



When introduced to supportive housing, families like Chelsey's can begin the process of healing.

Chelsey, age 21, was randomized into PUSH-CR in November 2013. At her first Family Team Meeting, all agreed residential treatment was the optimum choice. She moved into the Heart of Iowa with her two children, ages 2 and 3. Upon graduation from Heart of Iowa, Chelsey's family moved into PUSH-CR supportive housing. Her Service Coordinator helped her set up an apartment with new beds and community-donated household items.



Supportive housing requires building a trusting relationship between the service coordinator and the family. The PUSH-CR Service Coordinator established a multi-agency team for Chelsey to address issues resulting from mental health instability and substance use. Families like Chelsey's, with mental health challenges, report progress toward recovery once stabilized in supportive housing. Chelsey has a strong relationship with her doctors and providers. She worked through a tremendous amount of trauma history with success. With help from her service coordinator, Chelsey also was released from probation.

Chelsey has developed connections to her community and has built a strong social support network. She accessed support through the Family Support program and continues to work with Waypoint Day Services. Chelsey and her PUSH contact worked through many issues. Chelsey was engaged, open and honest and took some tough steps that needed to be taken.

Stable housing can strengthen parenting and support early childhood development. Chelsey participated in several evidenced-based interventions to improve her parenting skills, strengthen the parent/child bond and improve overall family functioning. She participated in Parents As Teachers, Strengthening Families and Parent Child Interaction Therapy (PCIT). The children participated in play therapy and the family continues to engage in programming through Iowa State Education Consortium. Her eldest is now a kindergartener and loves school. The youngest attends daycare and is doing well.

Chelsey increased her income by obtaining benefits and now employment. She graduated from PATHS Career Development Program to jumpstart her job search. She completed her forklift certificate with Kirkwood Community College and has full-time employment.

Success is not a linear path and Chelsey will agree that her road was not easy. She has worked hard for what she has accomplished! With the help of a housing voucher, Chelsey and her children have been stably housed in safe and affordable housing for over a year. Her Child Welfare case is closed and Chelsey and her two young children enjoy a strong family bond. She wants to continue to provide a healthy, happy and safe home for her children.