



Family Development and Self-Sufficiency Program (FaDSS)

FaDSS is a home visitation program for low income families **available in all 99 counties in Iowa**. FaDSS families participate voluntarily in free services in partnership with their FaDSS Family Development Specialist who works with the whole family to address their basic needs, improve child well-being, and develop career opportunities that, in turn, **improve lives, families, and communities**.

We'll Do It Together

Your family's goals may include education or job training, finding a new job, or working on things like housing, child care, or other assistance. Your FaDSS home visitor will support you each step of the way. **We work with your entire family — parents, kids, and other family members — to make sure you have what you need for success.**

FaDSS Services

Your FaDSS home visitor will work with your family in the comfort of your home. We focus on what's going right with your family, setting goals, and connecting your family to the things you need for success.

Join FaDSS Today!



The FaDSS program is **free and voluntary**. Contact your FaDSS program to learn more about how to join.

hhs.iowa.gov/programs/programs-and-services/fadss



FaDSS Does This By:



Reducing sources of stress. We address the basic needs and emotional wellbeing of families through support and connection to resources such as housing, food, safety, and physical and mental conditions, among others.



Strengthening core skills that are essential for work, school, and life. We build the capabilities of families by teaching them goal-directed behaviors that strengthen life skills and improve family functioning and by connecting them to education and training opportunities that build career-related skills and healthy work and school-based habits.



Creating responsive relationships that are safe and supportive. We develop partnerships with families by building trust; holding parents accountable; and practicing unconditional, nonjudgmental positive regard. We collaborate with community partners to address the needs and interests of families. We support healthy parent-child relationships that promote child wellness and development.

"To be honest, before FaDSS we had a hard time budgeting and moving forward. My specialist helped me learn how to manage my money and plan for the future."

— FaDSS family

"Words can't express my experience in this program. I will never forget how my Specialist treated me and my granddaughter. I benefited from setting monthly goals, making myself and my household organized and accountable. We always looked forward to our visits."

— FaDSS family

Core Program Components



Structured **home visits** conducted by skilled family development specialists



Assessments that support healthy self-exploration



Science-informed **goal pursuit** designed to build core skills



A framework and process for **career development**



Connecting families to **stabilizing supports and opportunities in the community.**

