

## **Safe Harbor Rescue Mission Program Components and Expectations** *For Applicants to Our 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

### **Residential and Transitional Services**

#### **Basic Services**

- Medical and Mental Health Stabilization
- Nutrition and Exercise
- Case Management
- **Basic Discipleship**
- **Orientation: (Emotional Freedom, Grace/Accountability and Intro to Genesis, Family Session)**
- **Relationship Classes – Safe People, Boundaries**
- **Addictive Brain/Smoking Cessation seminar**
- Collaboration with Community Services
- Counseling
- Establishing Work Principles - ReSource

#### **Whole Woman I**

- Case Management
- **Relapse Prevention**
  - **Genesis**
  - **12 Step Discussions**
- Dealing with Childhood Trauma – Counseling and **Love is a Choice**
- **Discipleship II**
- **Relationships (Love Is A Choice, Peace Maker, and Sexuality)**
- Mentoring
- Enhancing Work Principles – ReSource
- Counseling
- **CR/AA/NA**
- Collaboration with Community Services

#### **Whole Woman II**

- Case Management
- Transitional Housing
- **Discipleship III**
- Relapse Prevention
  - **Genesis**

- **12 Step Discussions**
- **AA/NA/CR**
- **Relationships (Love is a Choice)**
- Career Readiness Training
- Career/Education Exploration- **Empower 2 Employ**
- Collaboration with Community Services
- Continuing Work Principles – ReSource
- Mentoring continued

**Greenleaf Transition (for graduates of Whole Woman)**

- Case Management
- Transitional Housing
- Relapse Prevention – **Genesis Change Group**
- Relationship Accountability
- Continued Advanced Discipleship
- Career/Education
- Collaboration with Community Services
- Continued 12-Step Work

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.

**Things you may bring:**

- Clothing that will fit into a standard sized closet and a small chest. (You will have access to needed clothing items through SH as you need them.)
- A few family/friend photos
- Your own Bible, if you wish
- Personal toiletry items (You have access to these items at SH)
- Make up
- 2 purses
- MP3 players (for designated times only)
- 1 stuffed animal
- Favorite pillow or blanket

**Things you may not bring:**

- Clothing that exceeds the limit mentioned above
- Cell phones, lap tops
- Books, magazines, dvd’s
- Items that would hang on a wall or stand on floor
- Vehicles

Due to lack of storage space and for the purposes of the program, items brought in that are not on the top list may need to be picked up from a family member or donated to a local thrift store.

We ask that family and friends to do bring or mail items to resident without clearing it through case management.

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

Signature \_\_\_\_\_ Date \_\_\_\_\_