



Resident Handbook

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Life House Maine Mission

Life House Maine is a community-based, nonprofit, in Central Maine providing residential homes for expectant mothers, sheltering them through pregnancy and offering hope, support, and life skills while raising their babies through the first year.

Life House Maine currently has one facility located in Hebron, Maine. Residency at Life House Maine is offered at no charge to qualified expectant mothers by the generous gifts of donors. Life House Maine provides a mentoring and parenting curriculum in a caring community, without regard to race, national origin, socioeconomic status, or religious affiliation.

Core Values

FAITH

Biblical World View as ordained by the inerrant Word of God. Written by human hands, inspired by the Holy Spirit.

Triune God the Father (Creator), the Son (Savior), and the Holy Spirit (Comforter). Distinct persons and yet each hold the attributes of divine Lord.

Salvation and Eternal Life are found only by faith in Jesus Christ, the Son of God, born of a virgin, His redemptive death on a cross, and glorious resurrection.

Essential Holy Spirit fills us with His presence so we can live selfless lives, demonstrating unconditional love to all we serve.

FAMILY

Marriage is a lifetime commitment, established in the beginning between a man and a woman.

Strong Family is the core building block of a healthy community.

Healthy Parenting is the shared privilege of a mother and father, providing acceptance, love, boundaries, and instruction to their children.

A Home is the right for every individual; a place of physical, emotional, and spiritual safety.

EMPOWERMENT

Every Life is precious and unique, created with a purpose and plan worthy of our respect and acceptance.

Financial Stewardship produces generous giving, diligent saving, and wise investing.

Open and Honest Communication is always the expectation with no tolerance for anything less than the truth.

Servant Leadership enables others to be their best. We are all called to engage in the process, influence by example, and care enough to make a difference.

Spirit of Excellence drives us to always give our very best to all we serve.

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Admission Process

Life House Maine provides a mentoring and parenting curriculum in a caring community, without regard to race, national origin, socioeconomic status, or religious affiliation.

Eligibility

We accept pregnant women who are in need of a place to stay during their pregnancy and up to 1 year after delivery. For the safety of all involved, residency may be denied based on the following:

- If you are or have been suicidal within the past 60 days
- If you have currently or recently been charged with or convicted of assault
- If you are or have currently been using drugs or alcohol
- If you are unwilling to submit to drug screening
- If you have a history of sex offender behavior, fire starting, or animal abuse

To apply for residency at Life House Maine, start by becoming familiar with our program, services, and house rules contained in this Resident Handbook. Contact our Senior Housing Coordinator with any unanswered questions. Upon acceptance into the program, you will be required to sign a Resident Agreement stating that you understand and agree to abide by policies and house rules while residing in the home. Failure to comply with house rules or provide required information may result in dismissal from the program.

Once you have read the Resident Handbook:

- Complete an application form.
- Provide confirmation of pregnancy and clean drug test results.
- Participate in an interview with the Senior House Coordinator.
- Sign the Resident Agreement and provide required information in additional forms.
- Minors (under 18) who have not yet graduated high school must also provide a copy of their school records. See details in the Special Admissions Information for Minors on page 6.

Note: Before you can be accepted into the program, Life House Maine will conduct a background check and drug testing.

If the father of your child is involved and if you plan to have ongoing contact, you and the father must meet with the Senior House Coordinator prior to you entering the program. The interview will provide an opportunity to talk about expectations and to answer any questions you or the father may have. If there is a concern of offender behavior, Life House Maine retains the right to request no contact.

Upon receipt of all the necessary information, confirmation of pregnancy, interviews, signed Resident Agreement, background check, and drug testing, you will be notified if

you have been admitted to the program or placed on a waiting list. Once accepted into the program, residents should plan to remain in the program for the full term of their pregnancy and may continue in residence up to one year after the birth.

Confidentiality

Many young women who come to Life House Maine have a concern for confidentiality. Life House Maine will respect each resident's wishes that all her counseling and personal issues will remain strictly confidential. Please do not share information about other residents or situations that arise in the home with each other, volunteers, or anybody else outside of the home. Release of information forms will be provided for all service providers.

Drug Testing

Life House Maine reserves the right to request results of a clean drug test and will require ongoing random testing. As you enter our program we appreciate honesty if you have recently used any illegal drugs. We will request a baseline and expect a clean screen in 30 days. Please provide Life House Maine with a list of prescription medications that you are currently taking because they may also appear on the screening.

Adjustment Period

The first month will be a time of adjustment to your new home. This is a time of recovery for some, time to get adjusted to a new environment, and time to determine if the home is right for you. During this month you will be creating a plan for your life goals, meeting your house family, and learning the daily routine. Your plan will be reviewed with you every 30 days while you are in residence (see Resident Goal Plan section of this handbook for details.)

After your adjustment period, you may have a weekend off once a month. You may leave on Friday, at a predetermined time, and return on Sunday, at a -pre-determined time. The place where you will stay during the weekend off needs to be approved beforehand by the Housemother. It should not be a place of partying, smoking, drinking, use of drugs, or any other activity that presents safety concerns to you and your baby. Your room must be clean and tidy, and all household tasks must be completed before you can leave on this weekend off. Alternative time, or additional time off for special events, is at the discretion of the Housemother.

Special Admissions Information for Minors (under 18)

In addition to requirements for all applicants, the following requirements apply to minors (under age 18) and their parent/legal guardian:

- If you are under the age of 18, you and your parent/legal guardian must become familiar with our program by reading this Resident Handbook. They may contact our Senior Housing Coordinator with any questions. Your parent/legal guardian must also sign the Resident Agreement.
- If you are under the age of 18, your parent/legal guardian will be responsible for all medical services and fees.
- If you are under the age of 18, your parent/legal guardian will be responsible for providing money needed to purchase your own over-the-counter medications. Life House Maine does not purchase or distribute any medications to residents.
- If you are accepted into the program, your parent/legal guardian will be required to furnish a list of approved contacts while you are residing in the home.
- If you are entering the program as a minor and have not completed your education, you will need to have your school records sent directly from the last school you attended to:

Senior Housing Coordinator
Life House Maine
P.O. Box 1043
Brunswick, ME 04011

Your school record must include current withdrawal grades. Additionally, you will be required to participate in the completion of your education program.

If accepted into the program as a minor, all House Rules outlined in this handbook for all residents also apply to you, including any rules that specifically apply to minors.

House Rules

The following house rules have been established to maintain a positive living/learning environment at Life House Maine. You are expected to be familiar with and follow all house rules. If you are a minor (under 18) you may find exceptions to certain rules and/or additional rules that apply to you.

Appointments

During your stay at Life House Maine, you will likely have several off-site appointments you will need to attend. You will be required to submit your proposed weekly schedule no later than 9:00 p.m. on Wednesday for the following week. The schedule will include any personal appointments, meetings, or outings outside of Life House Maine. All off-site activities and/or appointments must be pre-approved by the Housemother. You will be allowed one unplanned addition to your schedule at the Housemother's discretion.

Approvals

To obtain pre-approval of any unplanned addition to your schedule,, complete and submit a Request for Schedule Change form to the Housemother on duty providing the purpose of the trip, destination, phone number, and planned time of departure and return. The Housemother needs to know your plans before you leave, and we reserve the right to say no.

Sign In/Out Procedure

When you are pre-approved to leave the site, you must sign out on the house log located by the kitchen entrance when you leave and sign back in when you return. Your destination and a phone number need to be included on the sign-out sheet. Daily responsibilities, appointments with Staff, and tasks are expected to be completed before you leave for outside appointments, unless determined otherwise by Staff.

Transportation

Private Vehicle

If you have your own car, you will be assigned a parking space providing you have submitted a valid Maine driver's license, vehicle registration, and proof of insurance. The car must also have a valid inspection sticker. Life House Maine is not responsible for any expenses related to your personal vehicle.

Transportation Needed

If you do not have your own transportation, the Housemother will assist you with finding transportation to outside appointments that are within a reasonable distance from the house. If you need transportation, a 2-3 day notice is needed. All appointments need to be kept, if you need to change your appointment please give a 24-hour notice.

If you have arranged to receive a ride with a volunteer, make sure you are ready at the arranged pick up time. If you have arranged a ride with someone else, or

rescheduled your appointment, please notify housing staff of your change of plans as soon as possible.

Cell Phones

Cell phones are permitted at Life House Maine. If problems arise, Staff on duty have the right to ask you to please move and continue your conversation in a separate area. Cell phone use is prohibited during quiet hours (11 PM to 7 AM) except in case of an emergency. Limit cell phone use as your baby's needs and daily obligations need to come first. Life House Maine is not responsible for any expenses related to your cell phone.

Civil Ordinances

You, not Life House Maine, will be responsible for the consequences resulting from your breaking any city, state, or federal law. We will not provide bail for residents. Please let us know if you have any warrants or unpaid fines during your residency.

Common Areas

Common areas of the house include the kitchen, den, dining room, living room, bathrooms, laundry room, and outside areas including the porches, lawn, and driveway. In all common areas, if you see something that needs to be done just do it. (i.e., sweep the floor, take out the trash, tidy up the living room, clean off the table, etc.). Additionally, you are responsible for picking up your personal items that are in common areas.

Kitchen and Dining Room

The kitchen and dining room are used for meal preparation and consumption and need to be maintained by whomever uses the space. All dishes, glasses, cups, and utensils need to be rinsed and placed in the dishwasher or washed in the sink, dried, and put away. Pots and pans need to be washed in the sink, dried, and put away. Tables and countertops need to be wiped down and floors swept (if needed).

Food and Meal Prep

All meals will be eaten in the kitchen/dining room area. Limited food or drinks will be allowed in your room. All dishes must be returned to the kitchen, washed, and put away daily. For fire safety reasons, no microwaves, coffee makers, toasters, mini refrigerators, or small appliances will be allowed in the bedrooms.

Breakfast and Lunch

Morning and noontime meals are based on your own schedule and prepared by you. Food that you have purchased for personal use should be clearly marked with your name and stored in your assigned cupboard or refrigerator space.

Evening Meals (5:00 p.m. to 7:00 p.m.)

Dinner will be provided. Residents and Staff will work together to prepare family-style evening meals. You are required to attend the evening meal

unless excused by the Housemother. Everyone eating dinner should help with after-dinner clean-up before returning to their rooms. No cell phones at the dinner table. Invitations for guests to attend the evening meal on special occasions must be approved by the Housemother in advance. Residents may bring their own dinner to the evening meal if they do not prefer the prepared menu.

Den & Living Room

The den and living room on the first floor are common spaces where residents can relax, enjoy the view, watch TV, play games, and simply socialize with one another. You are responsible for picking up any personal items you bring into those common areas.

Bathrooms

You will be assigned a shared bathroom on the second floor of the house. Each resident is responsible for cleaning the shared bathroom, which includes cleaning the toilet, shower, sink, mopping the floor, and washing the bath mats as needed. Towels and washcloths are provided. You should remove towels and other personal belongings after using the bathroom.

Staff Office/Bedroom

The Staff office or overnight Staff bedroom are **not** considered common areas and are not to be used by residents, unless meeting with Staff in the office.

Conduct

You are expected to be courteous and polite to other residents, the Staff, and all those visiting Life House Maine. Requests made by the Staff must be respected. Profanity, graffiti, and destruction of property are not allowed. Stealing will not be tolerated.

Language

We strive to create a supportive and encouraging atmosphere by using affirming language. We discourage language that may stereotype an individual due to race, religion, background, or history. Avoid using curse words or inappropriate language. Understand that our residents and volunteers come from a variety of backgrounds and experiences, so avoid using language that makes light of or encourages drugs, sex, alcohol, etc.

Life House Maine supports the adoption decision. Some residents may be considering adoption as an alternative to raising their child. Please be respectful of other residents who are making an adoption plan and avoid making comments that could sound critical of adoption. An example might be, "I could never do that."

Curfew

At Life House Maine we have a daily curfew Sunday-Thursday at 9 p.m. and on Friday & Saturday it is 10 p.m.

Morning Routine

Monday-Friday days start at 8:45 a.m. Breakfast and shower must be completed by this time, unless given permission by the Housemother for a day of extended rest. If you wake up early, please be considerate of other residents and maintain quiet until 7:00 a.m.

Naps

Naps are permitted after daily obligations have been completed.

Bedtime

All residents should be out of the common area by 10 p.m. each night. You should be in your room by that time. You may read or do quiet activities before turning off your lights. No TV or electronics after 11 p.m. as this could interfere with another resident's sleep or quiet time.

Lights Out

Lights out for the entire house is 11 p.m. unless you are attending to the needs of an infant. Residents should not sleep in the living room. Staff will perform a quick check before the lights go out to make sure everyone is in their room.

Dress Code

You will be encouraged to dress modestly. Foul language and/or obscene symbols printed on clothing will not be allowed. Casual/daytime wear of jeans, slacks, sweat suits, or shorts should be modest and in good repair. Pajama pants are not considered appropriate daytime clothing. Nightgowns, pajamas, and robes may be worn in the downstairs area only after 7 p.m. Staff members on duty will make a determination of appropriate dress when questions arise. You may be asked not to wear certain articles of clothing while residing at Life House Maine.

Finances

Since many items you may need at Life House Maine are provided for you, it is a good opportunity to start saving money for future needs like rent deposit, car, and other odds and ends that you may need once you transition from Life House Maine to independence. We suggest you open a bank account. Life House Maine is not responsible for money lost or stolen when kept in a resident's possession.

Fire Drills and Emergency Meeting Place

Fire drills and reviews of emergency procedures will be performed periodically. All house members and Staff on premises will be required to participate. Each room has a map that locates the closest exit. In case of a fire drill, emergency evacuation, or other emergencies proceed to the nearest exit from your location and head to the meeting place at the farthest end of the driveway at the front of the building. Staff will call 9-1-1. Nobody will be allowed to re-enter the building until authorized by emergency personnel.

Home Furnishings

Bed linens, towels, wash cloths, curtains, are provided. All such items must remain at Life House when you are discharged from the program. All furniture and permanent fixtures such as beds, bureaus, nightstands, mirrors, bulletin boards, and bookshelves, etc. are to be left where you found them. Only Staff may move such items. Nothing can be taped, tacked, nailed, or attached in any way to any wall, door, mirror, etc. without prior permission from the Housemother. You are welcome to bring personal items to personalize your bedroom. Personal items brought into the common space should not be left in the common space, but should be brought back to the resident's room.

Household Tasks

Life House Maine is a shared space. Please treat it with respect and keep it clean and presentable. We ask: If you use it, put it away. If you drop it, pick it up. If you dirty it, wash it. If you take it out, put it away.

Each resident living in the home will regularly participate in household tasks assigned by the Staff. Tasks include vacuuming, dusting, washing floors, and other light household chores. Each resident is responsible for keeping her room clean. Tasks of the day need to be completed by 11 a.m. and prior to leaving the home each day, unless excused by Staff.

Room Inspections

Life House Maine has the right to do random room inspections. Your bedroom should be kept neat and clean. Your bed should be made.

Infants (0-12 months)

You are welcome to stay at Life House Maine until your infant reaches 12 months old. If you are working, volunteering, or in school, you are expected to find daycare for your infant. Staff and other residents will not be responsible for watching any children for more than 15 minutes at a time unless special arrangements have been made in advance.

Insurance

If you have medical insurance, you are solely responsible for contacting your insurance company for verification of coverage for a dependent child and for pre-certification. Life House Maine is not responsible for any healthcare expenses.

Issue Resolution

You are expected to make every effort to get along with other residents. Ask a Staff member to mediate if you have a conflict with another resident. Any problems that arise with Staff should be brought to the attention of the Staff personally and respectfully. If no resolution is reached, you may initiate a grievance procedure.

Grievance Procedure

If you have a concern or complaint about a Staff member or volunteer, and cannot resolve the issue between you, report your concern to the Housemother or Senior House Coordinator who will conduct an investigation and make a determination on the matter.

If you have a concern regarding the Housemother, report your complaint to the Senior House Coordinator who will investigate and make a determination on the matter.

If you have a concern regarding the Senior House Coordinator, you may report your concern in writing to the Board of Directors (P.O. Box 1043, Brunswick, ME 04011). The Board will hear your case at the next scheduled board meeting and respond to you within two weeks of the meeting. If your concern is urgent, the Chairman of the Board may call a special meeting to discuss the matter. The Board's response will be sent to you within 1-2 days of the date of the special meeting. There are no appeals beyond the Board of Directors.

Laundry

Laundry facilities are located on the second floor of the house. You will be assigned a designated laundry time, and the schedule will be posted in the laundry room. Laundry supplies will be provided for you. It will be your responsibility to perform this task on a regular basis. Towels and face cloths need to be washed and returned to the linen closet. In addition to personal items, each resident is responsible to wash her bed sheets every week on designated laundry day. The dryer lint trap needs to be cleaned out after every use.

Laundry should be completed and out of the laundry room by 9 p.m. Please do not leave laundry baskets or dirty laundry in the laundry room. Laundry room should be kept clean and tidy. Our laundry facilities are free to use for the residents who reside in Life House Maine. Please do not bring outside laundry into the Home.

Length of Stay

Residents may be accepted into Life House Maine at any stage of their pregnancy and may remain in residence up to one year after delivery. Certain circumstances may alter the length of stay including dismissal from the program, adoption placement, or miscarriage.

Adoption Placement

If a resident makes an adoption plan for their baby, they may return to Life House Maine for up to one month following discharge from the hospital. The Senior House Coordinator may extend the stay at their discretion. The Staff will assist the resident in seeking alternative housing opportunities.

Miscarriage Policy

In the unforeseeable event of a miscarriage, a resident may be allowed to remain at Life House Maine for up to a month following discharge from the hospital. The Staff will assist the resident in seeking alternative housing opportunities. The stay following a miscarriage may be extended at the Senior House Coordinator's discretion.

Mail

When you come to Life House Maine, you will need to personally notify individuals and organizations of your change of address. When you leave Life House Maine, you will again need to personally notify individuals and organizations of your change of address.

Please notify Staff if you are expecting a package. You may be required to open packages or bulky letters in the presence of a Staff member.

Life House Maine will assist with signing up for programs such as: MaineCare, WIC, SNAP, and other government aid that can provide services for you and your baby if needed.

If you have MaineCare or other government aid prior to coming to Life House Maine, you will be expected to contact your caseworker to have the address changed to the mailing address that will be given to you by staff.

Medications

All prescription medications, including diabetic supplies, must be kept in its original prescription bottle, labeled with your name, and kept in your personal lockbox for the safety of all others. It must not be stored in your purse. You need to follow the instructions from your doctor, taking prescribed medications as directed.

Over-the-counter medications may be kept in your room preferably in your lockbox. Over-the-counter medications may not be shared.

You are responsible for prescription costs and co-pays that are not covered by insurance or MaineCare.

You, not Life House Maine, are responsible to remember to take your medications prescribed by the doctor. We do not administer medication, as we are not a medical health treatment center.

A list of all prescription medications must be kept updated with the Senior House Coordinator.

Overnight Emergency

If you experience a problem during the night, please knock on the Staff's door. She will be happy to assist you. Please do not awaken other residents unless you are unable to get out of bed and need assistance.

Pets

No pets are allowed at Life House Maine.

Privacy

Residents are not allowed in other residents' rooms without the other person being present, or without being invited to come in by the other resident. You are encouraged to socialize in the common area (living room/den/dining room).

Security

Your security is important. There are video security cameras located in key locations around the residence and in common areas inside the residence and are limited to uses that do not violate reasonable expectations of privacy. There are no cameras in private rooms. You are responsible for keeping your room secure by keeping your bedroom door locked.

Sick Days

If you feel sick, notify a Staff member on duty. You must get permission from the Staff on duty to be excused from meals and household responsibilities. In case of an extreme need, you will be taken to the emergency room or 9-1-1 will be called to transport you.

Social Media, Computers, and Wi-Fi

Approved time for Wi-Fi access is 8 AM to 11 PM. Life House Maine is aware that most young women use social media. While living at Life House Maine we ask that you be courteous and modest. Do not violate the confidentiality agreement by posting pictures or personal information about other residents. If it comes to our attention that you are posting derogatory or leading statements about Life House Maine or other residents, you will be asked to remove the inappropriate post.

TV, Movies, and Music

Television and movie viewing should be done in accordance with the standards of Life House Maine. Staff on duty reserve the right to say no to inappropriate programming. Local radio stations are approved for listening in your personal areas. Staff on duty select the music for the common area.

Team Meetings

Staff will schedule team meetings with all residents once a week at a designated time. These weekly meetings are a time for all residents to gather to discuss weekly schedules, household chores, and other matters that are of common interest. It is also a time to share information that will affect everyone, to make decisions about various events/activities, or to otherwise gather just to have fun. Team meetings are mandatory and must be included in your weekly schedule.

Individual Meetings with Staff

Staying connected with residents is extremely important. In addition to regular team meetings, and individual monthly reviews, residents may schedule individual appointments with Staff to discuss personal matters and/or receive guidance and support.

Tobacco, Drugs, and Alcohol

Life House Maine is a smoke-free, drug-free, and alcohol-free facility. The use of drugs, alcohol, or tobacco is strictly prohibited on the property. This includes, but is not limited to cigarettes, cigars, cigarillos, smokeless tobacco, marijuana, electronic cigarettes, vaping products, pipes, and similar devices. You will not be allowed to possess or use alcohol, illegal drugs, and/or marijuana whether you are on or off the premises. We

reserve the right to perform room and vehicle checks at any time if there is a reason for concern. As a condition of residing at Life House Maine, random drug testing will take place. A positive test or possession of drugs or alcohol may result in discharge from the program.

Visitors

After the initial 30-day adjustment period, you will be allowed to have on-campus visits with family or friends up to once a week for limited visits (2-3 hours).. Visits must be pre-approved and scheduled at least one week in advance. Visitors are not allowed in the bedroom areas of the house, except if one is given special permission such as family, maintenance, or service providers. Visits with family and friends are a privilege that may be denied as a consequence of breaking house rules.

Violations

Rules are made to help all involved grow in love, consideration, and respect for God and one another. Life House Maine is a private institution and reserves the right to dismiss from our program any resident who fails to comply with the rules and regulations. Staff and residents should hold each other accountable for following the house rules by reminding each other of the rules and providing reinforcement for keeping the rules. Violation of any House Rule may result in disciplinary action up to and including dismissal from the program.

Reasons for Dismissal

The following behaviors may result in dismissal from the program:

- Use or possession of drugs, marijuana, or alcohol
- Stealing and dishonesty
- Physical altercations with other residents, staff, or volunteers
- Repeated failure to comply with the house rules.

Weapons

Weapons of any kind are prohibited on all Life House Maine properties, including your personal vehicle when parked on Life House Maine property. Weapons include but are not limited to the following:

1. Any snap-blade or spring-blade knife regardless of the length of the blade;
2. Any straight edge razor or any razor blade fitted to a handle;
3. Any cutting, stabbing or bludgeoning weapon or device capable of inflicting grievous bodily harm;
4. Any "taser public defender" or other similar electronic immobilizer which causes, by means of an electrical current, a person to experience muscle spasms and extreme pain, followed by unconsciousness.

Although Maine is an open carry state, guns of any kind are not allowed on the premises. We reserve the right to perform room and vehicle checks at any time if there is a reason for concern.

Services

Life House Maine offers a variety of services and enrichment experiences to residents of the maternity house, including the following:

Classes

Pregnancy & Baby's 1st Year

First Trimester: Prenatal Care, Eating for Two, Your Ultrasound Appointment and Your Developing Baby.

Second Trimester: Emotions of Pregnancy, Bonding with your Baby, and Your Changing Body.

Third Trimester: Getting Ready for Baby, Birth Coaching, Labor & Delivery

Infants: Breastfeeding & Formula Feeding Problems & Solutions, Infant Expectations and Infant Hygiene, Infant Accidents and Illnesses, Infant Nutrition, Sleep and Crying, and Nutrition for Moms.

Parenting

Parenting isn't so much about complex secrets; it is mostly just day-in and day-out doing those small relational things that matter. The lessons give parents simple and powerful tools such as the three-count and boundaries.

Toddler Parenting Strategies include Sleeping, Bedtimes and Mornings, Tantrums, Whining, and Potty Training. Toddler CPR, Toddler Safety and Toddler Accidents and Illnesses are also covered.

Single Parenting - This lesson discusses the parent's responsibilities and gives tools to be a good single parent.

Life Skills

Healthy Relationships: A relationship can only be healthy if each partner understands and practices proper boundaries. This lesson stresses that each person is responsible for their own feelings, actions, and reactions – and they can choose to be in control. Other classes include Body Image, Personal Finance, Developing your Life Plan, Anger Management, and Healing from past hurts.

Bible Study

Parenting Classes: Care Net of Mid-Coast Maine

Case Management Services

Resident Goal Plans

While you are a resident at Life House Maine, you will be expected to develop a personalized Resident Goal Plan (RGP) that may include: a birthing plan, a career plan, education completion plan, financial plan, and a transition plan.

Birthing Plan

Residents are expected to share the birthing plan they have created with their physician including their choice of hospital, physician, and any specialist, etc. connected with their pregnancy care..

Career Plan

Whether you are currently employed or looking to change jobs, developing a solid career plan will set you up to succeed. An individual career planning process includes exploring your personal skills and career preferences, learning job search skills, writing a professional resume or completing applications, practicing interviewing skills, and developing essential workplace skills. Career Planning services are available through the Career Center in Lewiston or Oxford Hills/Nezinscot Adult Education program in South Paris.

Education Plan

High School Completion

If you have not completed your high school education, The Oxford Hills/Nezinscot Adult Education program can assist you in taking the High School Equivalency Test (HiSET) preparation courses and exams.. HiSET has replaced the General Education Diploma (GED), is free to Maine residents, and is administered through local adult education programs. Alternatively, earning an Adult High School Diploma would satisfy state requirements for high school completion.

College or Vocational School

Counseling is available through the Oxford Hills/Nezinscot Adult Education program for those residents who have completed high school and wish to continue their education by attending a vocational school or college.

Financial Plan

One of the most important life skills is financial planning. Understanding your current financial situation and identifying areas for improvement will help you learn to manage your income more effectively, get out of debt, and plan for your financial future.

Transition Plan

Life House Maine provides temporary housing for pregnant moms and their newborn babies up to a year from their birth. Whether or not you choose to stay at Life House Maine until your baby is one year old, you will need a transition plan that outlines your permanent housing plan after you leave Life House Maine. Several other Resident Goal Plans will support setting you up for a successful transition from a maternity home to permanent housing.

Policy Updates

Policies in this handbook may be changed by Life House at any time. Residents will be notified when changes are made.