

Early Childhood Education and Assistance Program (ECEAP) Bridge to Child and Family Self-Reliance



Stability	Connection to Self and Others	Money Management	Skills, Education and Training Planning	Employment and Career Management
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HOUSING	FAMILY WELL-BEING	PARENTING	WELL-BEING	SENSE OF BELONGING	PERSONAL AND PROFESSIONAL SUPPORTS	EXPENSES	PLANNING	LEARNING	EARNINGS LEVELS
I have safe, affordable, stable housing that meets my needs. I have the resources I need to maintain this housing.	I can meet my family's needs. This rarely feels stressful enough to interrupt my daily activities.	I understand and can respond to my child's developing needs. I access parenting resources as needed.	I have a healthy lifestyle and don't need additional resources.	I am included in and contributing to my diverse community.	I feel secure, safe, and supported in my relationships.	I'm current on balances and have little to no debt.	If there was an unexpected event or emergency, I have enough savings to cover costs.	I have the skills, training, or education I need to keep the job in the career I want.	I do work I value and earn a living wage or a wage that allows me to live the life I want.
I have mostly safe, affordable, or stable housing. I have some resources that I need to maintain housing.	Mostly I can meet my family's needs. At times I feel stress which can interrupt my daily activities.	Mostly I understand and can respond to my child's developing needs. I would like some parenting resources.	Mostly I have a healthy lifestyle. I know warning signs and where to get help to improve my well-being.	I seek opportunities to participate in and contribute to my diverse community. I would like to have opportunities to do this more.	Mostly I feel secure, safe, and supported in my relationships. I know where I can find support.	I pay the minimum amount on all my bills. I rarely feel stressed about finances.	If there was an unexpected event or emergency, I almost have enough savings to cover costs.	I have most of the skills, training, or education I need to keep the job in the career I want.	I do work I value that almost makes a living wage. I think I know the steps I want to take to earn a more livable income. I would like support planning this.
I have somewhat safe, affordable, or stable housing. I could use housing resources.	Sometimes I can meet my family's needs. I feel stressed which sometimes interrupts my daily activities.	Sometimes I understand and can respond to my child's developing needs. I would like parenting resources.	Sometimes I have a healthy lifestyle. I am interested in learning about increasing my healthy behaviors.	I enjoy learning about the diversity in my community. I would like to have opportunities to do this more.	Sometimes I feel secure, safe, and supported in my relationships and would like some more resources.	I pay the minimum amount on some of my bills. I sometimes feel stressed about finances and would like some more resources.	If there was an unexpected event or emergency, I have some savings to cover costs. I would like support.	I have some of the skills, training, and education I need to find or keep the job I want. I would like to learn more.	I do work I value at a job where I do not earn an income that lets me live the life I want. I need help planning the steps I could take to earn a more livable income.
I live in temporary or unsafe housing. I'm at risk of losing it and could use housing resources.	I can rarely meet my family's needs right now. I feel highly stressed which often interrupts my daily activities.	I rarely understand or can respond to my child's developing needs. I could use parenting resources.	I rarely engage in a healthy lifestyle. I am interested in learning about increasing my healthy behaviors.	I know about the diversity of my community. I am interested in learning more.	I rarely feel secure, safe, and supported in my relationships I could use support in this area.	I am behind on payments. Most of the time I feel stressed about finances and need resources.	If there was an unexpected event or emergency, I have very little savings to cover costs. I could use resources.	I have limited skills, training and education which affects my employment. I would like support.	I work at a job where I do not earn an income that lets me live the life I want. I could use resources to help me plan.
I am homeless or about to lose housing. I could use housing resources. Homeless definition: https://nche.ed.gov/mckinney-vento-definition/	I can't meet my family's needs right now. I feel highly stressed which always interrupts my daily activities.	I do not have the skills I need to understand or respond to my child's developing needs right now. I could use parenting resources.	I do not engage in a healthy lifestyle regularly and need support to learn how I can increase my healthy behaviors.	I do not know much about the diversity of my community.	I do not feel secure, safe, or supported in my relationships. I could use support in this area.	I am not addressing debt. I am always stressed about finances. I need financial resources.	If there was an unexpected event or emergency, I do not have any savings to cover costs. I could use resources.	I do not have the skills, training, or education I need in order to get the employment I want. I could use resources.	I want to work at a job where I can earn a more stable income. I could use resources to help me learn how to do this.

Adapted from the Economic Mobility Pathways (EMPath) Bridge to Self Sufficiency.

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