



# New Directions Transitional Housing Program





## CASA DE AMPARO

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Casa de Amparo was founded as a non-profit organization in 1978 by a small group of local women concerned about domestic violence and the welfare of children.

Today, we continue to expand by supporting each Casa Kid's individual and changing needs through all their stages of life. As a non-profit organization, we are recognized as a major force in the treatment and prevention of child abuse and neglect.





## NEW DIRECTIONS CAMPUS

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Our campus holds offices for New Directions staff and allows a safe space for young adults currently in or emancipated from the foster care or probation system ages 18-25 to get the resources they need to continue to live healthy and happy lifestyles.

At New Directions, participants have access to subsidized housing and Case Managers that help them become self-sufficient.





## CASA APARTMENT LIVING

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Our New Directions program gives our young adults access to subsidized housing. Casa rents out apartments within North San Diego County, allowing our young adults to begin building a support system on their own.

As part of the program, participants are required to either be working, going to school, volunteering, interning, or removing barriers (mental health or substance abuse treatment) equating to full-time productivity.

In exchange, Casa provides a fully furnished and cozy two bedroom apartment at a subsidized rent amount.

## LIFE PLANNING PROGRAMS

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Each participant is paired with an Advocate who will help them along their journey through the New Directions program.

Our Advocates help participants become self-sufficient with employment, education, career planning, and money management. Additionally, Advocates can provide participants transportation, financial support through support funds, and relationship mediation as needed. Overall, our Advocates support our New Directions participant's medical and mental health.



## MONTHLY POTTERY GROUP

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Once a month, our young adults visit a local pottery studio to learn about and create pottery. This type of art is a perfect way for our participants to connect with their emotions through art instead of coming up with words that they may not have realized in the first place. Our young people are encouraged to use all different mediums to express the way they feel.



## SELF-DISCOVERY GROUP

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This group meets monthly and is a safe space for participants to learn more about themselves and their strengths, values, ethics, healthy relationships, boundaries, self-compassion and self care.

*“I was able to come to a place every day after work and school that I called home, for the first time in a long time. Casa de Amparo gave me stability, security and made me feel like I actually belonged somewhere. They embedded budgeting and life skills in me that I didn’t get to learn from my parents or anyone else.”*

*- Samantha,  
24 years old*







## SERVICES

- Two bedroom apartment shared with one roommate
- Fully furnished apartment with all basic necessities supplied at intake
- Individualized case management
- Support for overall medical and mental health
- Employment, education, and career planning
- Money management
- Life skills training
- Crisis Intervention
- Monthly gift cards for groceries and transportation
- \$750 Allowance for participants under 21
- Emancipation funds available upon program graduation
- Optional matched savings program
- Parenting skill-building for participants with children

*“They didn’t just drop me into a new place and leave me to fend for myself. Casa gave me a box of food and a grocery gift card to make sure I didn’t have an empty fridge, cleaning supplies to ensure I was able to keep a clean living space, money to do my laundry, and phone numbers of people to contact if I needed anything.”*

*- Lexus, New Directions Participant*

## PROGRAM & FACILITY

- Started in June 2008
- Apartments throughout North County of San Diego
- Fully furnished apartment with all basic necessities supplied at intake
- Housing for up to 90 young adults and their children

## ELIGIBILITY & FEES

- Participants are referred by the County of San Diego Child Welfare Services, their Social Worker, or Probation Officer.
- Youth from Casa de Amparo's Residential Services program may be referred as well.
- Participants can also self-refer. Contact our office to determine eligibility.
- Participants contribute to reduced rent on a graduated rental plan.

## SUPPORT FUNDS

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Given that many of our young people do not have financial support through their support system, New Directions provides support funds as needed for our young people to succeed in school and work. Some common support funds we supply are as follows; work boots/shoes, medical scrubs, school supplies, interview clothes, school fees, and study materials.

## FOOD PANTRY

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Food insecurity can be a source of great stress for some of our young people who are just starting to live on their own. To combat this barrier, New Directions has an industrial-sized fridge and a food pantry available to our participants daily. Currently, New Directions receives weekly food donations to replenish our food and beverage items.







## INDIVIDUALIZED CARE

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Physical health is just as important as mental health. In all of our programs we stress the importance of taking care of our participants' mental health. As victims of abuse and neglect, it is important that our young people continue to nurture a happy and healthy mindset while building a life for themselves out in the world. New Directions staff collaborate weekly in what we call Treatment Team with a licensed therapist to discuss strategies and interventions in order to provide the highest quality of care and to meet the individual needs of each of our participants.



## MONTHLY GROUPS

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Each month, New Directions will have a guest speaker from a local community program give a presentation to our participants. Sometimes, our staff will present to our participants as well. Subjects include but are not limited to; healthy relationships, effective communication, coping skills, reproductive health, tenant rights, career planning, budgeting, and community resources available to them.



# MISSION

To support those affected by and at risk of child abuse and neglect, through a range of programs and services that promote healing, growth, and healthy relationships.

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## EMAIL

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## WEBSITE

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## PHONE

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## PARTNERS



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