

Safe Harbor Program Components and Expectations

For Applicants to Our Whole Woman Residential Program

Purpose:

The purpose and intent of Safe Harbor's Program is to help you in the following ways:

1. Create a safe and secure environment.
2. Assist you in knowing and following Jesus Christ by developing a deep lifelong relationship with Him.
3. Assist you toward embracing a healthy identity as a child of God.
4. Assist you toward accepting personal responsibility.
5. Assist you toward establishing healthy interdependent relationships.
6. Assist you in a physically healthy lifestyle

Whole Woman Residential Recovery Services

Basic Services (0-3months)

Establish the Following:

- Medical and Mental Health Stabilization - Connect with Primary Care and Behavioral Health
- Collaboration with Community Resources - Dental, Eye, Personal ID, Chiropractic Care
- **Case Management** - 8 Life Domains; Recovery, Physical/Medical, Spiritual/Mental, Leisure, Education/Employment, Legal, Financial Independence, and Relationships/Support
- Basic Discipleship - **Abundant Life**
- **Recovery Toolkit** (Genesis Process, Recovery Tools, Healing the Addictive Brain)
- Nutrition and Exercise - **Health & Wellness Class**
- **First Steps to Freedom** (Emotional Freedom, Genesis Process, Grace Life International)
- Initiate **Love is a Choice** Workbook - Codependency/Relationships
- Relationship Classes – **Safe People, Boundaries**
- **Counseling** - Partnership with Family Guidance Center in Hickory, NC
- Basic Work Principles - *ReSource Warehouse* - **Step Up Program**

Whole Woman I (3-9months)

Continuation and Enhancement of the following:

- **Case Management** - 8 Life Domains; Recovery, Physical/Medical, Spiritual/Mental, Leisure, Education/Employment, Legal, Financial Independence, and Relationships/Support
- Enhanced Discipleship - **Abundant Life**
- **Initiation of Recovery Support Groups** - CR, AA, NA
- **Mentorship**
- **Journey to Freedom** (Genesis Process, Grace Life International, Steps to Freedom in Christ)
- **Love is a Choice** process including development of the **Love Notebook** (Soul Virgins, Sex & the Soul of a Woman, Worksheet on Relationships)
- Conflict Resolution - **Peacemaker**
- **Counseling** - Ongoing Partnership with Family Guidance Center in Hickory, NC
- **DESIGN** class (Spiritual Gifts & Talents)
- Enhanced Work Principles - *ReSource Warehouse* - **Step Up Program**
- Career Readiness Training (Destination Employment, GED)
- Parenting Classes - Triple P (Positive Parenting Program)

Whole Woman II (9-12 months)

- **Case Management** - 8 Life Domains
- Career/Education Exploration- **Empower2Employ Internship (240 hrs)**

- Continuing Work Principles – *ReSource Warehouse* - **Step Up**
- **Final Steps to Freedom** (Genesis Process, Grace Life International, Steps to Freedom in Christ)
- **Mentorship** continued
- **Counseling**
- **Recovery Support Groups - CR, AA, NA**
- Gainful **Employment** Obtained
- Experience **Transitional Apartment Living** - Weekends Only with children; when applicable

Greenleaf I Program (for graduates of Whole Woman)

- **Transitional Housing** with children; when applicable
- Ongoing **Case Management**
- Financial Mentorship & Accountability
- Recovery Accountability
- Relationship Accountability
- Ongoing Life Skill Classes and Supports through **Renewal Center**
- Ongoing Collaboration with Community Services
- Eligible for **Hope on Wheels** Program

By agreeing to come into Safe Harbor’s program it is understood that all individuals will comply with all aspects of the program, including complying with prescribed medication regimens.

I have read these guidelines and choose to live by them for the duration of my stay at Safe Harbor.

Signature _____ Date _____