

FINANCIAL LITERACY SERVICES

As part of our coaching model, Central Plains provides The Opportunity Passport Financial Literacy training program to coaching-eligible youth in all areas of Nebraska. Opportunity Passport™ is a matched savings, asset-building that includes support from a dedicated Coach to ensure participants become financially independent. Central Plains Coaches facilitate the Keys to Your Financial Future and Your Money Your Goals trainings that help youth develop a wide array of financial knowledge and skills, while working one-on-one with each youth, to achieve economic stability and self-sufficiency.

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- + Vehicle and Related Expenses
- + Debt Reduction
- + Investments
- + Education
- + Housing
- + Entrepreneurship
- + Medical

For more information on Opportunity Passport or to make a referral, please contact:

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Visit our website at
www.central-plains.org



For more information on Central Plains Center for Services' Coaching, Educational, and Financial Literacy Services or to make a referral, please contact:

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Find us



YOUTH TESTIMONIALS

"Central Plains' staff saw me as a person and not just a client through a project. They valued me and who I am. My Coach and I developed a plan of action - not only did he show me how to live life differently, but he came through with fast and flexible resources to help me. I am now in college and hope to do for others what was done for me by helping others through their struggle. Without Central Plains it is scary to think about where I would be."

- Connor
(age 22)

"Central Plains provided me with a Coach right in my community who helped me find housing resources that were safe and affordable and partnered that with coaching to provide me the life skills I needed to make sure the progress I made was sustainable. My coach was always helpful and respectful and actually someone who cared about me, my future, and my goals. My coach helped me recognize that I am smart, I am capable, I am hard working, and I am a good mom."

- Myeshia
(age 19)



**COACHING
EDUCATION
FINANCIAL LITERACY SERVICES**

*Offering opportunities for positive
change to individuals, families
& communities.*



THROUGH A CONTRACTED AGREEMENT WITH
NEBRASKA CHILDREN AND FAMILIES FOUNDATION

COACHING SERVICES

Central Plains Center for Services provides a voluntary transitional and independent living Coaching program (PALS) across Nebraska designed to provide support and guidance to youth and young adults who meet at least one of the following criteria:

- + Experienced foster care/child welfare system at the age of 14 or older and are currently between the ages of 14-22.
- + Pregnant and parenting young people ages 14-25
- + Young people, age 24 or under, who are currently experiencing homelessness, are within 14 days of becoming homeless, or are fleeing violence
- + Victims of human/labor trafficking ages 14-25

PALS Coaches assists these youth and young adults with all the challenges of becoming independent. A Coach will work one-on-one with each of these youth to access their strengths and abilities, as well as assist the youth in identifying their personal vision for becoming a successful, independent adult. The foundation of coaching is the relationship between the coach and the young person. A Coach will assist them in their time of transition and provide on-going support in the following domains:

- + Education
- + Employment
- + Housing & Daily Living
- + Relationships
- + Physical and Mental Health
- + Financial Literacy/Budgeting
- + Pregnant and Parenting
- + Permanency/Community Engagement /Leadership

At Central Plains, our commitment is to help every coaching participant achieve their full potential. To do this, we integrate coaching with Nebraska Youth and Families Thrive, taking into account brain development and the effects of trauma. Coaches apply protective and

promotive factors and use a dual-generation approach to positively transform the lives of participants.

TRANSPORTATION SERVICES: Central Plains covers the cost of driver's education classes for eligible youth and young adults with foster care experience.

PARENTING-SPECIFIC SUPPORTS: Central Plains has on staff a certified trainer in Love and Logic™ and Circle of Security™, both of which aim to build strong and healthy attachments between parent and child. We offer these via Zoom or in-person to young adults who are pregnant and/or parenting and participating in Central Plains coaching.

YOUTH HOMELESSNESS DEMONSTRATION PROGRAM (YHDP):

Central Plains through a partnership with the Department of Housing and Urban Development provides coaching and homeless diversion and prevention services as part of YHDP. YHDP utilizes the All Doors Lead Home Coordinated Entry System to provide a coordinated approach in identifying individuals and families experiencing or at risk of homelessness and offer them individualized solutions to prevent and end their homelessness.

Contact an All Doors Lead Home public access point to complete the intake and referral process: ccfl.unl.edu/community-services-management/coordinated-entry

EDUCATION SERVICES

EDUCATION AND TRAINING VOUCHER (ETV) PROGRAM: Central Plains is committed to improving foster youth's access to post-secondary education and training through the federally funded ETV Program. We do this by providing eligible students with financial scholarships at the post-secondary institution of their choice, paired with support and guidance from an ETV Scholarship Coordinator.

ETV is an ongoing program that assists qualified students with their post-secondary educational costs and supportive needs for up to five years. ETV is provided through the John H. Chafee Foster Care to Independence Act of 1999.

BACK ON TRACK (BOT): As part of our coaching model, Central Plains provides additional educational supportive services to all coaching participants by using the evidence-based Back on Track™ (BOT) model. BOT uses a three-phased approach: **Enriched Preparation, Bridging, and First-Year Support & Beyond** to promote postsecondary and career success. These phases include the following key components:

- + Facilitating connection to, integration with, and support from secondary and post-secondary education personnel
- + Implementing student peer connection and social network opportunities
- + Providing access to financial education, grants, and money management strategies
- + Assistance in removing barriers to education and employment



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