Sample of Service and Education Schedule  
Pax Center for Women – 2 June Street, Worcester

Overview:
This is a sample of a typical weekly schedule that will be created for a participant in SMOC’s Pax Center for Women, which will be located at 2 June Street in Worcester. The program provides twenty-four (24) hours a day, three hundred sixty-five (365) days per year staffing by SMOC and its strategic partners, including a minimum of three (3) daytime, two (2) evening and one (1) nighttime staff at the Property at any time, in addition to the Resident Manager. This staffing pattern will allow for robust educational programming on-site from 7:00 am until 11:00 pm.

Individualized Self-Sufficiency Plans:
Education and services will be client-centered. Therefore, specific self-sufficiency plans will accommodate individual’s work schedules, personal needs and recovery issues. Self-sufficiency plans are required and will be developed jointly by the participant and her case manager with the Program Manager’s input. Self-sufficiency plans will be outcome-oriented and will flow from a comprehensive assessment that will cover 10 major areas:
1. Housing  
2. Health  
3. Employment  
4. Education  
5. Mental Health  
6. Addiction  
7. Legal Issues  
8. Benefits/ Income  
9. Domestic Violence  
10. Family and social supports

Plans will be reviewed, updated and signed-off on at designated milestones as well as at the discretion of the case manager on an as-needed basis.

On-Site Education and Services:
The attached schedule illustrates the programming structure of the Pax Center for Women. Jobs, schooling and other activities will be incorporated into each individualized and customized schedule that will be created to match the goals and objectives established through the self-sufficiency plan. The 7:00am -11:00pm case management, Program Management and community partner staffing pattern allows maximum flexibility for both group and individual education and services to take place on-site.

Recovery:
To live in SMOC Sober Housing, all participants are required to be fully engaged in the recovery process. To support this process, all participants attend a variety of 12-step and recovery-based meetings and groups. The majority of these will be on-site, starting with morning meditation, daily readings and a recovery-based group each morning (see schedule). There will also be a group focused on life-skills, gender-specific needs or the peer group each evening.
Peer Support and Communal Living:
Peer support and being an active member of the community is a fundamental tenet of the Sober Housing educational program. The house milieu will encourage a model of dignity, respect, empowerment, and accountability of all individuals (staff and peers). The house relationships must teach about compassion, trust, and sensitivity to other cultures, values and ways of learning/thinking. House meetings, chores and community services are all part of the educational milieu that is created and sustained in the Sober Housing program. Participants learn and are supported in basic living skills by living with peers, providing and receiving feedback on a constant basis. In addition to providing a forum to develop interpersonal skills, house meetings also provide the forum for speakers and presentations. Speakers and presentations in house meetings are scheduled to meet the needs of the participants. SMOC staff and community partners will be invited to come to house meetings on a bi-weekly basis.

Examples of topics and speakers that will present on-site include:
- 12-Step meetings with a variety of special themes
- Jobs and skills training and support (SMOC Mobile Resource Team staff)
- Housing Search (SMOC Mobile Resource Team staff)
- Budgeting and “Financial Fitness”
- Benefit Education -- including SSI, Food Stamps, etc. (Legal Assistance of Central Mass.)
- Health Issues (AIDS Project Worcester; Community Health Link; Others)
- Nutrition and cooking
- Medication Management

Specific Women’s Programming will include:
- Mental Health focus on depression, anxiety, self-esteem
- Conflicts in relationships (both intimate and family/friends)
- Effects of violence against women (incest, rape, battering, and harassment)
- Eating disorders
- Parenting issues
- Problems in the workplace

Off-Site Education and Services:
Finally, as participants work towards greater independence, they have various appointments to address personal matters. Individual appointments would almost all occur off-site and would be to take care of personal matters. Such personal management responsibilities are in addition to individual and group psychotherapy appointments.

Examples include:
- Individual psychotherapy
- Some AA/NA meetings
- Medical appointments (various primary care doctors, specialists, psychiatrists, Community Health Link)
- Legal appointments for criminal and civil matters (Legal Assistance of Ctl. Mass., private lawyer, etc.)
- Appointments with DSS for family reunification/ child welfare
- Appointments for benefits including Food Stamps, disability benefits and more
- Housing search
- Job interview