



WHAT TO EXPECT

The Greenhouse is a faith-based program, but what exactly do we mean by that?

1. We believe that God is the source of all truth and that His truth will set residents free.
2. Our program uses faith-based curriculums to address the causes and solutions for addictive behaviors.
3. Our programs teach practical steps of faith for change by bringing together the truth of scripture, the truth of science, and the truth of residents' stories.
4. Our approach to successful recovery is based on biblical teaching and coming into a relationship with Jesus Christ when the truth is spoken in love by trusted relationships in our lives.
5. Every day, please expect Bible reading, biblical teaching, worship, and prayer.
6. Every week, please expect to attend a local church and our local faith-based support groups.
7. You will learn about God, Jesus, and the Holy Spirit.
8. We use the New American Standard Bible(NASB) and New Living Translation(NLT) because it is easy to read and study.

INITIALS:

Do we expect you to be perfect, to have cleaned yourself up inside and out before coming into our faith-based program?

Absolutely not! A healthy person is not a perfect person, but one who is able to identify problems they need to work on, and then create a plan to resolve them. Perfection is not our expectation, but your best effort is. Our program will not create a climate of codependency for residents, but rather coach residents to use tools and support to face fears and resolve problems. We expect you to remain open and teachable while with us. If you find the Christian faith challenging and unacceptable, you will not find this to be a therapeutic environment in which to heal. It may even hinder you.

INITIALS:

Who is on my team?

Your teams are made up of staff members and program participants who want your most successful recovery possible.

1. Care Team: Your Care Team is made up of Dew4Him Ministries, Inc. staff members and delegates. They will meet each week to discuss your progress with policies, procedures, rules, attitudes, and behaviors. They determine where you are and what support or tools you need.
2. DAT Team (Data Analysis Team): Your DAT Team is made up of staff, mentors and specialists. They will meet each month to discuss your progress toward meeting the goals and objectives in your Individual Growth Plan.
3. IGP Team (Individual Growth Plan Team): Your IGP team is made up of the staff, mentors, specialists, yourself, and any additional individuals you wish to be a part of your progress toward meeting the goals and objectives in your Growth Plan. They will meet three times within your residency at The Greenhouse to implement or adjust your Growth Plan at a Beginning of Plan (BOP) meeting, Middle of Plan (MOP) meeting, and End of Plan (EOP) meeting.

INITIALS:

Do the right thing and God will bless it. When we make the decision to turn our wills and our lives over to the care of God, we are giving up control. What does giving up control look like at The Greenhouse?

Every aspect of programming has been created to break addictive thinking and the addictive personality. Some policies, procedures, and rules will make you feel you are being treated like a child. That is not true! That is not our heart! Actions retrain the brain and the heart. You are surrounded by women in recovery who know how difficult it is to discipline the mind and live within boundaries. That is why we do what we do—to help you discipline your mind and live within boundaries by teaching practical steps of faith for change. Simply knowing the right answers, or the right actions will not bring life change. Every policy, procedure, and rule is in place to actively coach you to take steps of faith to resolve problem behavior and face fears. We expect you to do your best to live within the boundaries during your stay.

INITIALS: 

Programs don't fix people; it's relationships. We expect your cooperation—we want to work WITH you, not against you. Please try your best to accept our yes as yes and our no as no.

The Greenhouse is a temporary, supportive housing environment. You may not have all the comforts of your own home, but very seldom does change come from a place of comfort. The best investment our program will make is to create a safe environment where healing relationships can happen between residents, staff, and program participants. We acknowledge that it will take relationships to bring healing rather than the structure of a curriculum or a program. However, many of your requests will not be able to be granted for safety, security, and other reasons. Our job is to keep you safe and focused on your recovery, not to make you as comfortable as possible. Your short-term sacrifice has the potential to render long-term freedom.

INITIALS: 

The bottom line of recovery is learning to trust again. How honest do you need to be?

200%! Honesty at The Greenhouse keeps people and the house environment safe. Residents are beginning to trust as they let go of control. This can look like being brutally honest when talking about your life and when vulnerability is practiced. The Bible calls this confession and promises that God's healing will follow. It is the end of denial and hiding. Once you move in, you will notice very quickly how one personality can affect the whole house for good or bad. We want a peaceful, safe environment for all to be able to heal. Trust gives the courage to face fears and see miracles happen. Please inform staff of any matters that hinder the house environment that we desire.

INITIALS: 

Change comes from the inside out. Change the belief system, change the behavior. What is triangulation?

Triangulation is a form of communication for manipulation to hide information, to get what you want, or to gain a sense of security. When muddy situations arise, please expect to be questioned or asked to go directly to a source to gain clarity. Our programs won't just seek to change your behaviors. It helps you identify and change underlying belief systems that drive the behaviors. Actions, including problem behaviors, can reveal faulty beliefs that need to change. This means making time to have significant conversations with others despite an overcrowded schedule. Once the beliefs are identified, various strategies can be used to bring inner healing and Jesus to the hurting heart.

INITIALS:

We have to feel in order to heal. What is transparency?

Everything that is not confidential or specifically related to your care may be handled transparently. This means it may be discussed out in the open when appropriate. Secrets keep us sick, and we want the house environment to remain healthy. All know that addictions are anesthetics that keep us from feeling painful thoughts, feelings and memories. We acknowledge that information alone doesn't work for recovery from addiction. We understand that you will hurt as you face pains of the past and consequences of the present, but it supports you through a safe environment of relationships as you find healing. The problem is that pain is a friend who warns us that something is wrong and possibly harmful. Pain of the past is a signal that something still needs healing in the present. Numbing the pain will only prolong the wound and create more damage.

INITIALS:

A life of meaning, purpose, and value has almost no chance of returning to addiction. What attitudes do we hope to help you develop?

While you may know what you don't want in your life anymore, you may not know what you want to replace the destructive habits of your past. Years of trauma and addiction have robbed you of knowing who you are as a unique individual, what you are gifted in, and what God has put you here to do. Our program helps answer these questions and move you into a life of meaning, purpose, and value based on who you are. We hope to help you develop the following **G.R.O.W.T.H.** - based attitudes and behaviors along the way:

Gospel-focused - Belief that the Gospel of Christ and the Word of God is the foundation for all truth. This looks like:

- Service - serving others
- Surrender - letting go of resistance, submitting to authority
- Grace - grace makes relationships safe for hurting people to risk trusting again

Realness - Belief that an authentic, honest, and judgment-free environment is essential for growth. This looks like:

- Honesty - telling the truth, no lying, no hiding, no embellishing
- Humility - admit when you are wrong instead of arguing and defending
- Integrity - doing the right thing when nobody's watching, strong morals

Openness - We believe that openness to change and receiving truth is necessary for growth. This looks like:

- Positive Open Communication - using words to speak the truth in love and to build each other up
- Respect - viewing others with esteem as having value

Worthiness - We believe that each person is worthy of love, redemption, and care. This looks like:

- Acceptance - accept life on life's terms; remain stable when things are not as expected
- Self-Discipline - controlling your feelings; living within personal boundaries; overcoming weakness

- Safe Environment - consistently protecting the community, demonstrating vulnerability; offering help and hope with empathy

Teamwork - We believe that Together Everyone Accomplishes Much with excellence. This looks like:

- Teachable - able to be taught; able to receive information and correction when needed
- Competency - able to do things well or to a required standard
- Supportive Relationships - investing yourself in others, achieving recovery with a support system

Healing - We believe that addressing underlying issues with love, grace, and the truth of God’s Word brings healing. This looks like:

- Patience - accepting or tolerating delay; trouble or suffering without getting upset
- Self - Discovery - discovering answers to what happened and how it affected you
- Experiential Learning - applying information and tools to real life experiences

INITIALS: _____

30-day Probationary Period: Know and understand the definition of recovery. Relapse happens in the brain before the behavior.

Life at The Greenhouse is comfortable, but not easy. Everyone deserves a peace-filled, conflict-free environment in which to heal. As you can imagine, living together as women will provide a sense of camaraderie as you recover together. However, it will also have its challenges at times. Therefore, we guard mutual respect and kindness carefully and provide a Probationary Period as the first step to recovery.

Your first 30 days is considered a Probationary Period. We define this as the time set aside for you to learn and practice house rules, participate in programming, and manage your behavior. Recovery means returning to the former healthy state of trusting God and others with your needs. During this time, we will begin helping you learn to identify your needs and practice reaching out to others, growing in intimacy. We begin the program by teaching you how your brain works, what your individual limbic triggers are, and personalizing strategies to get back into recovery. If this proves too challenging and difficult for you, we will help you plan your next steps safely.

INITIALS: _____

ACKNOWLEDGEMENT: My signature below signifies that I have received, reviewed with staff, and understand these expectations.

Signature of Program Participant/Resident

DATE

Signature of Staff Member

DATE

