

FRESH START

FRESH START provides clients with step-by-step, self-directed coaching and goal planning to assist with economic and social mobility and stability, while also addressing criminogenic risk factors. Clients develop their own goals and use action plans to document their progress towards social and economic stability. Using perceptual control theory and stability trackers, advisors work closely with clients to evaluate their progress over 1-, 3-, 6- and 12-month intervals in the following areas:

(F) Financial Stability - Creating budget plans that help reduce overspending, decrease anxiety and improve credit score.

CF - History of Antisocial Behavior; CTS - Personal Irresponsibility

(R) Relationships - Creating a plan to resolve conflict with family and identify pro-social peers.

CF - Antisocial Associates, Family Instability; CTS - Cold Heartedness

(E) Employment & Career - Developing a strategic plan to reach economic mobility.

CF - History of Antisocial Behavior, Employment and Stability; CTS - Entitlement

(S) School & Education - Accessing better paying jobs and strengthening identified skillsets.

CF - History of Antisocial Behavior; Schooling and Vocational training

(H) Health & Wellness - Addressing substance use, trauma (Seeking Safety) and access to community health care.

CF - Antisocial Personality Pattern, Substance Use; CTS - Personal Irresponsibility

(S) Spirituality - Providing connections to community and support systems.

CF - Antisocial Cognition, Antisocial Peers, Leisure; CTS - Power Orientation

(T) Thinking - Creating optimism goals and more trust of community and self.

CF - Antisocial Cognition, History of Antisocial Behavior; CTS - Entitlement, Power Orientation Justification, Criminal Rationalization

(A) Attitude – Managing expectations and controlling anger. Being a better communicator.

CF - Antisocial Personality Pattern; CTS - Criminal Rationalization

(R) Recreational – Developing healthy activities and pro-social peers.

CF - History of Antisocial Behavior, Antisocial Peers

(T) Time Management - Creating realistic timeframes for success, and reducing feelings of anxiety and overwhelming thoughts; finding balance.

CF - Antisocial Cognition; CTS - Personal Irresponsibility

CF = Criminogenic Factor; CTS = Criminal Thinking Scale