

Program Description General Program Progression 4 month Program - New Beginnings and Traction Additional 8 month Program - Equipping, Apprenticeship and Transition to Launch	Policy #	RH 1202
	Date	5-11-07
	Revision	10/17
	# of Pages	1/5

Completion of the **full** program will be after a period of approximately 12 months **dependent on achievement of each growth level**. Residents will be permitted to stay longer if it is necessary to progress through their growth levels.

New Beginnings - first month

Opportunities:

- Given a safe place to work on new lifestyle habits
- Establish progress goals for the four month New Beginnings/Traction Growth Levels
- On-site chemical dependency counseling, education, and group sessions.
- Weekly individual mental health counseling and art therapy.
- Daily life skill classes.
- Develop vocational soft skills
- Develop appropriate social skills
- Establish personal health habits (eating, hygiene, exercise) Weight training and health/ fitness classes.
- Adult Basic Education (ABE) twice weekly (start with educational assessment)
- Spiritual growth through classes and church attendance
- Regular connection with Program Dean

Responsibilities:

- Have a desire to change and grow
- Show a respectful attitude towards everyone
- Participate in all program daily routines
- Refrain from old habits: alcohol, drug and tobacco use, as well as contacts outside the program.
- Remain in the presence of the on duty staff at all times.

Guidance:

As a part of creating a safe environment for this growth level, the residents will always be mentored and under the guidance of a supervisor. Participation in all work projects, classes, and scheduled activities is required. No visitation and phone call privileges will be given.

This is a voluntary residential program. If at any time during any growth level, the resident desires to leave or refuses to comply with the program structure, he is free to leave.

Traction: 2nd - 4th months

Opportunities:

- Given a safe place to work on new lifestyle habits
- On-site chemical dependency counseling, education, and group sessions.
- Weekly individual mental health counseling and art therapy.
- Anger Management Class
- Daily life skill classes.
- Develop vocational soft skills
- Able to work off community service, if applicable
- Practice appropriate social skills
- Practicing personal health habits (eating, hygiene, exercise) Weight training and health/ fitness classes.
- Adult Basic Education (ABE) twice weekly
- Spiritual growth through classes and church attendance
- Learn budgeting and financial management
- Begin to re-establish healthy family relationships in a supportive environment
- Continue regular connection with Program Dean to go over goal plan

Responsibilities:

- Have a continued desire to change and grow
- Show a respectful attitude towards everyone
- Need to communicate with staff where you will be at all times
- Participate in all program daily routines
- Refrain from old habits: alcohol, drug and tobacco use, as well as contacts outside the program.
- Choose to develop trusting relationships with staff by being open and honest concerning past relationships, court/probation requirements, financial debt etc.

Guidance:

As a part of creating a supportive environment for this growth level, the residents will be mentored and under the guidance of a supervisor. Participation in all work projects, classes, and scheduled activities is required. Allow up to 15-minutes call time weekdays and 30-minutes weekend call time and one Sunday afternoon visit per month with approved individuals.

After completing Traction: (or having reached program evaluation standards):

- Resident may apply to complete the last three focused growth levels of the program or is free to move on to an independent living site.
- If a resident is not meeting program evaluation standards in the program by the end of the Traction Growth Level, continuation in the program will be terminated and a referral, if necessary, will be made to another program.

ACCEPTED APPLICANTS ONLY

Equipping: 5th - 8th month

Opportunities:

- Having established trust, run errands for program; go for walks, independently; and off-site visits with established contacts
- Career assessments and purposeful vocational training
- Discover strengths and talents to understand who you are
- Able to continue working off community service, if applicable/needed
- On-site mental health counseling to focus on specific areas of need
- Establish future vocational/transition goal plans
- Establish a personal devotional life
- Connect with a mentor that will walk with you through the rest of the program.
- Educational focus based on goal plan
- A supportive place to continue work on new lifestyle habits

Responsibilities:

- Active participation in the discovery process of learning who you are
- Be a role model for new residents
- Responsible for personal budget and financial management
- Continue to maintain responsibilities from previous growth levels

Guidance:

As a part of creating an equipping environment for this growth level, the residents will be mentored and coached. Continue with respectful life skills. Allowed off-site visitation (possible overnight if safe environment is assured) and one Sunday afternoon visit per month with approved individuals. Increased phone privileges based on need.

Completion of this portion of the program will be after approximately 8 months dependent on achievement of each growth level. Residents will be permitted to stay longer if it is necessary to progress through their growth levels.

This is a voluntary residential program. If at any time during any growth level, the resident desires to leave or refuses to comply with the program structure, he is free to leave.

Apprenticeship: 9th - 10th month

Opportunities:

- Choose CWLC or approved vocational site apprenticeship. Able to earn points* towards financial incentives.
- On-line college option along with on - site vocational opportunities
- Connection made with Voc. Rehab
- Support to develop future transition plan
- Individualized program plans based on personal growth, strengths, needs and goals

Responsibilities:

- Strong effort given to apprenticeship experience
- Financial management for debt repayment - work with financial coach
- Continue to maintain responsibilities from previous growth levels

Guidance:

Program Director will ensure apprenticeship success. Phone calls remain the same.

Weekend off-site visits allowed once a month, along with on-site visits once a month.

**Working 9:00 AM to 3:00 PM is 3 points. Adding one hour, 3:00 - 4:00 PM = 1 point, adding two hours, 3:00 - 5:00 PM= 2 points. 5 point maximum per day. Points can be docked for work ethic and attitude. 1 point = \$5 toward debt repayment and saved for start-up funds on completion of the program.*

This is a voluntary residential program. If at any time during any growth level, the resident desires to leave or refuses to comply with the program structure, he is free to leave.

Transition to Completion: 11th - 12th months

Opportunities:

- Begin Transition to independence with a developed plan.
- Continue with apprenticeship or pursue other employment or school
- Once employment is obtained, plan to move to an independent site will follow. Wages earned from outside employment will be reported to the county for deductions until program completion and exit plan is in place from GRH setting.

Responsibilities:

- Follow through with transitional plan steps
- Communicate progress in vocational or educational pursuits and/or difficulties encountered
- Continue to maintain responsibilities from previous growth levels

Guidance:

Individualized support

Launch and Follow-up:

Opportunities:

- Become independent with healthy supports in place

Responsibilities:

- Life plan in place
- Stay connected to Mustard Seed Homes Program for necessary support
- Move to supportive housing or have and maintain own housing

Guidance:

MSH will remain available for assistance as needed.