

# THE AMHERST RESIDENCE

The Amherst Residence is a non-denominational Christ-centered residence that nurtures and protects new life by providing a safe haven for pregnant and parenting young women with support for the baby and family. We are here to serve young women and families ages 16-24 in need of a loving & nurturing environment during their time of pregnancy & beyond.

## **OUR MISSION**

The Amherst Residence empowers and equips vulnerable young mothers, babies and families for lives of hope, dignity and self-sufficiency.

## **PHILOSOPHY**

The Amherst Residence respects individuals at all stages of life and fosters loving, family-centered and faith-based values. We believe in giving birth to dreams and that we are responsible for one another.

## **VISION:**

The Amherst Residence aims to provide for the immediate physical and emotional needs of our residents including shelter, food, clothing and a supportive community. We help mothers connect with the appropriate agencies and resources including prenatal care, health insurance, educational programs, vocational programs and housing. We aim to support parents in reaching both short-term and long-term goals and treating every person with dignity and respect.

## **OBJECTIVE**

The Amherst Residence strives to break the negative cycle associated with teen pregnancy, high-risk births with premature and low birth-weight babies, interrupted education, repeat teen pregnancy, poverty; dependence on public assistance, child abuse and neglect in the next generation.

## **We provide:**

- A nurturing and stable home environment for pregnant and parenting women
- Maternity and infant supplies
- Supervision and care by our loving and trained staff on a 24/7 basis
- Access to quality medical care - prenatal, post-delivery and pediatric - plus monitoring of healthy behaviors and administration of prescribed medications
- Opportunities for spiritual development and fellowship
- Referrals to community programs and agencies
- Assistance and progress monitoring in academic and vocational development
- Parenting education and coaching plus support for girls choosing adoption

- Individual and group counseling by our mental health staff
- Family and couples counseling to help reunify families
- Case management to teach independent living skills and assist with job preparation and legal emancipation
- Reproductive health counseling and referrals
- Post-pregnancy transition plan
- Permanent transitional planning

## **The Amherst Residence Programs & Services**

In order to help our residents learn the skills they need to become healthy parents and live independently, we offer a variety of specialized programs to meet their needs.

### **Rock Solid**

This program has 2 components; one is the **Finance Matters** component to promote financial literacy and self-sufficiency the second is through **The Achievers** program for academic success.

**The Finance Matters** portion of the Rock Solid program focuses on teaching basic financial skills including budgeting, saving, banking, understanding credit, basic investments and an introduction to the stock market. By the end of the program each resident will have developed her own budget based on actual income and expenses and have a sound financial plan.

**The Achievers** portion of the Rock Solid program focuses on academic, educational and vocational success. By working with residence to identify areas of interest, enroll in programs and support their vision and goals.

In addition, Rock Solid helps residence organize important papers, file for employment, get enrolled in various programs.

### **Healthy Me: Total Health Program for Mom & Baby**

This encompasses many aspects of the program including counseling services, life skills, nutrition, exercise, personal and environmental hygiene, applying for medical services for mother and baby, enrolling in social services, and applying for entitlements.

**Mental Health:** Counseling is a mandatory part of our program. Our mental health clinicians provide a thorough bio-psycho-social assessment at the beginning of intake. Along with clinicians, residents identify what areas need to be addressed including grief, loss, anger management, conflict, relationship issues,, family stressors, intimate partner violence, sexual abuse, anxiety, or depression, education, employment, etc. Residents will meet with counselors and staff on a regular basis to make and maintain a personal growth plan which helps identify the resident's goals, needs, strengths and supports.

**Spiritual Health:** Spirituality is unique to each individual. Your “spirit” usually refers to the deepest part of you, the part that lets you make meaning of your world. Your spirit provides you with the revealing sense of who you are, why you are here and what your purpose for living is. Spiritual wellness is discovering a sense of meaningfulness in life and coming to know that you have a purpose to fulfill. The Amherst Residence assists residents in thinking seriously about their spiritual health and tapping into the strength and hope that lies within.

**Physical Health:** Residents will receive nutrition and exercise assessment and information, healthy cooking and meal planning classes, sleep and rest. By maintaining good physical health, we are energized, feel better emotionally, become more self-reliant and are better prepared to progress personally and strengthen family.

**Environmental Health:** The World Health Organizations describes environmental health as addressing the physical, chemical and biological factors external to a person. It is targeted at creating healthy supportive environments. It is also assessing and controlling for factors that can potentially affect health. The Amherst Residence works with clients to maintain clean living spaces free from allergens and bacteria, promote physical safety and trust, keep immunizations up to date and play a part in reducing waste.



### **Brenda Joyce Scholarship**

The Brenda Joyce Scholarship is in memory of Brenda Joyce Green, a devoted loving, warm and giving mother to many. Although she had 4 biological children, she housed, cared for, advocated and fed many of the children in her neighborhood, family members and her children’s friends. Brenda was very devoted Christian and follower of Christ, leading an example of ministry for Christ and God by how she treated others.

A book scholarship in the amount of \$500 will be awarded to a resident who is pursuing a degree in the arts. Brenda Joyce Green loved the arts and was an avid reader, pianist and lover of the French and Spanish languages.

### **Program Requirements**

Residents must follow House Rules, including doing their share of chores, cooking, cleaning and laundry, adhere to wake up and bed times, attendance at school or work, and respectful behavior toward other residents and staff. Participation in counseling sessions, case management, classes and groups are required. Residents must also agree to refrain from the use or possession of weapons or drugs. The use of alcohol, drugs or cigarettes is not permitted on the premises.

### **Program Eligibility**

Women must submit a short application and participate in an interview with program staff. Women can join The Amherst Residence at any point in their pregnancy and stay until the child is two years old. Our residents range in age from 16-24 and are of various racial and ethnic backgrounds. Women that are parenting or placing their child with an adoptive family are welcome.

We are not able to assist women with other dependent children in their care and women in the midst of recovery from addictions, in physical danger or severely or persistently mentally ill who are more appropriately served by other community agencies.

## **Questions that might be on your mind...**

- **Q: How far along in my pregnancy do I need to be before I can come?**
- A: You are welcome during any month of your pregnancy.
  
- **Q: How long can I stay at the Inn?**
- A: Up to two years after your baby is born.
  
- **Q: If I don't want to stay, do you provide a place for me to live after the baby is born?**
- A: We will assist you in making plans and exploring housing options after the delivery of your baby.
  
- **Q: Can my family and friends visit me?**
- A: Yes, family and friend are welcome.
  
- **Q: If I come to the residence, do I have to place my baby for adoption?**
- A: No. We do not encourage or suggest which plan you should choose for your baby. Parenting or placing for adoption is your decision.

- **Q: If I am not a Christian or religious, can I still be a resident?**
- A: Yes, you are still welcome at The Amherst Residence.

**How to Apply**

If you know someone needing our assistance, or are personally in need of help, please contact us immediately for a completely confidential assessment of your needs and our capabilities. We are fully licensed, and our professional staff is eager to discuss your questions about our program.

**About Us**

The Amherst Residence is a friendly family atmosphere and loving environment for young women and families needing shelter during their pregnancy and beyond. Located in a warm friendly area in Manhattan/Bronx; the residence is able to house 8 - 10 women at a time.

There are beautifully furnished bedrooms for the women and children, washrooms and laundry area. An activity room is also available to the residents during their stay as well a large eat-in kitchen with full amenities. There is a large open concept living room and dining room space for families to enjoy meals and fellowship.

There is an administrative office on the premises and the staff is always available to answer questions and set up an interview.

**“Change 4 Life” Baby Bottle Campaign**

Your loose change will impact the lives of young women and their babies

Your Role	The Amherst Residence’s Role
Sign up your organization/group/individual	Provide you with promotional materials including: posters, bulletin insert, and or PowerPoint slide
Tell us how many empty bottles you will need	Distribute the baby bottles to your organization/group
Distribute the baby bottles to your Organization, group or friends	Collect your bottles in 7 weeks
Promote the campaign	
Collect the bottles in 7 weeks	

Your contributions will come together to: Create a warm and home-like environment for young women and their babies at The Amherst Residence, provide accommodations, pregnancy counseling and other support services to young women and children during their pregnancy and for a period of time after the birth of their baby.

**Suggestions for Promoting ‘Change 4 Life’ in your Organization or Group:**

- ✓ Create a display in the foyer by using a crib. Fill the crib with bottles and invite the group or organization to take a bottle. Leave the crib up for the entire campaign and have the bottles returned in the crib within 7 weeks.
- ✓ Promote “Change 4 Life” at your organization a few weeks leading up to the campaign.
- ✓ Prepare announcements as reminders to continue to collect your change for the Campaign.
- ✓ Emphasize that we would like all the bottles returned (empty or full)

**Partner Programs**

Capstone Healthcare Services  
Abyssinian Development Corp  
STRIVE International- East Harlem  
Nurse-Family Partnership  
Healthy Families New York  
Baby Buggy  
NYC DOE LYFE Centers

**Cents Ability**

Cents Ability has developed a curriculum that is taught in high schools and community centers throughout New York City

Program Structure

- The curriculum is taught in seven 45 minute learning sessions that are generally on the same day over consecutive weeks. Short homework assignments are administered between classes
- Class times are flexible and may be structured to include 1-3 learning sessions
- Teachers are professionals who work for schools, law firms, banks, and other nonprofits
- All classes are taught by experienced teachers and new teachers to ensure quality, but also to promote fresh teaching ideas
- Class sizes vary but the student-to-teacher ratio never exceeds 8-to-1
- Cents Ability teaches and administers all student materials free of charge

**Per Scholas**

Per Scholas is a non-profit social venture dedicated to using technology to improve the lives of people in low-income communities. Operating out of locations in the South Bronx and Miami, our vocational training, computer distribution and recycling programs work together to empower children and help adults build living-wage careers. Per Scholas

provides environmentally responsible recycling for computer equipment, the best of which is reconditioned and distributed to low-income families at the lowest possible price.

### **The Parris Foundation**

The Parris Foundation is a 501c3 non-profit charity organization dedicated to promoting educational opportunities and fostering awareness in Science, Technology, Engineering and Math (STEM) via scholarships and community outreach programs. The Parris Foundation fulfills its mission by:

- Providing alternative funding vehicles to underrepresented students seeking higher education in the STEM disciplines with a proven financial need
- Servicing distressed communities by providing educational advancement opportunities in STEM
- Collaborating with organizations focused on bridging the "digital divide" for the socio-economical disadvantaged
- Exposing adolescents, teenagers and young adults to opportunities in STEM through mentor programs and interactive discussions groups

### **Fundraising Ideas**

Change 4 Babies

Garage Sales

Bowling for Babies