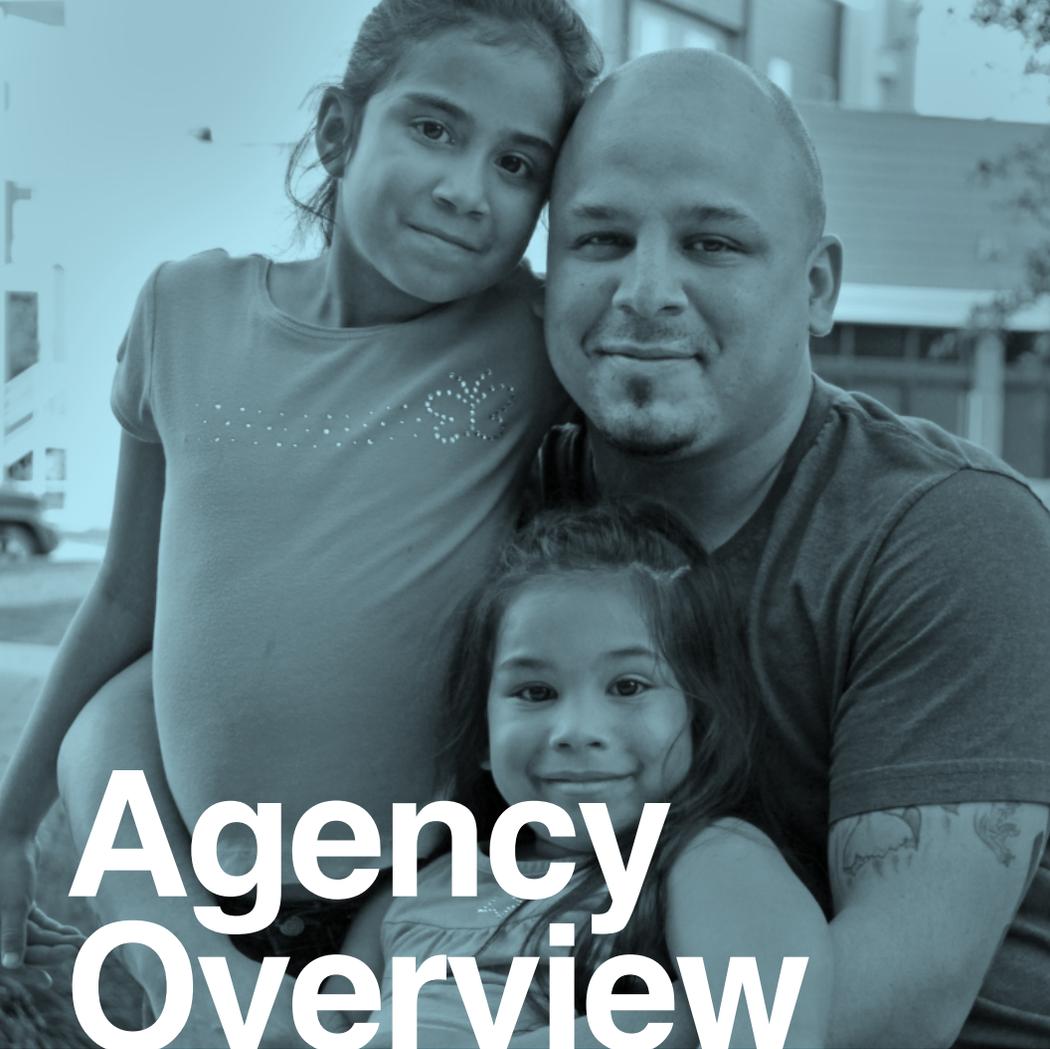




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Lifeworks Services

**LifeWorks is a fearless
advocate for youth and
families seeking their
path to self-sufficiency.**



Agency Overview

LifeWorks serves youth and families who want to change the direction of their lives. We offer an aligned network of services ranging from shelter, education, and counseling to workforce development and affordable housing – all focused on achieving real, sustainable, and measurable results for the clients we serve.

Counseling

YOUTH AND ADULT COUNSELING

This program helps clients identify the challenges in their lives and provides guidance to living more fully. The purpose is to assist individuals of all ages to improve and utilize their existing strengths and coping skills. Effective solutions are created for issues ranging from everyday stress to family crisis or trauma.

SHARED PSYCHIATRIC SERVICES

The clinical care team provides an innovative, family-focused approach with timely psychiatric care for youth and their family members. Families are empowered to take an active role in their care. Services are geared toward building a solid relationship with and providing services to every family member, including adults who may have postponed their own care. The Shared Psychiatric Services program received an award from the American Psychiatric Association in 2014 in recognition of its innovative services.

RESOLUTION COUNSELING

The Resolution Counseling program helps adults build safe, non-violent, healthy relationships through a strengths-based, collaborative, and compassionate approach. LifeWorks believes that clients have the capacity to grow and change. Group participants are offered the opportunity to learn how to take responsibility for their actions and examine how they can learn to build trust, equality, and support into their relationships. LifeWorks guides participants towards resolving conflict in respectful ways to create a healthy future for themselves and those close to them.

COMMUNITY-BASED PEER SUPPORT AND COUNSELING

Community-Based Peer Support and Counseling serves transition-age youth, ages 16-21, who have experienced traumatic life events, frequently

exacerbated by involvement in the foster care or criminal justice systems, homelessness, growing up in extreme poverty, or coming from a military family. Peer Support Specialists provide outreach and ongoing support as well as linkage to Community-Based Counselors. Both Peer Support and Counseling services are provided at convenient locations such as home, school, community centers, etc. By offering these services in the community, LifeWorks strives to remove or reduce barriers to services for transition-age youth healing from trauma and recovering from mental health or substance use challenges.

Housing + Homelessness

STREET OUTREACH

The Street Outreach Program is the first step in the LifeWorks continuum of housing services. Street Outreach serves runaway, homeless, street-dependent, and at-risk youth and young adults with an array of services focused on reducing the risks of street life. When youth come to LifeWorks Street Outreach, staff members work with each client to identify and address their basic needs. These requests include food, clothing, shelter, hygiene supplies, and often just someone to listen to them.

EMERGENCY SHELTER

LifeWorks operates a 24-hour walk-in emergency shelter for youth in Travis County. Youth who are victims of abuse, abandonment, violence, or homelessness turn to LifeWorks for shelter and support. Youth stay weeks or months depending on need and are provided comprehensive case management services, with an emphasis on moving toward self-sufficiency. The Emergency Shelter has the capacity to serve 20 youth, is staffed 24/7, and is licensed by the Texas Department of Family and Protective Services.

TRANSITIONAL LIVING PROGRAM

LifeWorks Transitional Living Program provides shelter and support to homeless youth who need to complete their education, establish savings, find and maintain employment, and learn independent living skills before moving on to self-supporting adulthood. Each youth works with a case manager to establish a plan focusing on education, employment, budgeting, housekeeping, community resources, and other goals. Youth who are successful in this program stay from three months to a year-and-a-half, depending on their service plan or needs.

YOUNG PARENTS PROGRAM

The Young Parents Program is an apartment-based transitional housing program for pregnant and parenting youth. Individual case management, full-time supervision, parenting classes, and linkages to needed services are provided.

RAPID REHOUSING PROGRAM

The Rapid Rehousing Program provides on-site case management and group services for young adults and their children for up to two years. Clients work individually with a case manager on goals that include affordable housing, education, employment, budgeting, and debt management.

LIFE SKILLS TRAINING

This 38-hour course is designed to prepare youth aging out of foster care to live independently as adults. Training is provided through experiential group activities, learning materials and packets, discussions, field trips, and guest speakers. Topics addressed are health and safety, housing and transportation, job readiness, financial management, life decisions/responsibilities, and personal/social relationships.

AFTER CARE TRANSITIONAL SERVICES

ACTS is a case management program

designed to assist youth transitioning out of the foster care system to achieve independence as adults in the community. The program helps individuals establish a home, obtain employment, access health care, manage money, exhibit personal and interpersonal responsibility, and plan for the future.

PERMANENT SUPPORTED HOUSING

Permanent Supported Housing provides on-site case management and Independent Living Skills classes to young adults for as long as they are residents of LifeWorks apartments. Clients work one-on-one with a case manager on goals that include maintaining their apartments, independent living skills, education, employment, and budgeting.

PORT

LifeWorks operates a 15-bed Transition-Age Youth Transitional Housing program called Permanency through Outreach and Rapid Transitions (the PORT) for youth and young adults in Travis County. Youth who are homeless and seeking permanent housing turn to LifeWorks for support. The PORT is designed for a short-term stay while youth transition from homelessness to permanent housing through our Rapid Rehousing Program.

DIVERSION

LifeWorks' Diversion Program is designed to divert youth from homelessness and intensive housing services. The program works with youth who might be involved with juvenile justice, child welfare, or public school systems. The program connects youth to supportive services and, if needed, financial assistance to allow youth to stabilize their housing crisis, stay connected to current systems of support, and build permanent connections to ensure long-term stability.

Education + Workforce

EDUCATION SERVICES

LifeWorks Education Services support clients in pursuing their individual goals through preparation for a High School Equivalency Certification (GED, HiSET), support to access further education, and connection to employment opportunities. Clients and staff work together to identify and reduce barriers to education. High School Equivalency Prep classes are provided year-round with open enrollment. Lesson plans are flexible in order to individualize students' academic needs. Supported Education offers supports including familiarizing clients with educational institutions, helping to complete applications, tutoring, navigating financial aid, providing direct assistance for books and supplies, and introducing clients to campus resources and personnel.

WORKFORCE DEVELOPMENT

The Workforce Development program assists young people who are seeking employment in the competitive job market. Employment Specialists work with youth to provide Supported Employment Services and offer guidance to determine the right job for each individual enrolled in the program.

REAL TALK

LifeWorks and collaborative partners provide evidence-based comprehensive sexuality education and pregnancy prevention programming to youth, parents, and teachers. Services are provided in select schools and community sites in the Austin area.

Services Provided:

- Small group sessions across middle schools with 6th-8th grade students.
- Small group discussions between trained REAL Talk staff and parents of 10-14 year olds.

- Teacher training to increase comfort and capacity to implement sexuality education services.

NEXT STEP

The Next Step program provides school and community-based instruction and activities to strengthen the social and emotional skills of children and youth in order to promote positive youth development. Research has demonstrated that the acquisition of these skills helps to prevent youth involvement in substance abuse and violence.

TEEN PARENTING SERVICES

Teen parents are provided case management services to help them access the resources they need to complete their education and develop effective parenting skills. Each youth outlines an individual plan with a case manager that may include such goals as finding stable housing, child care, health care, an alternative education program, or counseling. Case managers provide home and school visits to pregnant and parenting teens.

LOCATIONS

1 East Location
835 North Pleasant Valley Road
Austin, TX 78702
Phone: (512) 735-2100

2 South Location
3700 South 1st Street
Austin, TX 78704
Phone: (512) 735-2400

3 North Location
8913 Collinfield Drive
Austin, TX 78758
Phone: (512) 735-2500

Hours of Operation

Monday-Thursday: 8:30 am - 8:00 pm

Friday: 8:30 am - 5:00 pm

Saturday: 9:00 am - 1:00 pm



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