



COACHING, EDUCATION AND 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

A Coach will assist them in their time of transition and provide on-going support in the following domains:

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

As a part of our coaching services, youth may also receive:

PARENTING-SPECIFIC SUPPORTS:

Central Plains offers Love and Logic™ and Circle of Security™ trainings, which aim to build strong and healthy attachments between parent and child, in person or via Zoom to young adults who are pregnant and/or parenting and participating in Central Plains coaching.

TRANSPORTATION SERVICES:

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

HOUSING STABILITY SERVICES THROUGH THE YOUTH HOMELESSNESS DEMONSTRATION PROGRAM (YHDP):

Central Plains utilizes the All Doors Lead Home Coordinated Entry System to provide a coordinated approach to identify individuals and families experiencing or at risk of homelessness and offers them individualized solutions to prevent and end their homelessness.

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 on-going 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

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

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.

Participants can receive financial matches toward a variety of asset purchases in the following categories:

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

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

Camille Ohri

OPPORTUNITY PASSPORT COORDINATOR

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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

