



**DENVER  
RESCUE  
MISSION**

# FACT SHEET:

## STAR Transitional Program

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Brad Meuli, President/CEO

### WHAT:

The STAR Transitional Program provides affordable transitional shelter for individuals and families living at The Crossing, our transitional living facility. Participants receive assistance and tools to achieve and maintain self-sufficiency while living in and contributing to a healthy community.

### WHO SERVED/ CAPACITY:

Families in Transition (FIT): Married couples and single or married parents at least 18 years old with their children. Men in Transition (MIT): Single men at least 18 years old. Women in Transition (WIT): Single women at least 18 years old. Seniors in Transition (SIT): Senior citizens 60 years and older.

### PROGRAM:

The goal of the STAR Transitional Program is to help men, women and families become productive, self-sufficient citizens.

### COMPONENTS:

The STAR Transitional Program has five main components:

**1. Case Management:** STAR case managers provide guidance and referrals to participants at monthly assessment meetings.

**2. LifeSkills, Education & Career:** Classes equip participants for economic stability, budgeting, computer skills, and relationship management.

**3. Structure:** Steady, verifiable income of approximately \$150 more per month than their monthly expenses is required. Participants pay program fees and attend all mandatory meetings. Program participation is between 9 months and 2 years.

**4. Healthy Lifestyle:** Participants maintain a drug- and alcohol-free lifestyle in a healthy living community. Three nutritional meals are offered, and healthy eating and exercise is encouraged. Counseling and Bible studies are also offered.

**5. Youth Development:** Youth educational, emotional and spiritual development is fostered through group meetings and recreational activities. Children and teens have access to tutoring, computers, a one-on-one mentoring program, the Denver Broncos Youth Center, Fort Learning Center, and playground areas where positive life skills and social development are encouraged. The importance of physical activity, nutrition and hygiene are also emphasized.

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