales
Director of Programs
Hope House Colorado

WELCOME FROM OUR DIRECTOR OF DEVELOPMENT

Dear Teen Mom, have you ever wondered how Hope House can offer all these great and amazing programs for FREE? Our High School & GED Program, College & Career help, new car seats, laptops and more are all free because of the amazing number of Hope House champions that believe in YOU! This makes my job at Hope House an absolute joy. I get to tell everyone who donates to Hope House about you and your journey here.

Nearly 2,000 individuals, companies and foundations want to support your journey this coming year. They believe in you and want you to succeed in parenting, school, work and, most of all, your dreams! That's right -- they want you to be the best mom, student, co-worker or girlfriend that you can be! They also know it's hard even if you have the support you need.



We receive enough gifts a year to fund the \$3 million needed for us to be Hope House. Each year we also host an amazing golf tournament and gala that raise over \$700,000. We even have people that give a gift each and every month in support of you. We write grants, we ask for gift cards, car seats, diapers and bus tickets, and we even get cars donated on your behalf. Why would someone do that? Because they feel blessed to be part of Hope House and want to pay it forward. I get the privilege of sharing what God is doing here at Hope House. We sometimes say talking about what God is doing here at Hope House is our secret mission. There are so many amazing things that happen here in the course of fundraising that it can only be happening because HE loves each of you and your children so much.

Every so often there's a chance for one of you to come along to an event, speak about your experience, share a story or just stand alongside someone on the Development Team. The next time you are at the Resource Center, please stop by and say hello to all of us on "D Team."

Cheers to your success,

Lisa Schlarbaum
Director of Development
Hope House Colorado

JOURNEY TO SUCCESS



Our programs are designed to meet you where you are when you walk through our doors.



WELCOME TO HOPE HOUSE!



Complete orientation

Now a Hope House mom

Work on classes and tasks to be empowered in your journey to self-sufficiency.

Life happens? That's okay!
We are still here when you're ready!

Become a Hope House graduate!

CONGRATULATIONS!
Help empower other teen moms with your story!



SUPPORT FOR SELF-SUFFICIENCY GOALS

Individual Growth Plan

At Hope House one way we support you in meeting your self-sufficiency goals is through a Connections Meeting. This is the first time you will meet with staff after your orientation is done. This meeting helps us build a relationship with you, determine your immediate needs, establish future goals and create an Individual Growth Plan (IGP). Throughout the year staff will meet with you to review your IGP to discuss strengths and areas for growth; discuss the checklist of classes needed to become a Hope House graduate; and to set new goals! Hope House program staff also provide a transition meeting with you once you turn 24 years of age, supporting a smooth transition out of our programming by age 25, and an opportunity to continue to be engaged with Hope House as an alumna.

Self-Sufficiency Rubric

We measure your progress using a Self-Sufficiency Rubric. The rubric has personal and economic domains, helping you understand exactly how you are progressing as an individual and as a parent. This rubric gives staff the ability to specifically point out which areas are strengths and which areas might need improvement. By understanding where you need to grow and by setting and meeting achievable goals to get there, you are able to set goals that support you and your child.



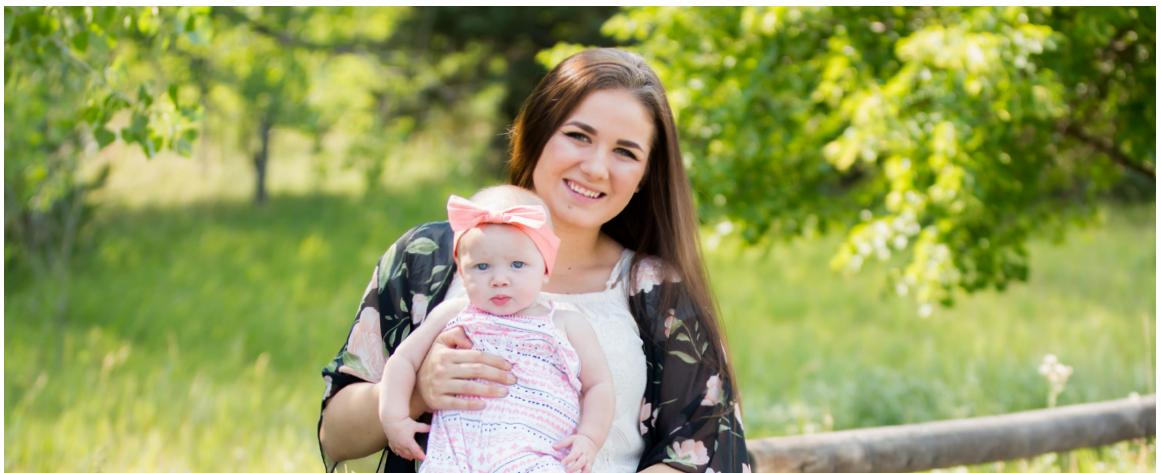
HOPE HOUSE GRADUATION & ALUMNI OPPORTUNITIES

Hope House Graduation

In order to become a Hope House graduate you will need to complete all of the classes and one-on-one meetings with staff that are on the graduation checklist. A staff member will go over the graduation checklist in one of your Individual Growth Plan (IGP) meetings. Each class or one-on-one meeting required on the checklist is a way to learn and grow towards self-sufficiency. Once you have completed all of the requirements, then you will get to participate in the Hope House Graduation Celebration. This celebration is usually a fancy dinner and dessert event that allows staff to praise and encourage you for all of your hard work. Becoming a graduate means being a leader around Hope House and helping to assist some younger, newer moms that are just coming in. And the best part of becoming a graduate is that you will also get to attend our annual gala!

Hope House Alumni

Hope House alumni are moms that were part of Hope House and have turned 25. Alumni are welcome to stay involved through volunteering, helping with events or joining Gen Hope. Gen Hope (short for Generation Hope) is a community of people in their 20s and 30s who are passionate about the work of Hope House. The group's purpose is to mobilize the next generation for the greater good of teen moms in Colorado. Gen Hope comes together once a quarter to socialize, serve and fundraise. Additionally, alumni will have the opportunity to return once a year in the summer for our annual *Graduate and Alumni BBQ*.



HOPE HOUSE CLASSES

EMPOWER PROGRAM

The Empower Program provides opportunities for personal, educational and economic self-sufficiency for teen moms. This includes educational assistance through High School & GED and College & Career Programs. Additional supportive services include healthy relationships and personal growth classes, licensed counseling, legal advocacy and financial literacy. Community building activities and events are also offered to build personal support systems and relationships with other moms.

Community Building

Having a solid community of people who you can trust enough to do life with in a real, vulnerable and honest way is a foundational part of life. Community gives us courage, hope, options, constructive feedback and joy. Attending Community Night provides intimate conversations and deep relationships, while helping you build a strong network of people to call on when life happens.

Mom Fun

This is a time to hang out with other Hope House teen moms. Mom Fun happens regularly and is a great excuse to relax, get to know each other, eat a delicious meal, go through in-kind and build community by doing life together. We also have fun activities like movie nights, game nights, speed friending and more!

Giving Back

Throughout the year, we offer opportunities for our teen moms to give back to their community and to Hope House. This supports the generous spirit in each of our teen moms and also provides the opportunity to teach their children the importance of giving back. The opportunities are limitless!

Mommy & Me Time

Mommy & Me Time provides an opportunity to do fun things with your children and other teen moms and their children. This is a great way to make new mom friends while your children play. We offer a variety of fun Mommy & Me activities throughout the year.

Field Trips

Exploring new adventures with your child is always fun and exciting. Field trips provide you with opportunities to discover a variety of cultural and educational institutions including museums, libraries, theatres and local farms. Attending a field trip with your child(ren) is a wonderful way to engage in and experience real world learning.

Christmas Shop

Earn Christmas points throughout the year by coming to activities, events, classes, one-on-one meetings with staff and reaching self-sufficiency goals! Staff will track your points and in December you can use them at the shop!

Personal Growth Support

Healthy Relationships Series

Our relationships courses and groups are designed to help you recognize and navigate healthy and unhealthy relationships, and to build and cultivate healthy relationships in your life.

Story of Hope

This is a 4-week relationships class that goes through the interactive book “Story of Hope.” You will receive a Hope House hoodie upon completion of the class. This class is offered three times a year. Morning and evening classes offered.

Good, Bad and Ugly

This is a 4-week relationships class that discusses the many different types of relationships we have in our lives, and what makes them healthy, unhealthy and/or abusive. We discuss tools and skills for keeping relationships healthy and how to protect yourself against unhealthy relationships. This class will address all relationships, not just romantic.

REAL Essentials

This is a 4-week series class that is hands on, full of fun activities and lots of learning. We will cover the foundations needed for healthy relationships, how to love ourselves and how to communicate to others what we need to feel loved. We’ll laugh, we’ll be silly and you’ll learn so much about yourself and your relationships. Most of all, you’ll set yourself and your child(ren) up for a bright future!

Healthy Relationships Classes

Other included classes cover the following topics: Sex Series, Womanhood, Boundaries, Marriage/Dating and Self-Defense.

Personal Growth Series

Our personal growth classes are designed to help you reach your full potential. These classes are important for your growth, maturity, success and happiness.

Self-Empowerment

This 4-week class is designed to equip you with soft skills that will help you maintain relationships, remove yourself from unhealthy habits and ruts and grow in your confidence so that you can achieve your goals. During this class, you will cover four of the eight Imperatives outlined by the PAIRIN survey as the most important skills for growth. These include: Emotional Self-Awareness, Stress Tolerance, Resiliency, Self-Alignment, Self-Blame, Self-Confidence, Self-Assessment and Self-Restraint.

Self-Care

Self-care as a mom is important, but what does self-care even mean? In this 4-week class, you will devote yourself to discussing self-care in-depth while taking time in class to practice what you learn. You will brainstorm ways to take care of yourself as well as discuss strategies to make time for self-care, how to prevent burnout and how to create healthy boundaries.

Personal Growth Classes

Other personal growth classes include: Communication and Mindfulness.

PAIRIN Meetings

Pairin is a personality assessment that reveals growth areas and goal guidance on how you can continue being your best self. After completing the Pairin survey, you will meet with a Personal Growth Educator to review your scores and learn about your strengths and areas for growth. The meeting will cover your Drivers (the universal force that motivates you the most), your strongest Imperative score and your biggest area of growth within the Hope House Personal Domains. This is an opportunity for you to ask questions and share with Hope House staff what you are learning, where we can help provide accountability and celebrate your growth. You will take Pairin twice a year and meet with a Personal Growth Educator to compare your past and present scores and celebrate your accomplishments

Spiritual Growth Opportunities

Bible Study

Every other Monday morning, there is an opportunity for you to participate in a Bible Study with both Hope House teen moms and Hope House Staff. Our Bible Studies cover a variety of topics such as prayer; how to read the Bible; characters in the Bible, etc. All are welcome regardless of your beliefs or doubts.

Faith Night

Faith Night happens the first Tuesday of every month. We play games, sing songs, and hear an awesome message from one of our local Church partners. All are welcome regardless of your beliefs or doubts.

Health & Wellness Support

Our Health & Wellness support is designed to promote whole-body health and equip you to make informed nutrition decisions that benefit yourself and your kids.

Exercise & Movement

We offer many opportunities to build community through exercise! You can connect and move with your kid(s) in Family Yoga or take a much-needed break to recharge in Moms' Yoga. We also have a FUNctional Fitness class every other week and hold Fitness Challenges (with prizes) throughout the year.

Cooking Classes

Join us for discussion and hands-on learning in one of our many cooking classes! We will cover topics such as pantry stocking, menu planning, cooking with kids, limiting food waste, shopping on a budget, buying and eating fruits and veggies, smart snacking and more. We will be making and tasting food in these classes, and you will even be able to take some home!

Mental Health Support

Individual Counseling

Schedule a time to talk with our Mental Health Coordinator about getting you connected with a counselor. Come talk with a counselor individually about any relationship issues you might have, or other issues you may be facing like anxiety, depression, or trauma.

Support Groups

Small support groups that focus on specific topics are offered as needed throughout the year. These groups will be small and confidential.

Other mental health support includes: mental health wellness, grief and loss, and dealing with anxiety classes.

High School & GED Program

Our High School & GED Program helps you prepare for your high school equivalency exams or online school with Penn Foster. We offer preparation for the GED and HiSet tests. Our High School & GED Program Coordinator and our amazing volunteer tutors are committed to teaching you at your correct level rather than using a one-way approach used by many other programs. We even pay for your exams or online schooling!

GED Preparation Classes

GED classes are offered Monday through Friday with morning, afternoon and evening sessions available. To be successful in this program, you must be able to commit to attend at least two classes per week. Once you complete your high school equivalency tests with passing scores, you are eligible to walk in our High School & GED Graduation!

Online High School Diploma

Students can complete their high school diploma through Penn Foster Online High School. Students work at their own pace to complete the 21.5 credit program, and can get help from our awesome tutors. Once the program is complete, you are eligible to walk in our High School & GED Graduation!

High School & GED Ceremony

There are two or three graduations each year, depending on the number of graduates. These ceremonies are cap and gown occasions typically held at an off-site location.

College & Career Program

Whether you are a graduate of our High School & GED Program or you have graduated from another school, you can be part of our College & Career Program! We will help you prepare for success in any path you choose—attending a trade school, pursuing college or going straight into the work world.

Career Consultation

Come and meet with the College & Career Coordinator to discuss your ideas for college and beyond. During this time, you will research colleges and programs that interest you. Together you can tour schools, meet with college advisors, and plan your degree. You will also fill out online applications to the college(s) of choice and apply for Federal Student Aid and scholarships.

Career Development

The College & Career Coordinator can help you with career exploration, job search and application assistance, or find internships and apprenticeships. You can also work together to develop your resume, prepare for interviews, and enhance your professional email and phone skills. Join us for different career readiness classes, connect with professionals in the field you want to get into, and gain confidence in discovering your path forward toward your dream career!



Economic Support

Our Economic Navigator takes great care in getting to know our teen moms individually in order to best support their journey toward self-sufficiency. Economic support services include assistance with human services, vital records, retrieving important documents, removing transportation barriers, financial literacy classes and individualized budget planning meetings.

The following are some of the services the Economic Navigator provides:

- Human Service Needs - Do you need help applying for Food Assistance, Medicaid, Cash Assistance Programs (TANF) or Child Care Programs (CCAP)? Maybe you need help with understanding your benefits or you would like to know about signing up for a Colorado PEAK account.
- Vital Records/Important Documents If you are missing a birth certificate or social security card for you or your child, we can help you get both.
- Clothing Our kiddos grow so fast! We take monthly trips to A Precious Child to help meet your family's clothing needs
- Do you need to get your permit or driver's license? Do you own a vehicle that needs some maintenance or maybe want to learn how to do some routine maintenance yourself to save money? The economic navigator can help with all your transportation needs.
- Are you struggling with your money and knowing how and when you should spend it? Do you need help learning about credit, saving, or creating a budget? We offer financial literacy classes and will sit with you to create a budget so that you can have the money you need, when you need it.



Legal Support

Our Legal Advocacy services assist with legal matters in district, county, municipal and juvenile courts. We do not handle criminal cases, which typically have private counsel, or a public defender assigned to the case; however, we do provide free legal support on a variety of criminal issues. Our primary focus is allocation of parental responsibilities, also known as custody cases. The Legal Advocate attends mediation in allocation of parental responsibilities cases, collaborates with attorneys and social workers to help resolve issues and provides emotional support during court proceedings. Additional support includes guidance on how to prepare and file legal documents and correspondence, assistance with case preparation for court appearances and guidance on court procedure. General questions are welcome, but the Legal Advocate will not provide direct legal advice and will not be able to represent you in any courtroom proceeding.

“The Legal Advocacy Program has helped me by providing me with the overwhelming love, support and resources I needed to stand up as a mother and fight for what’s right for my children. I am proud I was able to fight for my kids, but I wouldn’t have been able to do it if I didn’t have the support Hope House was able to give me through this program. Through this program I have gained confidence, strength and courage!”

- Angeline
Hope House teen mom



HOUSING SUPPORT PROGRAM

The Housing Support Program provides metro-Denver’s only Residential Program where parenting teen moms can live and work on self-sufficiency with the goal of obtaining stable, long-term housing for themselves and their child(ren). The program also provides housing support through partnerships with low income and transitional housing communities, while remaining updated on the Colorado housing market, legislative activity, and upcoming housing opportunities.

Residential Program

Hope House Colorado’s Residential Program offers a safe, stable home for teen moms and their children who are participating in our programs and who have become homeless or are living in an unsafe environment. Our 12-bedroom home provides our moms up to a week of respite care, up to nine months of transitional housing or up to two years of comprehensive programming. While at the house, our moms are engaged and challenged through an Individual Growth Plan, learning to incorporate healthy routines into daily life while living with their children and their peers in a safe, supportive environment.

Housing Support

The Housing Support Program is responsible for assisting teen moms with obtaining stable housing and driving growth in the housing domain of the Self-Sufficiency Rubric. Housing support services include assisting teen moms to understand the different housing options that will best meet their current needs; guiding them through filling out housing applications; assisting them with obtaining vital documentation; and preparing for housing interviews as needed. Hope House utilizes a variety of housing partnership like Beyond Home, Warren Village, Urban Peak, Castle Gate Apartments and more to support teen moms’ housing needs.



EARLY LEARNING & SCHOOL AGE PROGRAM

The Early Learning & School Age Program (ELSAP) is available to you while you attend an activity or class on-site at the Resource Center. Your child can participate up to three hours per day. The ELSAP offers opportunities for educational enrichment by using “Little InvestiGators.” The curriculum utilizes a comprehensive, developmentally appropriate approach to the first three years of a child’s life. The goal is to make ongoing, authentic observation-based assessments to provide responsive care based on the child’s natural curiosity and desire to know more through play-based learning. Your child will also learn about God and how much they are loved by Him through the very play-based and engaging Orange Bible curriculum. This curriculum exposes children to a Bible story through fun games, crafts, dance, movement and music!

Early Learning Program Orientation

Attending orientation is required to place your child(ren) in our Early Learning Program. You must meet with an Early Learning staff member to complete orientation. During the orientation, you will complete the registration form, create an Early Learning Ventures account, review the program handbook and spend time in the classroom with your child to help them with the transition.

Parent Teacher Conferences and Ages & Stages Questionnaires

Our goal as an Early Learning team is to partner with you to give your child the very best learning experience and make sure they are meeting developmental milestones. You will be invited to participate in an in-class, play-based assessment with one of our teachers and your child. We use the Ages & Stages Questionnaire (ASQ) to celebrate your child’s developmental milestones as well as provide support in learning areas where they may need some additional assistance. We will schedule a parent teacher conference to discuss your child’s development following the assessment and identify ways we can work together to provide your child with opportunities to continue growing. We will support you with activities that you can take home to work on with your child, and if there is a need for additional support, we will assist you with a referral for early intervention. Some of these services can be scheduled on-site at Hope House.



Childcare Consultation

Finding the right childcare can be a scary and difficult task, and it is no wonder – is there anything more important than your child? The Early Learning team will help ease your fears and concerns by explaining the various types of childcare; giving you guidance on how to find a quality, licensed child care facility or preschool; and providing resources to help you choose the right facility.

Tour Childcare Center

In addition to childcare consultations, Early Learning staff members provide opportunities to tour childcare programs. Attending a tour with a staff member is a great way to familiarize yourself with a childcare provider and to know what to look for and what questions to ask during your visit.

Clubhouse

Clubhouse is a fun, engaging and nurturing place of belonging for preschool and school-aged children. We believe that learning is best supported when built on a strong social-emotional foundation in an environment where children feel seen, valued, heard and loved. We are passionate about offering academic and extracurricular enrichment opportunities with a child centered approach, naturally fostering an environment where children grow and thrive.

Whiz Kids

Whiz kids is a fun and engaging tutoring program for school aged kids in grades K-6. Your child will be matched with a mentor and will meet with them weekly throughout the school year. They will have the opportunity to build relationships with their mentor, while they work on homework, or get assistance in other school skills they need support with. Through a fun and interactive Club time they will also learn how much they are loved by God, that He has a special plan for each of them. This program is offered on Wednesday nights, and we ask that you commit to attending regularly for the full school year.

Hope House Hounds

Children who attend our Early Learning & School Age Program have the opportunity to interact with therapy dogs who come and visit our classrooms. Children have opportunities to practice reading with the dogs in our Clubhouse literacy program and interaction with the therapy dogs helps ease transitions into the classroom and decreases separation anxiety. The kids love spending time with our dogs, and sometimes they even go out to the playground with us!



Early Intervention Services

Hope House provides onsite, professional early intervention services for children who may need a little extra support to meet developmental milestones. Support can be provided in areas of communication and speech, gross motor skills (crawling, walking, large motor movement), fine motor skills (small motor skills, like grasping items, handwriting) and occupational skills (daily living tasks) as well as behavioral support (regulating emotions and social interactions). This support in addition to consistent attendance in our early learning program and activities provided by our early learning team to work on at home help kids prepare to start kindergarten strong.

Hope House provides onsite early intervention services, including but not limited to speech, occupational and behavioral therapy, through partnerships and contracted professionals. Early intervention, in conjunction with consistent engagement in our Early Learning & School Age Program, prepares children who have demonstrated developmental delays to be on par with their peers as they enter kindergarten.



Parenting Program

Parenting is a demanding but highly rewarding and important job. It can be physically draining as you chase an active, exploring child. It is mentally exhausting when you deal with discipline, mood swings and temper tantrums. Add to this the stressors of school, jobs, housing and navigating through some complicated relationships and you get a sense of what real parenting is like. But there are solutions to some of these challenges, and we desire to walk alongside and help you in your parenting journey. The Parenting Program is designed to help you strengthen your parenting skills and through our various classes, we will talk about what it really means to be the best mom you can be for your child!

Parenting Discussions

Specialty Moms Group

This group is for moms who have a child with a medical diagnosis or developmental delay. These moms meet at least once monthly to help one another with resources, advocacy and support.

Pregnancy – Expectant Moms Group

Join this discussion on prenatal health, development, delivery choices and family planning.



Introductory and Age Specific Classes

Parenting 101 - Parenting Overview

This is a 4-week parenting class that uses the Nurturing Parenting curriculum. You must attend all four classes and finish assessments in order to complete the class and receive swag. Offered four times per year.

Infants - Newborn to 11 months

This class focuses on brain development, calming a crying baby, pregnancy related depression, feeding and milestones. It includes a lesson on infant massage and interactive time between mom and child. Offered four times per year.

Toddlers - 11 months to 3 years

This class focuses on development, understanding behavior, language, common frustrations and the importance of music and play. It includes interactive music time with mom and child. Offered four times per year.

Preschoolers - 3 to 4 years

This class focuses on development, common behavior, school readiness and nutrition. It includes healthy snacks and interactive time with children. Offered four times per year.

School Age Child - 5 years and older

This class focuses on development, behavioral concerns, common frustrations, choosing a school and extracurricular activities. Offered one to two times per year.

Family Focus Classes

Included classes will cover the following topics:

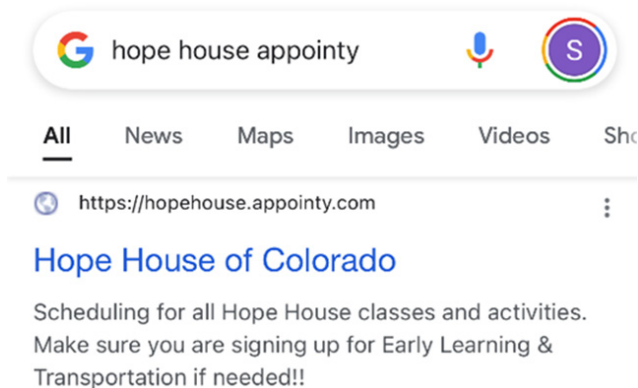
- Co-parenting
- Blended families
- Single moms
- Parenting more than one child
- Psychology of parenting classes
- Discipline styles
- Personalities in parenting

HOW TO SIGN UP FOR ACTIVITIES, CLASSES & EARLY LEARNING

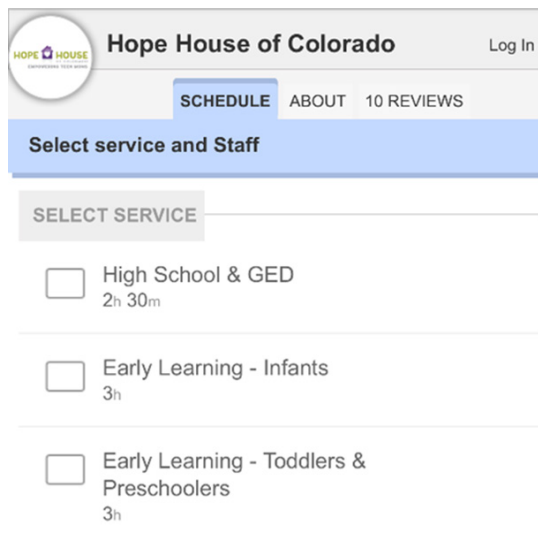
Appointy is the way to sign up for classes, events, Early Learning and everything else at Hope House!

How to use it:

1. Google “Hope House Appointy” and click the top option.

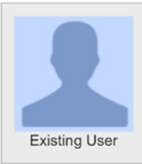


2. Once on the site, click “login” in the top right corner of your screen.

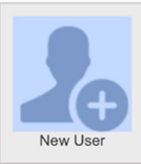


3. On the next page click “New User.”

NEW OR EXISTING? _____




Existing User




New User

-OR-

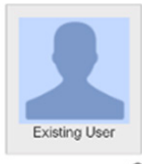
Login Using

 Facebook

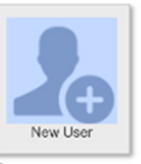
 Google

4. Fill out your info and click “Register.”

NEW OR EXISTING? _____




Existing User




New User

-OR-

Login Using

 Facebook

 Google

<input type="text" value="First Name"/>	<input type="text" value="Last Name"/>
<input type="text" value="Address"/>	
<input type="text" value="United States"/>	
<input type="text" value="No Region"/>	<input type="text" value="No City"/>
<input type="text" value="Zip"/>	
<input type="text" value="+1"/>	<input type="text" value="Mobile"/>
<input type="text" value="Email"/>	
<input type="text" value="Password"/>	<input type="text" value="Password"/>

Register »

5. Begin signing up for fun Hope House activities!

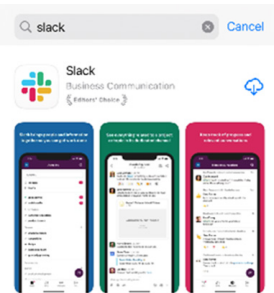
SLACK COMMUNICATIONS PLATFORM



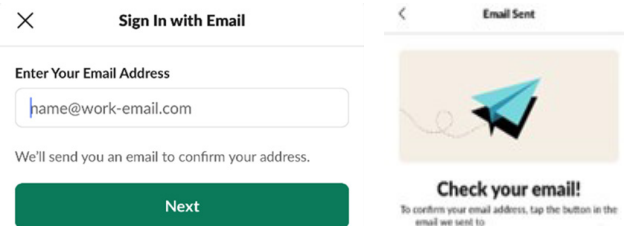
Slack is how we communicate at Hope House! This is where you will hear about any events, connect with our staff members or to let us know you need something.

How to join:

1. Download “Slack” on the app store:



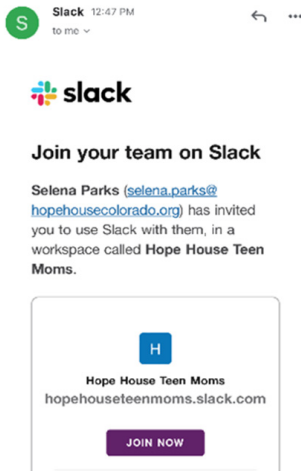
2. Create a new account with your email and FULL NAME:



3. Confirm your email address.



4. During orientation, you will receive a Slack invite from the Admissions Coordinator inviting you to the Hope House channels. Find this email and click “JOIN NOW.”



5. Turn on notifications and you are set!

These are our channel names!

🔒 hhclassesandevents

- This is where staff will post classes, events, and weekly updates about what is going on at Hope House.

hopehouseteenmoms

- This is where all our current and past Hope House moms can talk and share!

donationsandresources

- This is where we post **all donated items** that are up for grabs, as well as any resources for housing, furniture, cars, bills, etc.
- **BONUS:** If you post an introduction of yourself in #hopehouseteenmoms you can earn Christmas points!

How to read a staff member:

- Just like with text, type in the name of the staff member you want to reach in the search bar. Click on their name when it appears and start a conversation! We love to talk and enjoy supporting you on your path to self-sufficiency!

TRANSPORTATION SERVICES

Transportation is one of the biggest obstacles for some of our teen moms while they are working hard to reach self-sufficiency. That is why we love our beautifully wrapped vans! We can transport our girls to classes, medical appointments and more.

Eligibility

Staff providing transportation: You must live within our 15-minute (30 minutes roundtrip) range to request transportation. *Volunteers providing transportation* must be within 30 minutes of our pick-up area.

Transportation Cancellation Policy

If you need to cancel transportation for a Monday morning class, or within a few hours of the class/activity/meeting, please reach out to the class/activity instructor via text or Slack message to let them know you do not need transportation. If a volunteer is providing transportation, reach out to the program staff as soon as possible.

Important Information

When staff receive your request and can provide transportation, you will get notified via Slack if you will be picked up in a Hope House van or if a personal vehicle will be used. You will also be informed if you need to bring a car seat for your child or not. If your address has changed from the time you applied for our program, you must put the new address in the request and Slack the program staff so they can update your address in our system.

Day-of or day before pick-up

You may get a text confirmation from the staff member or volunteer providing transportation as early as 24 hours before pick-up time and up to an hour before pick-up time. If you do not respond to the staff member or volunteer, we will assume you do not need to be picked up. Because technology and phones are unreliable at times, if you have not heard from staff or a volunteer, it is your responsibility to reach out about your request.



HOPE HOUSE BOUTIQUE & FOOD PANTRY

Shopping at the Hope House Boutique and Food Pantry:

Our donors, champions and volunteers are an amazing part of our community. They are a significant part of Hope House and the resources we receive from them provide essential items to you and your child. We want to be responsible with our resources and be fair to everyone, so below are the guidelines for receiving in-kind items.

- You can stop by the Resource Center anytime the Resource Center is open to get diapers, wipes and formula.
- When you ‘shop’ in the Hope House Boutique, you can take as much as you can fit into one grocery bag or you can take one large item (donated furniture, stroller, etc.), unless specifically approved by a program staff member to take more.
- Food Pantry and Meals – You can stop by the Resource Center anytime to pick up food in our community fridges, freezer, food counter and cabinets in the dining hall. Ask staff if you need any help! We also provide some lunches and dinners when we offer classes and night programming. Please join us with your little ones for a meal.



HOPE HOUSE
COLORADO



**GRANDMA'S
FROZEN
NOODLES
KITCHEN**



POLICIES, RULES & EXPECTATIONS

POLICIES:

Anti-Discrimination Statement

Hope House Colorado and its programs will not deny assistance to any teen mom on the basis of race, color, creed, gender identity or expression, national or ethnic origin (ancestry), marital status, sexual orientation, disability or genetic information.

Age Requirements

A teen mom must be between the ages of 15-20 and had her baby before her 20th birthday in order to become a Hope House mom. Participants under the age of 18 must have parental consent to take part in any Hope House Programs. Parent/guardian must read and sign the admissions forms. Hope House serves teen moms up until their 25th birthday.

Child Abuse Reporting

If at any time a Hope House staff member reasonably suspects child abuse, it is the responsibility of the staff to report the suspected abuse to the appropriate authorities (local law enforcement and/or social services).

Confidentiality

Staff will keep information about teen moms confidential outside of Hope House. Information may only be shared if a participant witnessed or had direct knowledge of any illegal activity, suicide threat, or physical or sexual abuse of a teen mom or her children. Participants must immediately report these issues to a staff member.

If a participant is currently following any legal or binding treatment plan developed by an outside agency and Hope House staff has knowledge that the treatment plan is not being followed, Hope House staff will be required to report that information to the involved case worker, etc. The Hope House Director of Programs will also be notified.



RULES:

Children

You are not allowed to discipline another mom's child. Please ask permission before holding another mom's child.

Visitation

To keep Hope House safe, no unexpected visitors or guests are allowed in the Resource Center at any time. Loitering in the parking lot is strictly prohibited; if a teen mom is being picked up, the driver must wait in the car. Tours may be scheduled in advance for family members of a teen mom or the father of her child.

Tours may be scheduled in advance for the parents of a teen mom, the father of her child, or family members.

Smoking

Smoking is prohibited within 15 feet of entryways as required by the Colorado Clean Air Act. Participants must smoke tobacco products on the far side of the Resource Center parking lot (the location pointed out during your orientation) or in their personal vehicle. Please dispose of your cigarettes safely in the provided receptacle and respect the property. Use of marijuana is prohibited in outdoor places of public access and is therefore prohibited on Hope House property.

Substance Abuse

Participants are prohibited from attending class under the influence of drugs or alcohol. Doing so can result in dismissal.

Physical and Verbal Abuse

Hope House has zero tolerance for physical and verbal abuse of any kind. This includes cyber bullying via social media. Any form of abuse towards Hope House moms, staff or volunteers is grounds for dismissal.

Weapons

Weapons are not permitted on Hope House property. If found in your possession, you will be asked to leave the premises. Repeat offenses will be grounds for dismissal.

(Rules continued on next page)

Dress Code

Participants are required to cover their boobs, butts and bellies.

Communication

Hope House is not an emergency response program. In the event of an emergency call 911.

You are welcome to contact Hope House staff members via Slack anytime but please be aware that staff may not respond outside the hours that the Hope House Resource Center is open. If you send a Slack message to a staff member on the weekend or late in the evening, staff will get back to you when they are working at the Hope House Resource Center.

EXPECTATIONS:

1. **VERY IMPORTANT!** Communicate with staff if you are going to be late or are going to miss a scheduled activity or meeting.
2. Everyone (including children) will be in their designated classes on time.
3. Be respectful of one another and do not use profanity or speak harshly to others.
4. Clean up after yourselves and your child(ren) after meals.
5. Keep your child in sight and within reach at all times when they are not in the Early Learning Program.
6. You will use car seats.
7. You will cover yourself while nursing.
8. You will not prop your child's bottle while feeding.





“The Resource Center is a place I go to when I just need a break. I know I’m surrounded by people who love and care about me and listen to me.”

- Kate Joy
Hope House teen mom

“The Resource Center is a new beginning for the children to feel safe and loved. It’s a second home.”

- Edith
Hope House teen mom



HOPE HOUSE PROGRAM: DISCIPLINARY ACTION GUIDE

Participants must have a teachable spirit in order to grow within Hope House Programs. If a teachable spirit is not being demonstrated, you may be dismissed from Hope House.

VERBAL REMINDER BY STAFF

Staff will gently remind participant of Hope House rules/policies/expectations.

MEETING WITH PROGRAM MANAGER OR DIRECTOR OF PROGRAMS

Program Manager or Director of Programs will communicate importance of Hope House rules/policies/expectations and add a new goal to the participants Individual Goal Plan.

RESTORATIVE ACTION

If a participant continues to break Hope House rules/policies/expectations after meeting with the Program Manager or Director of Programs, they will sign a Restorative Action Plan.

EXPULSION

If a participant does not comply with the Restorative Action Plan, they will be dismissed from all Hope House Programs.

The Director of Programs reserves the right to dismiss a participant from the program at any time.

You may be asked to leave the program if:

- Drugs/alcohol are impeding your progress outside our scope or ability to solve.
- You jeopardize the safety of Hope House staff or teen moms at any time.
- You are bullying other Hope House teen moms, staff or volunteers.
This includes cyber bullying.

“Bullying” means any written or verbal expression, or physical or electronic act or gesture, or a pattern thereof, that is intended to coerce, intimidate, or cause any physical, mental, or emotional harm to any persons. Bullying is prohibited against any persons for any reason.

- You lose custody of your child/children.

Gang Affiliation

Hope House Colorado will not be able to assist any teen mom who is actively affiliated with a gang or any gang members.

GRIEVANCE POLICY & PROCEDURES

Grievance

A circumstance of action considered to be unjust and therefore grounds for complaint or resentment.

Policy

All teen moms will have access to a grievance procedure at any time. All teen moms will be informed of their right to grieve any inappropriate or infringing behavior or action of staff or other teen moms, which constitutes a violation of their rights, at intake. Grievances shall be resolved according to the procedures herein established at Hope House.

INCENTIVES

At Hope House, we believe your hard work should be rewarded! Many incentives are available to you at Hope House. The following are some of the perks you can earn as you move towards self-sufficiency.

- Professional photo shoot
- SuperSHero recognition
- Gift card for recruiting a new teen mom who then signs up for our programs
- Gas card for providing transportation to another teen mom or once a week when attending a class or meeting with staff at Hope House
- Monthly \$50 gift card attendance drawing when you come to Hope House
- Christmas points

and so much more!



GUIDELINES FOR EACH INCENTIVE

“SuperSHeroes” Recognition

A Program Manager will send out an email to Program team to request nominees a few days before the new quarter starts. The criteria for nomination – but is not limited to – is as follows:

- Attendance (shows up when she RSVPs)
- Communication
- Drive for success
- Leadership
- Positive attitude
- Class participation
- Responsibility
- Respectful to peers, staff and volunteers

You will receive a \$100 gift card, recognition on our Teen Mom Slack page, and your picture goes up on our SuperSHeroes board in the Mama Bear Cave at the Resource Center!

Quarters

The four quarters that make up the year are: January, February and March (Q1); April, May and June (Q2); July, August and September (Q3); and October, November and December (Q4).

Gift Cards

Recruiting a New Teen Mom

When you refer a teen mom to Hope House and they join our programs, you will receive a gift card for recruiting! You will also receive bonus points for the Christmas Shop!

Gas Card

When you provide transportation to another teen mom to a class, event or activity, you are eligible to receive a gas card for your kindness. You are also eligible to receive a gas card when you attend a class or meet with staff at Hope House. Reach out to the staff member who oversees the class, event or activity before you attend the function to confirm we have one for you when you arrive.

Hope House Photo Shoot Guidelines

Your hard work at Hope House can earn you a free photo shoot with a professional photographer! If you are awarded a photoshoot, a Hope House staff member will review the photoshoot guidelines with you. There are times when a teen mom will have the opportunity to participate in a communication project, which could be a printed letter, speaking engagement or video project. The communication team will explain the project in its entirety and walk a teen mom through the waiver process for these opportunities. Ultimately, we desire that teen moms feel empowered in this process.

Christmas Points

For each step you take throughout the year towards becoming self-sufficient, you will earn points that can be used at the end of the year to “shop” for gifts in our Christmas Shop. The Christmas Shop will be overflowing with gifts - anything and everything you can imagine! That means every time you take a class, come to an event, meet with a staff member about your goals or earn your GED, you are earning points!

Self-Sufficiency Milestones (50 points)

- Obtain your driver license
- Moving into your own apartment
- Holding the same job for 3+ months
- Complete education certification
- Complete a semester of college
- Enrolling child in full-time (licensed) child care

New Mom Orientation (25 points)

- Coming to orientation
- Introduction on Slack

Giving Back (20 points)

- Referring a new teen mom
- In-kind donations
- Speaking at an event
- Volunteering to help staff

Progress Meetings (20 points)

- Connections meeting
- Individual Growth Plan (IGP) meetings
- Transition interview
- Parent/teacher conference

Meeting with Staff One on One (15 points)

- Any PAIRIN meeting
- Budget meeting
- Housing support or economic support meeting
- Child care consultation
- Child care tour
- Parenting questionnaire by parenting educator
- Filling out the FASFA
- Initial meeting with legal advocate
- Counseling
- Healthcare classes & appointments

Class Attendance (10 points)

- Coming into study for high school equivalency or GED
- Bible study
- Class series (10 per class attended)
- Post-class surveys

Events (5 points)

- Field trip or Mommy & Me event
- Welcome lunch
- Mom Fun event



EMPOWERING TEEN MOMS