**Forward Motion, a Family Self-Sufficiency Program**

What is it?

Forward Motion or FSS is a work incentive program available to any household with a Section 8 voucher to help them increase economic self-sufficiency.

How long is it?

The program lasts up to five years. A person can be in the program for up to seven years with good cause. You can finish the program sooner than five years if you reach all your goals.

I am disabled. Can I join?

Forward Motion is open to disabled and non-disabled participants who want to work and increase their economic self-sufficiency.

How does it work?

You work with your Coordinator, also known as your Coach, to make a plan and set goals that will help you become more economically self-sufficient. You will meet with your Coach at least three times a year.

What are the goals?

Every participant in Forward Motion gets to choose their own goals from a menu. You create your plan to earn 100 points, and every time you achieve a goal you earn points. If you need to change your goals throughout your participation, you can do so, however there are two goals that are required at the time of graduation. One of these goals is to become free from Reach-Up cash assistance and the other goal is to become employed at least part-time.

What if I decide that Forward Motion is not for me? Will I lose my voucher?

Forward Motion is a voluntary program and you are not at risk of losing your voucher if you decide not to participate.

Do I have to pay more for my rent if I enroll?

Participants pay the same amount of rent as non-participants. You won’t pay more just because you enroll.

What do I get to choose from?

You get to select items from the attached menu and choose what you want to work on from the following categories:

* Financial Wellness
* Job Readiness
* Learning
* Supports
* Growth
* Income and Job Stability

What are the benefits of being in this program?

You will work with your Coach who will help you as your work towards your goals. You can also build money in an escrow or savings account that will be released to you upon completing the program.

How does the escrow account work?

When your family’s income goes up ***because of earned income***, you pay more in your portion in rent. Let’s say that when you enroll in Forward Motion that you are paying $200 a month for your portion of rent. Then you start working and your portion increases to $350 a month. VSHA matches the increase of $150 in an escrow account.

How do I get the money in the escrow account?

A participant is eligible to get the escrow money by graduating from the program. This happens when you have earned 100 points from the attached menu. You will need to be working at least part time and be free of welfare cash assistance at time of graduation.

How much will the escrow account be?

The amount that the escrow account might be will depend on how much the family’s income increases. Some participants build a little and others build a lot. HUD estimates that the average of most graduate’s escrow is between $6000 and $7000. Escrow money is not taxable and can be used for any purpose after a participant graduates.

If I can’t be getting welfare cash assistance at the time of graduation, do I have to give up food stamps and other benefits?

The requirement of being free from Reach-Up cash assistance only applies to the cash portion (Reach-Up, TANF, or General Assistance). You don’t have to give up food stamps, heating assistance, child care subsidy, health insurance help, etc.

How often do I need to meet with my Coach?

Participants meet with his or her Coach at least three times a year.