

## Self-Assessment

If you answer **Yes** to any of the following, FSS can help you and your family plan for a better future!

Do you want?

More financial Independence? Build your resume/ budget

Yes  No

Interested in homeownership?

Yes  No

Interested in a new skill set or education.  
Build your own business.

Yes  No

*The Family Self- Sufficiency Program can help you open the door to success. The FSS coordinator can help you identify and connect to resources available to meet your needs*



For more information about the Family Self Sufficiency Program, please contact:

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### Goal Setting

**S - Specific**  
**M - Measurable**  
**A - Attainable**  
**R - Relevant**  
**T - Time - Bound**

**NEK-CAP, Inc.'s VISION**  
*One by one all individuals, families and communities become self-reliant.*



*NEK-CAP, Inc. is an equal opportunity provider and employer.*

Updated 6/30/2025

# NEK-CAP, Inc.

*We provide comprehensive education and social services to low-income community members through collaborative partnerships focused on promoting the development of individuals and families, empowerment, and economic security.*



## Housing Choice Voucher Family Self-Sufficiency Program



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## How Does FSS Work?

Where do you imagine yourself in 5 years?

- A new job?
- A finished degree?
- New technical skills?
- Moving towards homeownership?

The Family Self Sufficiency Program is a 5-year work and saving program for families receiving housing assistance through NEK-CAP, Inc. Housing Choice Voucher Program.

Working with a dedicated FSS Coordinator/Coach, program participants set long and short-term goals that will increase their ability to earn greater income and move toward self-sufficiency.

Participants commit to working toward reaching personal goals, in exchange, participants will receive supportive services and the opportunity to earn an escrow savings account.

### GOT GOALS:

- 👉 Education
- 👉 Need help with debt reduction
- 👉 Building Credit or increasing credit scores
- 👉 Want to build on career advancement
- 👉 Do you help navigating services
- 👉 Interested in Home Buyer education

*“Happiness belongs to the self-sufficient” ~ Aristotle*

## Escrow Account

The incentive of the FSS Program is a special escrow account that is set up for each participant. As participants increase work wages so does the opportunity to save monthly. Once a family meets all required goals by HUD then any savings upon graduation are sent to families. Each graduate decides how this money can best serve the future of their family.



### Requirements

#### Participants Must:

- 👉 Seek and maintain suitable employment.
- 👉 Be welfare free (TANF) not receive TANF assistance.
- 👉 Complete all goals
- 👉 Comply with lease
- 👉 Follow family obligations

Providing services in: Atchison (not city limits), Brown, Doniphan, Jackson, Jefferson, Nemaha, & Marshall Counties

## Frequently Asked Questions

### Do I have to Give up housing?

No, FSS Participants continue to receive housing assistance as long as they are eligible. The FSS program is intended to help participants move towards self-sufficiency. Many have achieved high school or college degrees and obtained good jobs and careers.



### What do I get from the program?

- 👉 One on one coaching to help set and reach goals
- 👉 Referrals to education, job training, childcare, or financial resources
- 👉 A special saving account(escrow) that grows as your earned income increases

**Do I have to pay taxes on money earned in the FSS program?** No, all money earned is tax exempt.

