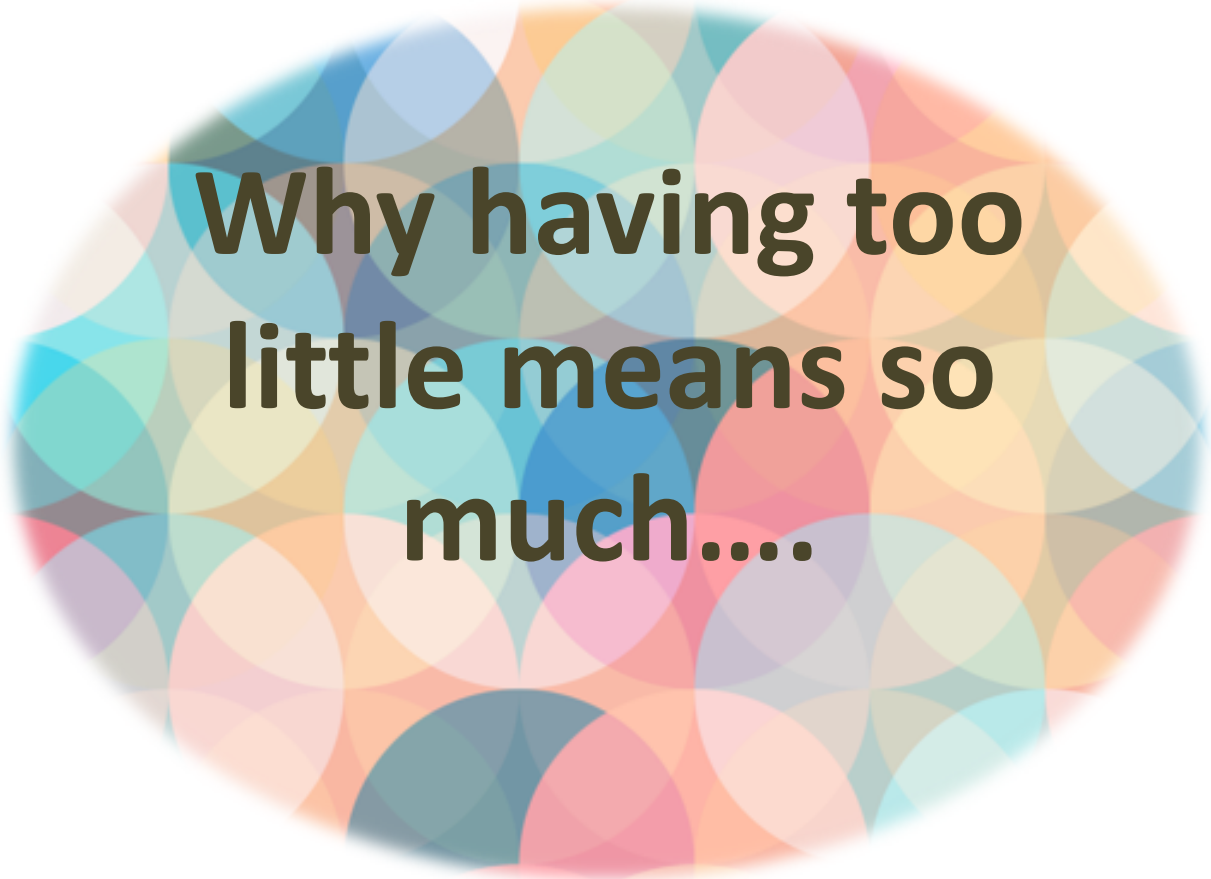




# Droommoeders

## Een plan voor moeders die dromen over een goede toekomst voor hun kinderen

# Waarom droommoeders?



**Why having too  
little means so  
much....**









# **Stress verandert de bedrading van het brein**



# Uniek...

- Doorbreken intergenerationele problematiek van een kwetsbare doelgroep
- Binnen een methodiek die integrale hulp ondersteunt (op alle peilers) en verandering van gedrag als belangrijkste uitgangspunt heeft
- Methodiek en aanpak is gericht op stressreductie en verbeteren van de executieve functies
- Uniek samenwerkingsverband (organisatie overstijgend) waardoor op alle levensgebieden van de moeders expertise en begeleiding ingezet kan worden
- Waardoor aan het eind van het project een overdraagbaar dossier is samengesteld dat de basis kan vormen voor een vernieuwende aanpak binnen de sociale welzijnssector



# Projectaanpak

Individuele coaching

Groepscoaching:

- Dramatherapie
- Training
- Culturele activiteiten

Budgetcoaching



Intake	Jaar 1: 3 maanden	Jaar 1 6 maanden	E V A L U A T I E	Jaar 1: 12 maanden	E V A L U A T I E	P V A A	Jaar 2 18 maanden	Jaar 2 24 maanden
<b>Werving moeders: Motivatie brief voor deelname Eigen Keuze</b>	Analyse Wie ben ik: Startpunt brug Sociogram Genogram Kernkwaliteiten Aflossen schulden	Integreren Wat kan ik: Verdieping Vertrouwen Belemmerende factoren		Uitvoeren: Wat wil ik: Coaching op PVA/ ontwikkeling: Stappen op de brug			Coaching op PVA/ ontwikkeling: Stappen op de brug	Afbouw Minder frequente coaching, gericht op zelfredzaamheid

# Cyclus coaching

Individuele coach in the lead

# Groepsbijeenkomsten

## Groepscoaching gericht op zelfkennis:



## Tools training:



## Vergroten leefwereld:





# Mobility Mentoring

de **DROOM  
FABRIEK**

Familie stabiliteit  
↓  
Huisvesting  
Kind & opvoeding

Algemeen  
welzijn  
↓  
Gezondheid en  
sociaal netwerk

Training en  
opleiding

Financieel  
Management

Werk en  
inkomen

# EMPATH'S THEORY OF CHANGE BRIDGE TO SELF-SUFFICIENCY\*



**EMPath**  
Economic Mobility Pathways

Mobility Mentoring®

FUTURE ORIENTED DECISION MAKING

FAMILY STABILITY		WELL-BEING		EDUCATION AND TRAINING	FINANCIAL MANAGEMENT		EMPLOYMENT AND CAREER MANAGEMENT
Housing	Dependents	Health and Behavioral Health	Social Networks	Educational Attainment	Savings	Debts	Earnings Levels
No subsidy housing costs less than 1/3 household take-home pay	Dependent needs met; serving as no barrier to parent/guardian school or work	Fully engaged in work, school, and/or family  Health / behavioral health issues serving as no obstacle	Advocate/Networker:  Uses own and other resources and connections to advance the mobility goals of others	Completed bachelor's degree or higher	Savings of three months' expenses or more	Current on all balances and no outstanding debt other than mortgage or educational and/or car loans	Job with earnings ≥ Mass. Index wage (if not calculated for specific family, use income ≥ \$65,880)
No subsidy housing costs at or < 1/3 household take-home pay	Dependent needs serving as minimal disruption to parent/guardian school or work	Minimal disruption to work, school, and/or family due to health / behavioral health issues	Developed Network:  Consistent source of both support and leveraging connections	Completed associate's degree or postsecondary job training or certificate program	Savings of more than two months' expenses but less than three months' expenses	Current in payments and plans and paying more than minimum payments	Job with earnings of 66-99% of Mass. Index wage (if not calculated for specific family, use income range of \$43,481 - \$65,879)
Partial subsidy (shallow): Paying \$200 or more towards rent	Dependent needs serving as intermittent disruption to parent/guardian school or work	Intermittent disruptions to work, school, and/or family due to health / behavioral health issues	Emerging Network:  Consistent source of support and occasional leveraging connections	Attending college or postsecondary job training program	Savings of at least one month's and up to two months' expenses	Structured payment plans in place and meeting minimum payments	Job with earnings of 33%-65% Mass. Index wage (if not calculated for specific family, use income range of \$21,741-\$43,480)
Full subsidy, permanent housing: Paying \$200 or less towards rent	Dependent needs serving as significant obstacle to parent/guardian school or work	Regular and recurring disruptions to work, school, and/or family due to health / behavioral health issues	Limited network:  Occasional source of support	Completed postsecondary remedial education classes, college preparatory program, or prerequisites for job training/ readiness program	Savings of less than one month's expenses	Debts in excess of ability to pay, behind in payments	Job with earnings less than 33% Mass. Index wage
A. Homeless / co-housed with family or friends	Recently emergent or not yet addressed dependent needs, requiring additional attention	Severely limited engagement in work, school and/or family due to significant health/ behavioral health issues	Isolated or draining network	Attending post secondary remedial education classes, college preparatory program, or fulfilling prerequisites for job training/ readiness program	No savings	Defaults or nonpayment on all or most loans and accounts	Unemployed
B. Homeless / transitional housing				High school diploma or General Educational Development certificate GED obtained			
Homeless / emergency shelter				No high school diploma or GED			

CONTEXTUALIZED DECISION MAKING





**De grootste  
waarde van de  
brug is de  
structuur die het  
biedt**



















# BRIDGE TO SELF-SUFFICIENCY®

↑  
THINKING ABOUT THE FUTURE

↑  
THINKING ABOUT THE FUTURE

↑  
THINKING ABOUT THE FUTURE

FAMILY STABILITY		HEALTH & WELL-BEING		FINANCIAL MANAGEMENT		EDUCATION & TRAINING	EMPLOYMENT & CAREER MANAGEMENT
Housing	Family	Physical and Mental Health	Networks	Debts	Savings	Educational Attainment	Earnings Levels
No subsidy, housing costs 1/3 or less of household gross pay	Fully able to engage in work, school, and family life; children or family needs don't get in the way (OR) No children or dependent family members	Fully able to engage in work, school, and family life; health and mental health needs don't get in the way	Can always rely on networks to provide useful advice, guidance, and support; advocates for others	No debt other than mortgage, education, and/or car loans, and current in all debts	Savings of 3 months' expenses or more	Bachelor's degree or higher complete	Job with earnings equal to or greater than MIT's Living Wage* (Income = \$56,454)
No subsidy, housing costs exceed 1/3 household gross pay	Mostly able to engage in work, school, and family life; children or family needs rarely get in the way	Mostly able to engage in work, school, and family life; health or mental health needs rarely get in the way	Can often rely on networks to provide useful advice, guidance, and support	Current in all debts and making more than minimum payments on one or more debts	Savings of more than 2 months' expenses, but less than 3 months' expenses	Associate's degree or professional certification complete	Job with earnings 60-99% of MIT's Living Wage* (Income = \$43,967 - \$56,454)
Subsidized housing - pays \$200+ towards rent	Some able to engage in work, school, and family life because of child or family needs 	Some able to engage in work, school, and family life because of health or mental health needs 	Can sometimes rely on networks to provide useful advice, guidance, and support	Making minimum payments on all debts 	Savings of at least one month's and up to 2 months' expenses	Job training or certificate complete (beyond high school)	Job with earnings 50-59% of MIT's Living Wage* (Income = \$27,970 - \$43,966)
Subsidized housing - pays less than \$200 towards rent 	Some unable to engage in work, school, and family life because of child or family needs 	Some unable to engage in work, school, and family life because of health or mental health needs 	Can sometimes rely on networks to provide useful advice, guidance, and support 	Behind in payments of one or more debts and making payments on at least one debt	Savings of less than one month's expenses	High School Diploma or GED/HSET 	Job with earnings 30-49% of MIT's Living Wage* (Income = \$15,483 - \$27,969) 
Not getting any housing subsidy 	Not able to engage in work, school, and family life because of children or family needs 	Not able to engage in work, school, and family life because of health or mental health needs 	Can never rely on networks to provide useful advice, guidance, and support 	Has debts, currently not making any payments 	No savings 	Less than High School Diploma or GED/HSET 	Not currently employed  <small>*Calculation based on 1 adult, 2 children in Suffolk County, MA. See MIT's Living Wage for further information: <a href="http://www.livingwage.mit.edu">www.livingwage.mit.edu</a>.</small>

← MAKING DECISIONS IN CONTEXT →



# De uitdaging

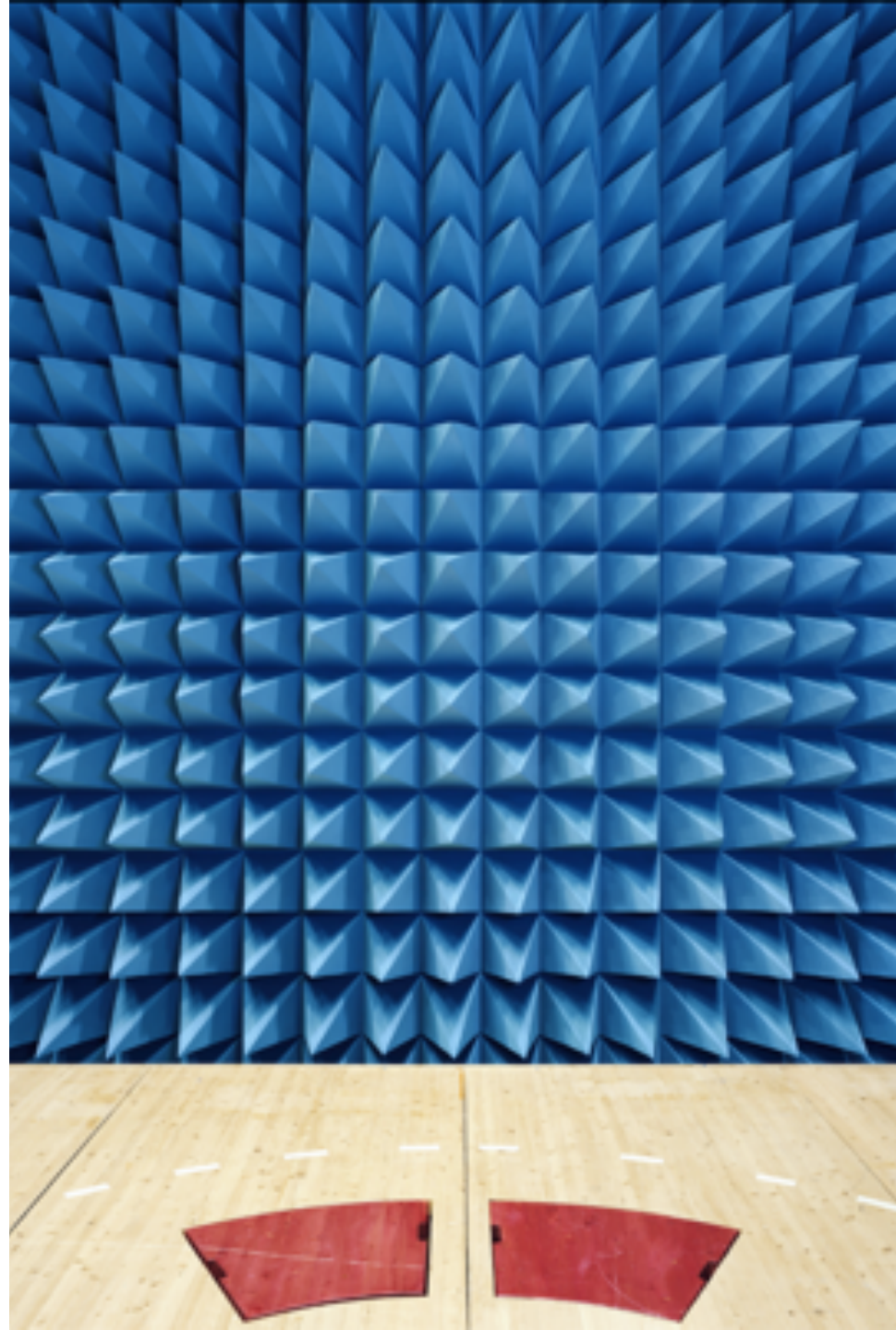


**Zelfredzaamheid en eigen  
verantwoordelijkheid  
herdefiniëren**



# Coaching en Mobility Mentoring

- Aandacht voor stress en executieve functies
- Belemmeringen in kaart brengen en aanpakken (schuldenvrij en kinderopvang geregeld)
- Genogram en oorzaken gedrag (intergenerationele problematiek)
- Sociogram inzake network
- Doel en actieplannen helpen grotere doelen in kleine stukjes te knippen en overzichtelijk te houden
- Intensief tijd en aandacht om te werken aan zelfregie





# Vragen?



Een samenwerking van: Kredietbank Limburg, Stichting Trajekt, MIK Kinderopvang  
en Bureau Jeugdzorg Limburg