

# FAMILY ASSESSMENT GOAL OPTIONS MAGAZINE



## Building a plan

As you develop your goals, ODHS has a lot of resources that can support you in what you want to achieve! This menu lists ways you can get support to meet your goals while in the TANF program. It also lists ways to connect with advocates, resources and options.





Family Stability



Education



Well-being



Workplace



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# Family stability

*Support so that your family can be safe,  
stable and have the tools to thrive.*



## Child activities

Any activity that supports you to:

- Gain parenting skills
- Balance work and family, and
- Contributes to the wellbeing and health of a child.

Examples:

- Counseling or doctor appointments for a child
- Parenting classes
- Support programs, or
- Finding and securing child care.

## Family support and connections (FS&C) partners

Partners of ODHS can support you to be safe and healthy. Services could be provided in home, in the community, or at a ODHS office. Focuses include, but are not limited to:

- Nurturing and attachment
- Parental resilience, and
- Child development.

## Stabilized living

There are many options to support you in a search for a safe and stable home.

Services include:

- Searching for safe and affordable housing
- Working with housing agencies
- Working with landlords
- Filling out applications, and
- Setting up meetings.

## Crisis intervention

Short-term services in a crisis situation.

These services include:

- ODHS resources
- Referrals to other agencies, and
- Work with your family coach to identify your strengths and needs.

## Life skills

Services to develop skills for daily living:

- Budgeting
- Decision-making
- Workplace skills, and
- Relationship skills.



# Education

*Actions to support your success. You can work toward a GED or improve your language skills. You can also get a start on special trainings and certificates for employment.*



### **Adult basic education**

Gain basic literacy or math skills, for adults over 20 years old, who do not have a high school diploma or GED. This can include class and homework time.

### **English as a second language**

If English is not your first language, improve your English skills and fluency. This includes class and homework time.

### **High school diploma or GED**

Work toward your high school diploma or GED. This includes class and homework time.

### **Vocational training**

If you want to train for a specific career or job, this support can get you the skills that you need. Activities could include:

- Class and homework time
- Study time, and
- Anything else required for certification.

### **Self-initiated training**

This includes other training courses or education to meet your goals. This includes studying in a two or four-year program and work toward a college degree. Activities could include:

- Class time
- Study time, and
- Other activities to fulfill your degree.



# Well-being

*Focusing on well-being reinforces health and sets a foundation for life! These services support your family to overcome challenges. Services include mental health and behavioral health services. You can also receive assistance with Social Security applications.*





## Medical-related services

Support for a healthy life. This includes support for:

- Medical appointments
- Medical evaluations, and
- Documents from medical professionals.

## Social Security applications

Support to apply for:

- Social Security Income (SSI), or
- Social Security Disability Insurance (SSDI).

Support to work with:

- Pre-SSI Analyst
- Social Security staff, and
- Medical and mental health providers to get the documentation you need.

## Mental health

Support for your mental health well-being.

This includes:

- Screenings and assessments by qualified providers
- Referrals for evaluation
- Counseling sessions
- Support groups, and
- Treatment and medication management.

## Drug and alcohol services

Support for you to identify and overcome challenges with substance use, abuse, or addiction.

This includes:

- Screenings
- Referrals for evaluation
- Treatment and options for support groups (such as Narcotics Anonymous (NA), Alcohol Anonymous (AA), etc.), and
- Medication management.

## Rehabilitation services

Activities to assist with rehabilitation of:

- Physical
- Medical, and
- Other disabilities.

This includes:

- Speech, physical or occupational therapy
- Exercise assigned by a doctor, and
- Pain and medication management.

## Domestic violence services

Support for family safety in a domestic violence situation. This includes:

- Planning
- Connection to services
- Advocates and support groups, and
- Legal appointments and related activities.



## Work place

*Building on skills you already have, to become more knowledgeable and grown in your career. You can get support to look for work, gain skills and build a resume. This support will allow you to find the best career for you and your family.*



## Job search and readiness

This activity builds your skills and resources for employment. Work with community partners to:

- Build a resume
- Gain interviewing skills, and
- Get support to contact employers.

## JOBS Plus

We work together to find you a job that builds your skills and experience. This activity places you in paid employment at a partner worksite. This can include all benefits they give employees.

## Working

Supports for you in full- or part-time employment. This includes self-employment.

## Supported work and work experience

Unpaid work to support you to gain experience, skills and work history.

## Community service programs

Engage with your community and learn new skills. This could include volunteer work in a nonprofit or organization that works in lots of different areas.

## Job skills training

If training is required by an employer, this activity can get you the skills you need to:

- Be hired
- Keep your job, or
- Advance your career.

## On the job training

This activity can include:

- Paid on-the-job training
- Unpaid internship
- Student work study
- A participant in the Youth Employment Program



# Build a goal plan

*Work with your family coach to find out ways in which the programs can best fit the needs of your family.*

*You are in control of your goal plan, you can choose:*

- *What kinds of activities you want to do*
- *Goals you want to set for you and your family, and*
- *Pace you want to go!*

*Your family coach is here to support you on your journey.*

*You can work together to build a goal plan for your family.*



Taking part in the TANF program means you get support for your family. Support to identify your family's strengths, challenges and goals.



Check in points to refine your goals and make the program work for your family.

Meet with your family coach and make sure that the program is working for your family! You can change your plan, or create a new one if you need to!



# Contact sheet

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500 Summer Street NE, E17  
Salem, OR 97301  
Fax: 503-378-6532  
Email: [DHS.info@state.or.us](mailto:DHS.info@state.or.us)

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