

When it's not safe for a mother and her children to live at home, ACH is here to help.

Families Together

Transitional housing and healing for victims of domestic violence.

The ACH Child and Family Services *Families Together* program provides safe and supportive transitional housing for women and their children forced into homelessness by intimate partner domestic violence. Without our services, many of these mothers are at risk for being separated from their children. Our professional staff helps women by offering trauma-informed support and therapeutic services designed to encourage recovery and increase self-sufficiency, ultimately leading to the discharge of families to safe and stable settings.



The women who come to *Families Together* are generally from Tarrant and surrounding counties. They're usually in their 30s and have children of all ages. Historically, this population has struggled with poverty due to a lack of education, job and life skills. Additionally, they have experienced some type of crisis that has challenged their resources and coping skills, crises such as family violence, divorce, drug or alcohol abuse, illness or unemployment. Upon entering the program, the basic and immediate needs of women and their children are met. Staff works with them to determine eligibility for, and access to, public assistance that helps facilitate permanent self-sufficiency. *Families Together* accommodates a maximum of 10 families at a time in supportive housing for a 12-18 month period.

ACH uses the Trust-Based Relational Intervention® and Circle of Security parenting models to provide tools for connecting and empowering women to feel safe and protected in their personal relationships. These strategies are designed to teach the dynamics of healthy relationships, strengthening women's abilities to regulate emotions, calm their own stress and access higher brain functions, all leading to better outcomes. Women in the *Families Together* program learn to connect with others in authentic and healthy ways. It's a healing journey. **It costs about \$103 a day to house one family. In 2021, we served 14.**

2022 Operating Expenses
\$297,104

Projected Budget Gap:
\$155,009

Please consider making a contribution to help us close this gap. 



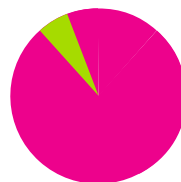
Women are referred to the *Families Together* program by emergency, domestic-violence and homeless shelters, friends, relatives, schools, churches and social-service agencies. To qualify for the program, women must be at least 18 years of age, homeless due to intimate partner domestic violence and have at least one child living with them. They must also be motivated to work towards self-sufficiency and to gain educational or vocational skills to increase their earning capacity. Program applicants are screened for criminal background and will not qualify for admission if they have a violent felony offense against another person.

The *Families Together* program case manager works with each client to develop a Plan of Service that establishes individual goals. Clients may come and go at will but are expected to arrange their schedules to participate in life and job skills, financial management and parenting classes as well as counseling sessions.

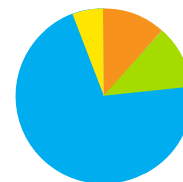
To help women develop the discipline of paying their own way as well as accumulating savings, clients are asked to pay rent each month, based on their income. Upon completion of the program, accumulated funds are returned to the women, providing a nest egg for the expenses of independent living.

While in the *Families Together* program, women are fully responsible for meeting their household needs including transportation, childcare, food preparation, laundry and shopping. They must work as well, and/or obtain job skills training or enroll in college, increasing their wage-earning capacity and the likelihood they will remain permanently independent. To foster a permanent transition to self-sufficiency, women are encouraged to develop a support network of trusted individuals who are willing and able to provide advice, guidance and mentoring.

Clients in Families Together are diverse in age & ethnicity.
Of the 14 clients served in the 2021 program →



- 1 women ages 19-24
- 13 women ages 25-59



- 9 Black or African American
- 2 Other
- 2 White/Hispanic
- 1 White