

Developing Life Skills at Jesse's House

At 16 years old, Kerri came into the care of *Jesse's House* after disclosing that her grandfather molested her. Upon her arrival, she completed a life skills assessment where her scores indicated that she was not confident in the areas of relationships and communication, housing and money management and future planning.

Over the next 6 months, Kerri received daily living instruction by the Direct Care Staff who taught her proper ways to complete household responsibilities, manage time efficiently and develop healthy boundaries and communication and relationship skills. She also participated in the Life Skills Development program to learn independent living and basic life skills. During her time at Jesse's House Kerri also participated in several enrichment activities and Independent Living Program events where she learned about post-secondary education through college tours and setting personal goals.

She participated in an "Everyday Finance" class where she learned about checking and savings accounts, credit cards and banking procedures. Through the Pride Driver's Education class, Kerri also learned about driving and road safety and through the "Color Me Confident" event, Kerri learned how to prepare for her future confidently. She received training in nutrition and kitchen safety by making meals at the shelter and was educated on substance abuse and drug addiction. Kerri also learned how to protect herself through a self-defense class.

After her 6 month stay, Kerri was reassessed and her life skills assessment scores had improved in all areas. Kerri was able to look forward to the future with confidence due to her gained knowledge in daily and independent living skills.

Jesse's House is a *United Way of Forsyth County* Partner Agency.