

Iowa Department of Human Rights

# FAMILY DEVELOPMENT AND SELF-SUFFICIENCY PROGRAM



# Family Development and Self-Sufficiency Program

## **COMPREHENSIVE:**

In-home coaching and stability supports for families receiving cash assistance (FIP)

## **STRENGTH-BASED:**

Foundation in Family Systems Theory

## **STATEWIDE:**

Available in all of Iowa's 99 counties

## **CAPACITY:**

Serve 1,500 families at any time, roughly a quarter of Iowa's FIP participants

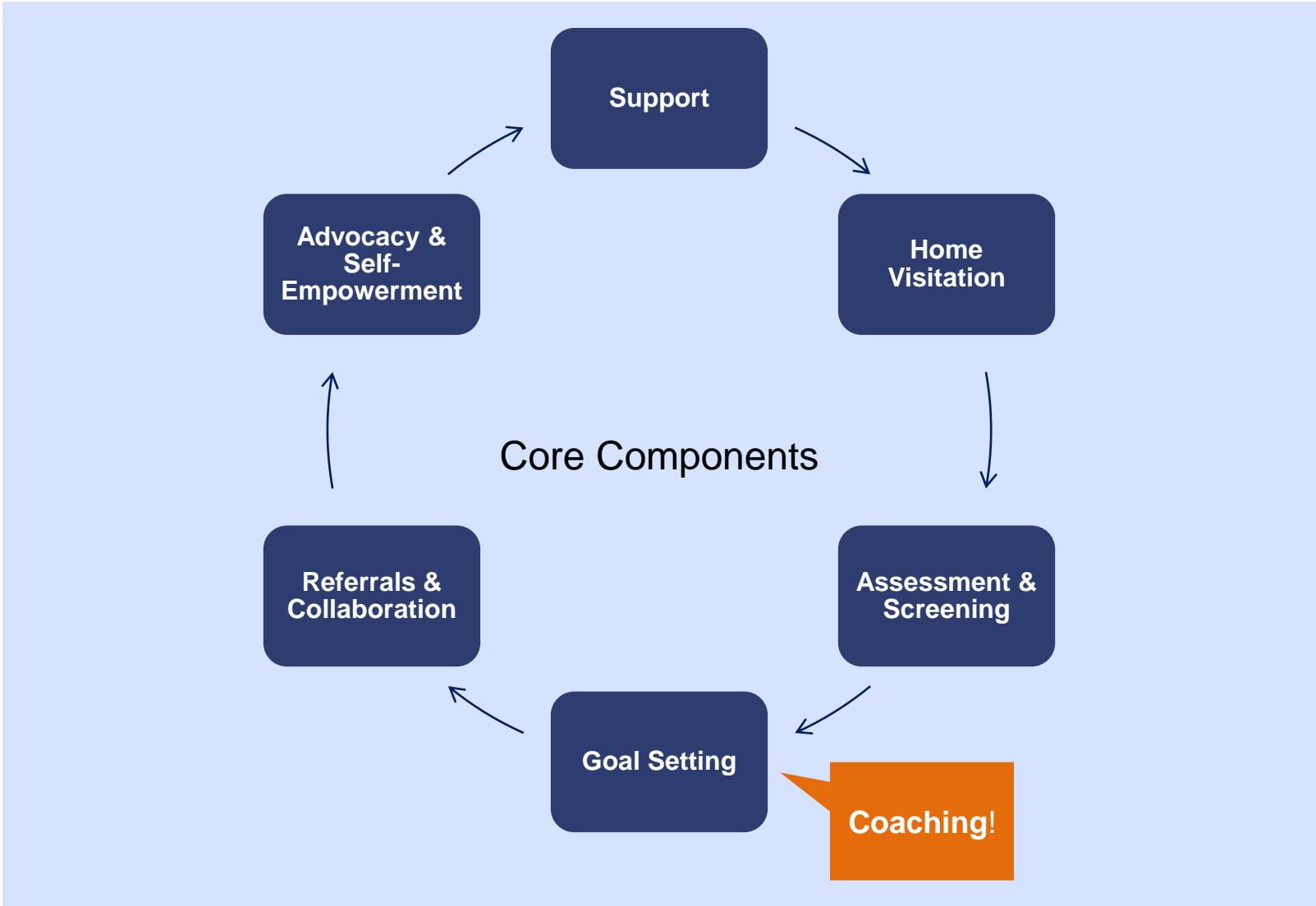
## **CERTIFICATION:**

All staff are certified in Family Development by the NRC for Family Centered Practice

## **MATURE:**

Created during the 1988 Iowa General Assembly

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## Meeting in the home:

Lends **context** (family systems)

Ability to engage the **entire family**

Addresses professional/client **power differential**

**Transportation barrier** is eliminated or reduced

# Goal Setting: A Coaching Strategy

## Foundation:

- Utilize family strengths to address barriers (assessment & screening)
- Family-driven (partnership)
- Clearly articulated goal statement and action steps
- Measurable
- Accountability





# Family Development and Self-Sufficiency Program

## Contact:

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