



Project Self-Sufficiency

Many Families. One Community.



Our mission ...

is to partner with vulnerable low-income families to achieve *economic self-sufficiency* and *family stability*.

We strive to do so in a nurturing, supportive environment where participants are treated with respect and encouraged to build a sense of self-reliance and empowerment.

In thirty years of operation as a 501 © (3) non-profit organization, Project Self-Sufficiency has served over 25,000 families, including more than 30,000 children.

Project Self-Sufficiency works with single parents, teen parents, displaced homemakers, two-parent families, single adults and youth, striving to build both the skills and self-confidence to succeed.

Project Self-Sufficiency programs and services are housed at a state-of-the-art 33,000 square foot campus on Mill Street in Newton, directly across the street from Sussex County Community College. Home-based and mobile services are also offered.

Services are *voluntary, free* and *confidential* for eligible Sussex, Warren, Morris and Hunterdon County families.

"I know I am a much stronger woman and a much better mother today because of Project Self-Sufficiency. What I think is most important about PSS is that they never gave me a handout, never did things for me, but instead taught me how to do for myself."

- Maria

Project Self-Sufficiency

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Look for Project Self-Sufficiency of Sussex County on social media:





Project Self-Sufficiency Programs & Services

CAREER DIRECTIONS & EMPLOYABILITY INITIATIVE – provides career assessment and intensive job search and job training services, such as intensive in-house computer training, training referrals and coordination of on-the-job training opportunities and community work experience placement sites in the nonprofit and government sectors. Programs include Higher Opportunities for Women, a structured 16-week curriculum for teen parents, single parents and displaced homemakers seeking training prior to entering employment, the 6-week Summer Office Skills Program, and the Summer Youth Employment Program for teens.

COMMUNITY HEALTH EDUCATION PROJECT – offers ongoing education on women's health and other family health issues through seminars, community forums and on-site health services.

COMPREHENSIVE CASE MANAGEMENT PROGRAM – an educational program designed for single custodial parents, teen parents and displaced homemakers. Services include: information, referral and advocacy; individual and group counseling, job training and economic self-sufficiency services; GED/ESL/ABE education; childcare; emergency basic needs (including food pantry and clothing wardrobe); and life skills training.

ENOUGH ABUSE CAMPAIGN – working with Prevent Child Abuse-NJ, Project Self-Sufficiency is the lead agency of the Sussex Warren Partnership To Prevent Child Sexual Abuse, which seeks to prevent child sexual abuse through extensive awareness and education of community members.

EVIDENCE-BASED HOME VISITATION PROGRAMS – **Healthy Families/TIP** provides structured home-based education in home management, life skills, early childhood education and parenting for families with young children, incorporating general PSS services, parenting education, and case management services to promote family stability and healthy family functioning. **Parents As Teachers (PAT)** uses a nationally acclaimed curriculum to deliver home visitation and support services to pregnant or newly parenting low income women. **Nurse-Family Partnership (NFP)** partners a first-time mother within 28 weeks of pregnancy with a Registered Nurse who will make home visits to promote maternal and child health throughout pregnancy, birth, and infancy/early childhood.

FAMILY SUCCESS CENTER – a community education center open to single parent and two-parent families. The center provides access to job training, educational and support services, including fun family-strengthening activities and information, referral and advocacy in navigating the social service, healthcare and education sectors.

GED & ADULT BASIC EDUCATION PROGRAM – provides basic skill education, GED/ESL/ABE instruction, GED test preparation, and computer classes. Open to teens and adults regardless of marital or parental status.

HEALTH UP! – A new initiative from the NJ Department of Health to connect families in Sussex and Warren Counties to community resources through an innovative approach which allows them to opt in to receive texts with valuable health information and resources.

HUNGER RELIEF PROGRAMS – PSS maintains an on-site Food Pantry stocked with nonperishable food and personal care items, which is available for use by active participants. PSS has hosted the Backpack Program and the USDA's Summer Lunch Program to address child hunger. In addition, volunteer gardeners at the on-site Naftal Community Garden grow fresh produce for PSS participant families.

KEEPING FAMILIES TOGETHER PROGRAM – a supportive housing program providing housing vouchers, case management and clinical services to vulnerable families in Sussex and Morris Counties.

IOLTA LEGAL EDUCATION PROGRAM – provides individual legal consultation, pro se divorce workshops, court accompaniment and advocacy at no cost to income-eligible families residing in Sussex County.

LITTLE SPROUTS EARLY LEARNING CENTER – operated by Project Self-Sufficiency on-site at our Mill Street campus. Accepting children ages six weeks through six years, the center is open from 6:30 a.m. to 6:00 p.m. daily and is licensed for a maximum of 83 students. Third party payments are accepted. Little Sprouts uses the national Creative Curriculum model in all of its classrooms and is staffed with P-3 Certified Teachers.

THE PARENTING CENTER – a community-wide parenting education program offering intensive services for families, using the nationally recognized Nurturing Parenting® Programs. Services are offered on-site, as well as at schools, churches, human service agencies and other locations in the community.

NEW JERSEY YOUTH CORPS – an innovative program for youth ages 16 to 25 who lack a high school diploma and require assistance in meeting education and employment goals. Participants receive tutoring and assistance to earn their high school equivalency diploma, along with life skills, on-the-job training at community work sites, transportation, childcare and a weekly stipend.

PROJECT FAMILY CONNECT SUSSEX-WARREN CENTRAL INTAKE – A hotline staffed by caring, knowledgeable professionals who can guide Sussex and Warren County residents to connect with community resources for a variety of needs, from home visitation services for new parents to help for seniors.

PROJECT SUSSEX KIDS (Sussex County Council for Young Children). Project Self-Sufficiency is the lead coordinating agency for this group of parents, caregivers, health, education and social service professionals enhancing communication and collaboration of services for children from prenatal through age eight.

PSS JOURNEY – PSS on wheels! Journey is the new PSS mobile service unit, which takes resources such as case management, job search assistance, computer training and basic needs assistance on the road to municipalities throughout Sussex and Morris Counties.

WARREN COUNTY OUTREACH CENTER – housed in the First Presbyterian Church of Blairstown's Community Outreach Center, this satellite office gives residents of Northern Warren County access to computer training, careering and case management services closer to home.

CELEBRATING 30 YEARS OF TRANSFORMING LIVES

Project Self-Sufficiency of Sussex County was established in 1986 with funding from the New Jersey Department of Education, Division of Vocational Education, under the Carl D. Perkins Vocational Education Act, and the New Jersey Department of Community Affairs, Division on Women, Displaced Homemaker Program.

Through an affiliation agreement with Sussex County Technical School and Sussex County Community College, Project Self-Sufficiency first opened its doors as a staff of two, working out of a refurbished janitor's closet on the Sussex County Technical School campus. As the agency grew, it relocated to a small shed on the school grounds, where it remained until 1994.

In 1994, Project Self-Sufficiency relocated to a 5,000 square foot rental facility on Route 206 in Newton. With continued growth, a Career Center was added at a new office on Spring Street. Having staff and services divided between two locations and quickly overgrowing the space, the Board of Directors launched a Capital Campaign in 2005 to create a permanent home for Project Self-Sufficiency.

The two-year Capital Campaign raised an astonishing \$10 million, thanks in part to a challenge grant from the Kresge Foundation to finance construction of a new multi-building campus. A true community effort, the Campaign for Project Self-Sufficiency brought together 895 donors, 95% of whom were local individuals, families, businesses, corporations and civic organizations.

In 2008, Project Self-Sufficiency staff moved into the new Michael J. Holub Campus, named for the agency's late Founding Board President. The five-acre site houses the Selective Insurance Career Training & Employment Center, the B. Douglas Gordon & Elizabeth Houskeeper Gordon Family Counseling Center, the Senator Robert E. Littell Family Literacy Center, the B. Douglas Gordon & Elizabeth Houskeeper Gordon Little Sprouts Early Learning Center, and the Community Education Center.

30
years

Project Self-Sufficiency has provided a host of resources and services that offer independence, hope and opportunity to low-income individuals and families.



More than **25,000 neighbors** have achieved self-sufficiency and family stability since 1987.



More than **30,000 children** have benefited from our programs and services.



1,200+

local families access PSS programs and services each year.

A COMMUNITY EFFORT

Project Self-Sufficiency began with a small group of dedicated individuals who wanted to help their neighbors. The size of the group has grown in 30 years, but the desire for **neighbors helping neighbors** has never wavered.

More than **80** community residents are full- or part-time employees of Project Self-Sufficiency.



In Fiscal Year 2017, Project Self-Sufficiency set an ambitious goal of raising \$1.75 million in fundraising. To keep expanding and improving our services and to build a sustainable future for this organization, Project Self-Sufficiency will continue to rely on our loyal supporters and seek out new partnerships.

40% of our annual operating budget comes from local fundraising.

OUR 30 YEAR IMPACT

ON FAMILY STABILITY



37,000+ home visits

21,000 parenting sessions

18,000+ families participated in case management & supportive counseling



6,000 families participated in family strengthening activities.

These and many other services prevent costly interventions and keep families intact.

ON EMPLOYMENT AND ECONOMIC SECURITY

12,000+ adults participated in computer training



15,000+ adults participated in career assessment and employment programs

2,300 children have accessed on-site daycare



5,500+ job placements

Job training and other services help people in our community achieve economic security.