The Healing House and New Beginnings

“Come just as you are… let the miracle begin!”

*“Whoever comes to me and hears my sayings and does them, I will show you whom he is like: He is like a man building a house, who dug deep and laid the foundation on the rock. And when the flood arose the stream beat vehemently against that house, and could not shake it, for it was founded on the rock.” (Luke 6:47-48 NKJV)*

About Us

The Healing House and New Beginnings, Inc. is a recovery house/program for men and women who suffer from substance use disorders. We are a 501(c) 3 non-profit Christian recovery ministry designed to help men and women recover from a hopeless state of mind and body, grow in their faith in Jesus Christ and in their responsibility to their community.

Our Mission

To rebuild shattered lives through a “Program of Action” by teaching spiritual principles which are rooted and grounded in the Holy and Living Word of God establishing an unshakeable foundation for life.

Our Vision

To equip and empower men and women who have experienced extraordinary life struggles to make an effectual change in their lives, families and communities through the application of spiritual principles rooted in God’s unconditional love and grace.

Our Program

The Healing House and New Beginnings is a 12-month program focusing on spiritual growth, recovery from substance use disorders, work ethic, life skills and physical well-being.

* Spiritual Growth

A relational ministry program to develop and enhance spiritual growth

Bible-based spiritual growth classes

Local church attendance and involvement

Residents attend three spiritual growth classes throughout the week.

It is the purpose of The Healing House and New Beginnings to lead men and women to a personal relationship with Jesus Christ. We at the Healing House understand that a transformation has to take place and it is only through the Living Word and intimate relationship with Jesus Christ that this will happen.

It is through the Living Word that our minds are renewed (restored to freshness or an original state). The “mind” is made up of the intellect or understanding and includes all that is described in the word “mind-set”; that is, reasoning, emotions and will.

Being transformed “by the renewal of the mind” indicates a literal change in the form or formulas of thought or being. This describes Redemption’s provision of power to instill godliness in us – a power that transforms:

1. our thoughts which lead to formulating

2. our purposes, which proceed to dictate

3. our actions and our actions become

4. character determining habits, shaping our lives and setting the course for the future.

*I will give you a new heart and put a new spirit within you; I will take the heart of stone out of your flesh and give you a heart of flesh. I will put My Spirit within you and cause you to walk in My statutes, and you will keep My judgments and do them. (Ezekiel 36:26-27 NKJV)*

This new heart will be pliable and teachable. A new will and a new attitude of spirit enable the individual to live a godly life.

* Recovery

*He sent His word and healed them, and delivered them from their destructions. (Psalm 107:20 NKJV)*

*“Therefore if the Son makes you free, you shall be free indeed. “*

*(John 8:36 NKJV)*

A Program of Action

Residents attend a two hour weekly class teaching and applying the 12 steps as presented in the Big Book of Alcoholics Anonymous

The only Solution to the problem of alcoholism or any other addiction that the Big Book of Alcoholics Anonymous presents is a Spiritual Awakening and a life led on Spiritual Principles.

Bill Wilson wrote that: “The Twelve Steps are a set of principles, spiritual in nature, which if practiced as a way of life, can expel the obsession to drink *(or drug)* and enable the sufferer to become happily and usefully whole." (Twelve Steps and Twelve Traditions, We Have Recovered Pg. 19)

“Unless this person can experience an entire psychic change, there is very little hope of his recovery… One feels that something more than human power is needed to produce the essential psychic change.”

(Alcoholics Anonymous page xxix)

ACOA (Adult Children of Alcoholics)

Residents attend a two hour weekly meeting focused on recovery from the effects of family dysfunction as presented in the book: Adult Children of Alcoholics/Dysfunctional Families

Mentoring

Personal Relationships leading to recovery

Recovery leading to salvation

*And Jesus said to him, “Today salvation has come to this house…”* (Luke 19:9a NKJV)

Strong’s definition salvation #4991: deliverance, soundness, preservation, prosperity, happiness, rescue and general well-being

* Work

*Bondservants, be obedient to those who are your masters according to the flesh, with fear and trembling, in sincerity of heart, as to Christ; not with eyeservice, as men-pleasers, but as bondservants of Christ, doing the will of God from the heart,with goodwill doing service, as to the Lord, and not to men, (Galatians 6:57 NKJV)*

* Residents are assisted with searching and securing employment.
* It is expected that the residents of the Healing House obtain employment of at least 30 hours per work or volunteer 30 hours per week at an approved site.
* Successful work allows the resident to
* Pay program fees
* Establish good work ethic
* Build upon strengths and improve in areas of weakness
* Build a sense of self esteem
* Life Skills

*His lord said to him, ‘Well done, good and faithful servant; you have been faithful over a few things, I will make you ruler over many things. Enter into the joy of your lord.’ (Matthew 25:23 NKJV)*

* Residents are provided safe and affordable housing at the Healing House and New Beginnings.
* Residents are required to learn household responsibilities and do their part to maintain a clean and orderly home.
* Residents attend a monthly Life Skills class. These classes are led by volunteers in the community specializing in a particular field and/or area of life that is an essential skill or focus that will benefit the resident in every-day life. Examples:
  + How to maintain a check book
  + How to clean up your credit
  + Writing your resume’
* Physical Well-being

Residents learn the importance of a healthy diet, daily exercise and the effect they have on the mind and body.

*Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers. (3 John 1:2 NKJV)*

The spirit, soul and body are all connected. We honor God and live at our best when taking good care of all three areas.

Admission

Who is eligible to attend:

* Female for the women’s program
* Male for the men’s program
* Former resident or strong connections to the Jefferson City area
* 18 years of age or older
* Commits to and understands the program
* Agrees to the release of information from former corrections agencies, as well as, medical and behavioral treatment providers
* Exhibits a willingness to change
* In recovery from substance use disorder
* Able to function independently, ambulatory and able to work at employment or perform volunteer services
* Has no prior sex offense convictions, arson related convictions, or those exhibiting violent behavior
* Preference will be given to those applicants who have taken positive steps toward their own recovery and change in their lives, including those in drug court, treatment programs, and being released from jail or prison. Referrals from other sources will be considered on a case-by-case basis.

Residents of the Healing House and New Beginnings must be willing to commit to the following:

* Minimum of one year consecutive residence in a house with no alcohol or drug use.
* Attend **all** functions including meetings, classes and workshops.
* Complete 12-Step requirements and be of service to newer residents.
* Limited activities outside of employment and The Healing House and New Beginnings program.

Basic Guidelines

1. A weekly Program fee of $110 is due each Friday.

2. The first week’s Program Fee of $110 is due upon entry.

3. A Sobriety Deposit of $200 is required of the resident and will be refunded at the time the resident completes the program or if the person remains a resident after completing the program, the deposit is refunded when he or she leaves the program. If the resident is unable to pay the deposit upon entry, a payment plan may be arranged to meet the deposit requirement within 90 days.

4. Resident may be subject to random drug and/or alcohol testing

5. Resident may be subject to random search of room and belongings for items that are unlawful or otherwise not permitted

6. Resident will be assigned a house chore to be done twice per week at scheduled days and times

7. Resident must attend scheduled house meetings

8. Attend classes and meetings on time

9. Work Twelve Steps of AA

10. Nonew relationships of a romantic nature are permitted – Refer to 2-15 Romantic Relationship/Dating Policy

11. Resident is responsible for his or her own meals and food

Program Fees

A program fee of $110 per week will be required from each resident in order for The Healing House and New Beginnings to provide the program and accommodations to men and women seeking help. Residents are given up to two weeks to find employment or volunteer work. Healing House and New Beginnings staff will assist residents in finding work but it is the resident’s responsibility to continue to apply for jobs until work is found. Once employment begins or the beginning of the third week, whichever comes first, residents are required to pay the program fee weekly due on each Friday. The program fee helps cover the costs of the House such as house payment, utilities, phone, course materials and some staple supplies.

Residents receive receipts upon payment of fees and are informed of their current amount due. If a resident’s program fees become 3 weeks past due, in order to get current, the resident will review each pay check with the Executive Director or House Manager. After providing for current program fees and mandatory expenses, up to 60% of the resident’s remaining pay will be applied to back program fees until fees are current. Unwillingness to work towards getting current on program fees will result in termination from the program.

Each resident is responsible for the purchase of toiletries, personal items, meals and clothing. Each resident is also responsible for paying the cost of medication and medical, dental and any professional counseling services.

Relapse

1. Relapse is considered the use of any mind altering chemical whether legal or not, excluding prescribed medications.

a. Relapse will include using prescribed medications in a manner different than directed by the prescribing physician.

2. Relapse will result in the loss of the resident’s program deposit and immediate termination from the program.

3. Re-entry into the Healing House and New Beginnings program of recovery will only be considered after 21 to 30 days from the date of termination depending on specific circumstances.

4. A urine analysis may be requested of the resident for any suspicion of drug use, and a Breathalyzer may be utilized should the use of alcohol be suspected.

a. We are aware that tests for some of the newer designer drugs are not readily available. Should a resident be suspected to be under the influence of such drugs, this will be considered a relapse.

5. The suspicion identified immediately above, as well as a failed urine analysis, may be challenged with a test result from a licensed clinical facility at the expense of the resident. If the returned result from such a facility finds that the resident was not under the influence of a mind altering substance and found to be accepted by The Healing House and New Beginnings, the resident’s reinstatement into the program will then be immediate, and he or she will be reimbursed for the cost of the test.

Conflict Management among Residents

If a conflict or a disagreement occurs between two residents, either resident should try and work the matter out first, on their own. If a resolution is not found, either resident should request to meet with The Healing House staff. The staff will meet with each person separately followed by a meeting with the parties together.

Church Attendance Policies

1. Residents are to attend Sunday church services at House of Prayer Family Church during the first nine months of the program. Following that, residents may attend a church of their choice.
2. Residents are to be ready for transport at 9:30 am.
3. House of Prayer Family Church service begins at 10:00 am; Church service ends about 11:45 am.
4. Residents are to dress appropriately – per discretion of the House staff.
5. Residents are to be at their seats five minutes before start of services.
6. Residents are to remain in their seats during services.
7. All bathroom visits are to take place prior to the beginning of the services. Exceptions are for emergencies.
8. Residents are to maintain proper decorum during services.

House Rules

1. Relapse results in **IMMEDIATE** termination from the program for a minimum of **21 - 30 days depending on specific circumstances**.

Refer to Relapse Policy above.

2. Use of illegal tobacco products, alcohol consumption, drug use, or sexual activity of any nature is not allowed.

3. House staff members are in charge. Residents are expected to respectfully comply with requests made by the staff. Matters will be handled on a case by case basis. Any grievances can be taken to The Healing House and New Beginnings Director with the understanding that House staff is not often overruled.

4. Aggressive or disruptive behavior, fighting, personal altercations, or any other such type of physical contact is strictly prohibited. Anyone who engages in such behavior will be given disciplinary action up to and including immediate termination from The Healing House and New Beginnings program.

5.  **NO SMOKING** in the house; use the designated smoking areas.

6. Any unlawful activity including driving without a license or driving an illegal vehicle is cause for termination from the program.

7. **NO** members of the opposite sex allowed in the house.

8. **NO** same sex relations in the house.

9. **NO** romantic involvements are allowed between current residents, or between current residents and staff, volunteers or those who have exited the program.

**NO** new relationships of a romantic nature with people outside of the program are permitted during a resident’s time at The Healing House and New Beginnings.

Friendly communications with others as part of program related activities is expected. However, aside from communication of this nature, **NO** contact is permitted (phone, text, email, mail and social media, visiting residences, etc.) with those where there is potential romantic involvement.

Please refer to 2-15 Romantic Relationship/Dating Policy

10. Attendance of scheduled House Meetings is mandatory (unless at work).

11. Residents are expected to keep their rooms and the house clean and tidy. The following examples of infractions will result in a fine:

* Leaving personal items out
* Failing to make your bed
* Leaving the House unkempt (dirty dishes, clothes, etc.)
* Failing to complete assigned chores

12. There are 2 chore days per week to be completed by 9:00 PM.

13. All fines start at $10 and are expected to be paid with the weekly program fee.

14. A resident will be considered relapsed if he or she is not heard from in a **24 hour period**.

15. Theft will lead to immediate termination from the program.

16. Program Fees are **$110 per week**.

17. If program fees become 3 weeks past due, the Executive Director or House Manager will work with the resident to get current on program fees as described in Program Fees section.

18. No person active in their addiction is allowed on our property.

19. Residents will observe a Quiet Time from 9:00 p.m. to 6:00 a.m. daily.

20. Residents are expected to follow all requirements stated in the Resident Contract.

Medicine

1. Residents are required to present ALL medications they have or any medication prescribed to them during any doctor/hospital visit for inspection by House staff upon arrival.
2. No products containing alcohol will be allowed (e.g. mouthwash, over-the-counter cold medication, etc.)

Personal Hygiene

1. All residents must practice and maintain good hygiene at all times (shower, brush teeth, deodorize, and clean up after themselves).
2. **No new** body piercing (no metal), tattooing, or other body marking is allowed for first-year residents attending The Healing House and New Beginnings program.

Visits

1. Monthly on-site Family Day visits are planned on the third Saturday of the month. Additional off-site visits are allowed as follows:
   1. After 30 days Family Day Visit – Third Saturday of month

b. After 90 days One off-site day visit each month

c. After 6 months Resident’s choice:

One weekend home each month

(Friday – Sunday return by 3:00 p.m.)

OR One off-site day visit and

One over-night off-site visit each month

2. The resident submits a list of family members he or she would like to have visit when arriving at the Healing House and New Beginnings. Changes to the resident’s visitor list may be requested at least one week prior to the planned visits.

3. Criminal background checks may be performed on the requested visitors and The Healing House has the right to refuse on site visits to any person if it may put residents or other visitors at risk.

4. On-site over-night visits from children of residents may be permitted. The resident is required to successfully complete a parenting class arranged by the program before over-night visits are permitted. Due to varying circumstances, these visits are allowed and coordinated on a case-by-case basis.

2nd Year and Beyond Residents

Residents who commence The Healing House and New Beginnings program may continue in the program afterwards to further develop and strengthen the changes in their life as well as to help mentor others. Those who remain will continue to follow program guidelines and attend 3 mandatory classes per week as follows:

* Participate in 1 outreach class
* Attend or facilitate 2 other classes

Example: Attend Spirituality Class, Facilitate Seeking Safety Class, Participate in Spiritual Life class at Treatment Facility

Example: Facilitate Program of Action Class, attend Spirituality Class, Participate in The Healing House public Celebrate Recovery Meeting

Admission Process

1. Complete and send the application and release of information form to:

Program Coordinator

The Healing House and New Beginnings

P. O. Box 1682

Jefferson City, MO 65102-1682

Email: hgieck.hh2013@yahoo.com;

1. The Director or designee will contact the applicant to schedule a phone or personal interview.
2. Participate in the interview to candidly discuss the program and the applicant’s specific desires and needs.
3. The Healing House and New Beginnings admissions team will decide and notify the applicant of its preliminary decision regarding admission.
4. Applicants may be asked to provide additional records and to obtain a physical prior to final acceptance in the program.
5. The applicant will be notified of the decision regarding acceptance to the program. Upon acceptance, the applicant will be given the following guidelines for belongings he or she may bring and will plan an arrival date with The Healing House and New Beginnings.
   1. Allowed to bring
6. 2 suitcases of clothing as space is limited
7. Personal hygiene products
8. Cell phone (reasonable use)
9. MP3 player with ear or headphones (reasonable use)
10. Transportation such as motor vehicle, bicycle

b. Not Allowed to bring

1. Television
2. Stereo
3. Computer
4. Pets
5. The new resident’s arrival will include an in-take meeting with The Healing House and New Beginnings Director or designee to review the program and sign the program contract.