

Families in Transition

- Families in Transition (FIT), a nonprofit organization located in Manchester, Concord and Dover, New Hampshire, was founded in 1991 in response to the growing number of homeless individuals and families in the greater Manchester area and throughout the state.
- Since its inception, FIT has been committed to providing only the most innovative, and effective interventions specifically designed to help homeless individuals and families reach beyond the cycle of homelessness to lead healthy and successful lives. Our belief is that having a home is a basic human right and is fundamental to becoming an engaged and contributing member of our community.



FIT's Mission Statement:

"Families in Transition provides safe, affordable housing and comprehensive social services to individuals and families who are homeless or at risk of becoming homeless, enabling them to gain self-sufficiency and respect."



Supportive Services Overview

Housing

- Intake
- Providing case management,
- Psycho-educational groups
- Family social interaction opportunities.
- Mobile Community Health Team
- Shelter, Interim Housing, Transitional Housing & Permanent Housing

Treatment & Other Family Supports

- Family Willows Substance Use Treatment Center- Intensive Outpatient Program for women with trauma and substance abuse history
- Open Doors- Providing in home therapy to women and their children who are affected by substance use
- Family Place - youth programming & therapeutic service-enriched child care and after school programs

How FIT Uses SBIRT

- Housing Advocates- all trained in SBIRT
- Tools: DAST-10, AUDIT, CAGE
- Use in case management session throughout the housing program
- Utilizes building in screening tool at the Family Willows when potential clients are calling
- Use it after completion of Substance use treatment with follow up calls
- Open Doors Program:

How to Use SBIRT in the Future

- Currently in the process of building a concrete system to have every person be screen who does an intake at FIT for housing – *1538 calls a year
- Implement Screening at our Family Place Preschool in the beginning of the school year and then again at the end of the school year
- Open Doors Program: conducting screenings to evaluate the need for further assessment

Overview of Phases

- **Stabilizing Phase**
 - Individual meetings are twice weekly to biweekly
 - Attendance at core workshops (Budgeting and Housing Applications)
 - Barriers to self-sufficiency are identified and addressed
- **Connecting Phase**
 - Individual meetings are once monthly
 - Attendance at one FIT activity per month minimum
 - Follow-up on housing waitlists
 - Continue addressing barriers to self-sufficiency
 - Connect and engage in a community activity to support self-sufficiency
- **Strengthening Phase**
 - Individual meetings quarterly with monthly phone check-ins
 - One FIT activity per month (optional)
 - Continue addressing barriers to self-sufficiency
 - Actively pursue other housing options in the community
 - Continue engagement in community