

ALPHA HOUSE



CREATES HOPE

The ALPHA Story

If someone you knew was having a crisis pregnancy, what would you say?

If a pregnant teen in your neighborhood was too afraid to go home, what would you do?

ALPHA's founder was faced with this dilemma in 1979. An idea came to life in the heart of the late Roy Deeb when he received a call from a girl "in trouble" who wanted to be a mother to her unborn child, but had no place to go.

There was no program in Pinellas to help this young, pregnant woman. Out of this need, with the help of a caring group, a small house in downtown St. Petersburg was secured and ALPHA was born.

In 1992, the facility known as the "Miracle on 5th Avenue" was built with help from the community.

Since its inception, ALPHA's residential program has given countless young women and babies the



promise of a bright future. ALPHA House of Pinellas County, Inc. serves homeless pregnant women and teens, new mothers with infants, and families experiencing crisis pregnancies.

ALPHA reduces incidents of homelessness, domestic violence, child abuse, neglect and poverty by providing education, counseling and the tools needed to become self-sufficient.

ALPHA's philosophy of "treating others the way you want to be treated" is integrated within all program services. This use of the Golden Rule is essential because it helps residents identify abusive behaviors. It is also effective in teaching residents parenting skills.

Residential Program

The fulfillment of ALPHA'S mission is a mother who has the education, job skills, parenting skills, self-esteem and spiritual foundation to be self-sufficient, raise her child and contribute to the community. Residents of ALPHA House receive free therapeutic counseling, case management and life skills education along with food, housing and medical care. The program promotes each woman's commitment to herself and to her child.

The goal of the Residential Program is to move women from homelessness to self-sufficiency while promoting healthy relationships, positive parenting, a good self-image and self-empowerment.

To accomplish the objectives of ALPHA, each resident receives:

- **Education:**

Residents attend high school, college or pursue a GED. Those who have completed their education are placed in internships or jobs.

- **Counseling:**

Residents receive weekly individual counseling and participate in weekly group counseling. Counseling focuses on proper self care during pregnancy, making the transition into motherhood, healthy parenting, preventing child abuse, fostering self esteem and making positive life choices. Issues related to parenting and adoption are also addressed.

- **Case Management:**

Case managers link the residents to educational programs, medical care, WIC, Food Stamps and other services to assist with the transition to self-sufficiency. Case managers monitor residents to be sure they are meeting the expectations of the ALPHA House program.

- **Life Skills Education:**

Weekly group and individual programs address preparation for childbirth, parenting and life skills, child development and bonding, budgeting, stress management, housing, nutrition, substance abuse prevention and sexual health.

- **Peer Education Training:**

Residents are trained to become peer educators to teach other teens about the realities and prevention of teen pregnancy.

How You Can Help

Pledge

- Your monetary gifts
- Employer's matching grant
- Leave a Legacy - provide a grant in your will
- Adopt a room for a season or the year

Attend or Support

- Fall Fashion Show
- Golf Tournament
- Spring Gala
- Mother's Day Appeal

Volunteer

- Fundraising: Solicit sponsors & donations
- On-Site: Sort donations, answer phones, food prep
- Huggers & Rockers: TLC for babies while moms are in group sessions

Donate

- Maternity & ladies clothes
- Baby clothing, toys and accessories
- Baby food, formula and diapers
- Office & household supplies, gift cards

Donations are accepted at:
701 5th Ave N., St. Petersburg.
Contributions are Tax Deductible

Who We Help

Since 1979, ALPHA has provided housing and support services to over 3000 women, teens and infants. Through the years, approximately 90% of those who have gone through the ALPHA House program made a successful transition into permanent housing and independent living. ALPHA's community outreach has distributed items to over 30,000 families in need.

ALPHA does not have specified age, income or geographic criteria.

Funding Sources



- Substance Abuse Advisory Board
- Department of Health and Human Services
- Allegany Franciscan Foundation
- Florida Pregnancy Network Program
- Heartland for Children
- Hillsborough Kids, Inc.
- YMCA
- Children's Network of Southwest Florida
- Kids Central, Inc.
- Family Services of Metro Orlando

Accreditation

A.S.S.E.T. Accreditation, Juvenile Welfare Board of Pinellas County

License

Florida Department of Children and Families



Alpha House of Pinellas County, Inc. is a non-profit, tax exempt 501(c)3 Florida corporation.

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Acceptance
Life
Purpose
Hope
Accomplishment

The mission of ALPHA House is to provide housing and supportive services to homeless pregnant women and teens, new mothers with infants, and families experiencing crisis pregnancies.

ALPHA House is Pinellas County's only residential maternity program.