

## **The Phoenix Program—Info for Youth**

\*\*\*This is to provide you with some information on what you can expect to get out of living at Phoenix and what you are expected to put into Phoenix. Please come to the interview prepared to talk about it and ask questions.\*\*\*

**Housing:** Eva's Phoenix is a co-ed shelter that provides housing for 50 youth aged 16-24. [The maximum stay for each youth is up to one year.](#)

In Phoenix, there are 10 townhouse style units with 4-6 people sharing each house, with a private bedroom for each person. The point is to have practice living like you would be when you get your own apartment, while working through the normal ups and downs of living with other people (which is never as simple as it sounds).

So getting practice with the everyday stuff of cooking and cleaning, as well as budgeting for rent, food and the bus tickets to get to work every day. Phoenix is also a good opportunity to work on some more personal stuff that might make it harder to live with other people or keep a job. Stuff like how you handle stress, (breathe deeply and take it step by step? stay in bed for a week? Yell at your housemates?) to how you solve problems (ask for help when you need it? Feel like you never have any control anyway so what's the point? Clean your house from top to bottom?).

The community of the building is where you will get to practice new skills and healthier ways of being. This can be especially hard as *everyone* will be learning right alongside of you. We expect your participation in the community of the building, to cooking classes and a savings program to help you save money for your move out, to house meetings to make sure things stay on track or help solve issues as they arise. There are shelter meetings that let you know what's going on in the larger building and address any current issues, as well as resident run committee's ranging from special events planning to gardening to the governance of the shelter itself.

We also offer a variety of different programming and workshops that you are expected to attend to develop your knowledge and skills in a wide range of areas ranging from tenant rights to stress management. You can also work one on one with your Primary Worker (PW) around more specific goals like developing better communication skills, taking more control of your life or how to deal with the harder stuff that sometimes happens in life.

If you move in, you will be assigned a Primary Worker (PW) who you are generally expected to check in with at least once a week, with a real meeting at least every two weeks. The point of having a PW is to have someone to help fill

in the practical details of the goals you set yourself at the intake (so come to your interview prepared to talk about what you want to do while living at Phoenix) and help when stuff doesn't go as smoothly as planned. Or if you start losing motivation, their job is to help you problem solve, and keep moving on your plans so you accomplish the goals you set for yourself. Basically, they are there to help keep you focused during your stay, flag stuff you may need to work on to live on your own (staying up till 4am and having a hard time getting up for work in the morning?) and to work through all the people stuff (both past and present) that's the hardest part of all.

Our goal at Phoenix is to be your last shelter stop before you get, and keep, your own place. We are much less structured than the emergency shelter system and expect a great deal of personal motivation, goal setting and action on your part, people who wait for staff to tell them what to do often don't do as well as those who actively pursue their goals. This means that we have high expectations of people who move in to deal with their barriers, learn new skills and developed the strengths they already have.

Staffs role is to actively call you on stuff that may get in the way of your getting and keeping housing and employment and offer suggestions and support to reach your goals. Your role is to be honest with yourself and us about where you're at, where you want to go and what you will need help with to get there. Bottom line, you gotta do the work, we can't do it for you, so if you want to actively plan for, and work for, independent living outside of the shelter system then Phoenix may be the place for you.

If our program sounds interesting, please fill out the referral form with your referring worker and have them fax it to us. The interview with our intake worker can take from 1½ hours up to 3 hours if you have lots of questions so please be prepared to talk about where you are at, where you wanna go and what help you need to get there.

Housing life skills and employment training are two of the services we offer at Eva's Phoenix. Our experience has been that people who come here have other things they need to work on besides saving money and finding a job. Your choice to work on these other areas will directly affect how successful you are at keeping your housing and employment.

We know that people who access Eva's Phoenix have experienced a break down in their support systems, whether it has been on-going or more recent. Along with hard life events, not having a solid support system (friends, family, and stability) can affect your physical and mental health as well as your ability to keep housing and employment. So, we're going to talk about communication, people and community and what your goals are in these areas.

**Eva's Phoenix is a housing life skills and employment training program. Our goal is to help you learn and practice the foundation skills you need to live independently and to maintain full time employment that pays a livable wage.**