



## PROGRAM PHASES

Dew4Him Ministries, Inc. will provide recovery services to women from all walks of life. Our mission is to equip and empower women coming out of incarceration or rehab with life skills and Gospel truth to triumph over trauma and self-destructive cycles of addiction. We envision women flourishing, healthy, and whole, prepared and striving to reach their fullest potential.

During a woman's stay at The Greenhouse Program, our goal is to provide a safe house with an individualized residential program for women at-risk for recidivism, relapse, and poverty with opportunities and necessary resources needed to heal from past wounds and resulting coping behaviors and addictions. Residents will increase their capacity to contribute independently to society within 9 to 18 months by demonstrating improved spiritual, physical, social, emotional, occupational, financial, intellectual, and environmental stability.

We provide groups and studies in a faith-based environment. Groups and studies include relapse education and prevention through *Genesis Process*, workforce readiness, financial literacy, healthy boundaries and relationships, and balanced self-care.

Dew4Him Ministries, Inc. will accommodate and support any outsourced out-patient treatment goals within the scope of our program and can accommodate Medication Assisted Treatment (MAT). We will address the physical, emotional, and spiritual needs of every woman who resides at The Greenhouse by rendering services in **three** phases: Phase I—**Rooted and Stable (Stabilization)**, Phase II—**Restored and Growing (Development)**, and Phase III—**Ready and Equipped (Transitioning)**.

**Before promotion** to the next phase- each woman will be assessed and promoted according to her Individualized Growth Plan (IGP) and successful progression of her goals.

- **At Phase I - Rooted and Stable** there will be initial formal and informal assessments to gain baseline data for individualized programming needs including a structured panel interview with Women's Risk/Need Assessment (WRNA), the FICA spiritual assessment inventory, and initial educational and trauma-informed assessments as applicable such as the ACE questionnaire and E-CBM measurements for comprehension and reasoning skills.
- **At Phase II- Restored and Growing (Development)** there will be an overall program assessment for compliance, and growth-healing measurement according to checklists and surveys, anecdotal observation, program pre-assessments and progress monitoring.
- **At Phase III - Ready and Equipped (Transitioning)** there will be an individual assessment of program compliance and growth-healing measurements according to checklists and surveys, anecdotal observation, post assessments and progress monitoring. All progress will be documented in the case management database for Dew4Him Ministries, and accessible to residents within a resident binder.

**Before successful promotion to discharge** from the program, formal post-assessments and an individualized transition plan (aftercare plan) will be completed with each woman. Case management and life skills with self sufficiency in recovery will be the focus. Peer support will be encouraged from faith-based initiatives and continued support group attendance will be encouraged in after-care. Resource direction, referrals and community partnerships will also be a focus to assist these women in transitioning to full recovery and discharge.

## **Probation/Intake Period - Initial 30 days**

### **Phase I - Rooted and Stable (Stabilization) - 30 to 120 days**

Beginning Individualized Growth Plan (IGP) implemented within initial 60 days

### **Phase II - Restored and Growing (Development) - 5 to 11 months**

Mid-IGP implemented at month six

### **Phase III - Ready and Equipped (Transitioning) - 12 to 18 months**

End-IGP implemented at month twelve

### **Reentry Period - Final 30 days**

## **Probation/Intake & Phase I - Rooted for Stability (Stabilization): Day 1 - 120**

**This phase focuses on stability of emotions and life issues, and foundations for spiritual life.**

Upon admission to the program, the women will be thoroughly assessed on a variety of different levels to include their **physical, mental, emotional, social, educational, and spiritual levels**. Based on that Dew4Him Ministries, Inc. will implement a goal-based individualized plan to support growth in areas contributing to the resident's ability to sustain and demonstrate a restored life in society. Dew4Him will complete educational and psychosocial assessments with each woman. During this time, the need for additional medical and psychological evaluation will be further considered, and outsourced to community providers as applicable. Dew4Him will integrate information from the structured panel interview including the Women's Risk/Need Assessment(WRNA), and the questionnaire and background information from the resident's application. Dew4Him's baseline data is also collected from the Faith, Importance/Influence, Community, Action/Address (FICA) spiritual assessment inventory, and initial educational and trauma-informed assessments as applicable such as the Adverse Childhood Experiences (ACE) questionnaire, the Secretary's Commission on Achieving Necessary Skills (SCANS) workforce skills assessment, and Easy Curriculum Based Measures (E-CBM) for comprehension and reasoning skills in reading and math.

The residents will be screened for drugs/alcohol **at the time of intake, randomly, and on an as needed (PRN)** basis throughout the entire program. There will be limited, pre-approved visitation, phone use, computer/laptop use, and mail after 30 days. Residents are permitted to make **one 15 minute phone call at the time of intake (move-in day) if applicable, and one pre-approved 15 minute phone call on day 15**. Weekly church attendance will be required.

## **Communication After 30 Days**

**Phone:** Two 15-minute phone calls, once a week, between 1:00 PM - 4:00 PM on Saturday and/or Sunday, with pre-approval.

**Visitation:** Pre-approved onsite three-hour visit, once a week on Saturdays or Sundays between 12:00 PM and 4:00 PM. Pre-approved guests will receive an email from the Case Manager with further information regarding our onsite visitation policy.

**Mail & Packages:** Mail may be received with pre-approval. All incoming and outgoing mail is read and packages will be searched.

***\*Phone and Internet use are considered on a case-by-case basis according to employment, education, family emergencies, and court obligations***

One of the most important aspects of individualized programming is to assist the individual in functioning in life settings without the use of chemicals, substances, and other destructive habits. Each woman will be assigned an Individualized Growth Plan team consisting of herself, her case manager, a mentor, and any additional support personnel as needed. The team implements a plan to begin to address and teach each woman individually how to improve upon life management skills, self-support and self-care. It will also begin to introduce tools for relapse prevention, workforce readiness, and financial literacy which are key factors in living a life of recovery without the use of substances and destructive choices to cope.

In this phase, Dew4Him will introduce the following on a case-by-case basis:

- Genesis Process (Coaching/Counseling, groups, and classes)
- The Mystery of Addiction (Introduction to the Science of addiction, relapse, and recovery)
- Community based accountability and support groups (AA, NA, CR, iChoose)
- Art Therapy (Coaching/Counseling, groups, and classes)
- Flourish, A Mentoring Journey (Mentor & Mentee curriculum)
- Jobs for Life (Job skill readiness)
- Faith and Finances (Financial literacy)
- 12 Steps the Spiritual Journey (12 Step curriculum)
- The Person of Jesus or Love Walked Among us by Paul Miller (Morning devotions)

### **Phase II - Restored and Growing (Development): Month Five to Eleven**

**This phase focuses on building skills and tools for life management, self-support, and self-care.**

Dew4Him will take into consideration the need for the women to schedule and attend probation appointments, medical, counseling and out-patient programs, and community service requirements as well as any court and dependency issues.

### **Communication after 120 days**

**Phone Calls:** If a resident is in good standing, they are able to make pre-approved 15 minute phone calls between 8:00 AM - 8:00 PM. Some residents may be able to acquire a cell phone with limited and restricted use at this time.

**Visitation/Going Off-site:** If a resident is in good standing, additional off-site visitation privileges will be considered. During this phase, accountability is a key factor. In order to maintain your safety and a safe community, during the first eight weeks of this phase (month five through six), a member of your care team will accompany you on pre-approved off-site visits to designated locations and/or individuals. After month six, a resident may be able to go out alone to church and meetings. Pre-approved individuals will receive an email from the Case Manager with further information regarding our off-site visitation policy.

**Mail & Packages:** If a resident is in good standing, they are able to continue receiving and sending mail. ALL incoming and outgoing mail is read and packages will be searched.

**Computer/Laptop:** If a resident is in good standing, they are able to use the computer with pre-approval and restrictions between 8:00 AM - 8:00 PM.

***\*Phone and Internet use are considered on a case-by-case basis according to employment, education, family emergencies, and court obligations***

Discipleship is offered in daily prayer, personal journaling and devotion time, church attendance, and bible studies. Healthy socialization and routines are offered in the forms of exercise, cooking, arts and crafts, healthy eating, movie nights, game nights, field trips, and guest speakers.

By the end of month six, the IGP Team schedules and completes an overall program assessment for compliance, and growth-healing measurement according to checklists and surveys, anecdotal observation, program pre-assessments and progress monitoring

Our expectation is a minimum stay of nine months to complete all education and recovery tools. Residents will have the option to remain at the house for a period of up to 18 months should they choose to phase up into our Ready for Transition Phase III.

### **Development**

Dew4Him will consider that development involves trauma- informed therapy (outsourced) and additional individualized programming, such as conflict resolution and decision making skills. This phase targets behaviors and coping mechanisms and aims to rectify self-destructive behaviors, install better coping mechanisms, and begin to monitor for the development of relapse prevention skills as the women integrate into employment and additional socialization settings. As part of the on-going recovery process, various outlets of **after-care** will be infused in this Phase to begin to provide long-term support and continue relapse prevention.

### **Program for Healing and Recovery**

In this phase: Dew4Him will incorporate or continue the following on a case-by-case basis depending on individual assessments for progress and promotion:

- Genesis Process (Coaching/Counseling, groups, and classes)
- Community based accountability and support groups (AA, NA, CR, iChoose, Step Groups)
- Art Therapy (Coaching/Counseling, groups, and classes)
- Flourish, A Mentoring Journey (Mentor & Mentee curriculum)
- Jobs for Life (Job skill readiness)
- Faith and Finances (Financial literacy)
- 12 Steps the Spiritual Journey (12 Step curriculum)
- The Person of Jesus or Love Walked Among us by Paul Miller (Morning devotions)
- Community Bible Study (Dew4Him Ministries, A Sweeter Study)
- Book Club (Christian novels)

Discipleship will be continued in daily prayer, personal journaling and devotion time, church attendance, and bible studies. Healthy socialization will be continued in the forms of exercise classes and individual routines with healthy eating plans, movie nights, game nights, and guest speaker nights. Shopping runs to practice budgeting will be introduced and special events as well as visits with family or friends will be introduced according to each individual plan and as allowed.

Employment and educational opportunities will be addressed, planned, and implemented as appropriate. Relapse prevention skills will be continued in this phase and various phases of after-care education and skills introduced.

### **Phase III— Ready and Equipped (Transitioning): Month 12 to 18**

**This phase focuses on practical living and life management after the Greenhouse program.**

**Our definition of RECOVERY** means returning to the former healthy state of trusting God and others with your needs. As a noun, it can be defined as ‘the action or process of regaining possession or control of something stolen or lost.’ That **“something”** will be different for each individual woman as she enters The Greenhouse program and each individual plan that will be created for these women will focus on those things that have been lost, stolen, or damaged. Things lost can include family or children, possessions, education, employment, self-worth, or loss of freedom due to criminal involvement. Our after-care plans will also include trauma-informed and strength-based goals for transitioning into independence.

Recovery is possible and in this phase a resident is able to demonstrate her knowledge and understanding of how life can be exhilarating and manageable without the use of chemicals or substances and other destructive habits.

Based on data collection from checklists, anecdotal observations, and post curriculum assessments, the IGP team will propose and implement a goal-based plan for program completion and an Individual Transition plan by the end of month 12. Different outlets of after care will be reinforced and continued with the focus being on relapse prevention in recovery and self-sufficiency.

Education will continue in all areas of life skills, social, employment, and financial management as well as possible post-secondary education introduction and continued case management in the areas of probation, parole, community services, and any dependency involvement. Independent living skills in recovery will be introduced and continued throughout this phase.

#### **Communication after 12 months**

**Visitation/Going Off-site:** If a resident is in good standing, additional off-site visitation privileges will be considered, including a 24 hour leave to pre-approved locations each weekend from 1:00 PM Saturday to 1:00 PM Sunday. During this phase, accountability is a key factor. Pre-approved hosts will receive an email from the Case Manager with further information regarding our offsite visitation policy.

***\*Cell phone, other personal electronic devices, and Internet use in this phase is monitored on a case-by-case basis according to employment, education, family emergencies, and court obligations***

#### **Program Graduation**

All program participants, including but not limited to staff, mentors, volunteers, and specialists will be invited to celebrate the resident at a program graduation ceremony.