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 women who suffer from substance use disorders. We are a 501(c) 3 non-profit Christian recovery ministry designed to help 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 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 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)

* Mentoring

*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.

Personal Relationships leading to recovery

Recovery leading to salvation

* It is mandatory for residents to participate in the Mentorship Program and attend the monthly two-hour meeting for group activity.
* 45-60 days after entry, Residents will be paired with a Mentor as they are available and become a Mentee. Mentors are women of God who volunteer to enhance intimacy with God and ultimate identity in Christ.
* Mentees are required to meet with Mentor a minimum of every other week for one-on-one fellowship.
* 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 week or volunteer 30 hours per week at an approved site. Residents agree they will have no more than one full-time job, dayshift only. **Overtime hours are only allowed if mandatory**. This first year is about learning how to live.
* Residents on disability must work a part time job if possible or volunteer 30 hours a week. Hours Volunteered must be logged and verified during Case Management.
* Residents who obtain a waitressing job are required to provide a copy of their schedule for the first 60-90 days to the Program Coordinator.
* Successful work allows the resident to
* Pay housing & 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:

* Women who are former residents or have strong connections to the Jefferson City area and surrounding counties (United Way of Central Missouri serves Camden, Cole, Maries, Miller, Moniteau, Morgan, Osage, Phelps and southern)
* 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 workshops, and volunteer events.
* 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 Residential Housing fee of $17.14 per day ($120 per week) is due on the 1st and 16th of each month.

2. Residents who are eligible for Recovery Support Services (RSS) to pay for their housing while funds are available if they qualify and will be enrolled upon entry. While receiving RSS Funding, the resident is responsible for a Program Fee of $65 per week due on the 1st & 16th. During the first enrollment period, the Program Fee is waived.

3. A Sobriety Deposit of $200 is required of the resident and will be refunded at the time the resident completes the program. If a resident decides to stay after program completion, the deposit is refunded when 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 – We have a Romantic Relationship/Dating Policy

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

12. Residents agree that after 30 days of being at THHNB can they have a cell phone. Phones are subject to random searches. The only exception to this is if you are on Drug Court.

13. All residents will be assigned a laundry day.

14. We have a Return to Use Policy that offers an opportunity for respite housing and re-entry into our program.

15. We have a church attendance policy-Residents are required to attend Sunday Church Services.

16. We have a medication policy, medication is documented and residents will be given a lock box for safe keeping.

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

(1p.m.-6p.m. or as approved by Senior Resident)

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

1. All visitors must be requested and approved on Family Day Visit sign up sheet by Senior Resident one week prior to visiting day.
2. 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.
3. All visitors must be sober while visiting, if they are suspected to be otherwise they may be asked to leave.
4. All common areas must be cleaned on Visiting Day.
5. All visitors must remain in common areas, especially male visitors.

7. All visitors must park on the street.

8. Over night Off-site visits will be available after resident has been at THH for 6 months and has completed the 12 steps and living in the solution. **Residents must mark the overnight dates in the overnight log and have Senior Resident sign for approval before the visit will be granted**. Residents will need to contact their Senior resident every 24 hours away from the house.

9. 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. All visits will need to be approved and scheduled by senior resident.

10. Parents must always be present and responsible for watching their children. If the child requires a car seat for safe traveling, it must be provided by the parent. All food and basic living necessities also must be provided by the parent.

11.Emergency contact/medical information must be filled out and a signed release for traveling in ministry vehicles must be signed before children visits are approved.

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: housing@thehealinghouseandnewbeginnings.org;

1. The Assistant Program Coordinator 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 bags of clothing as space is limited (clothes will be ran through dryer on high heat)
7. Limit of 5 pairs of shoes, they will be sprayed with preventative bug spray
8. Personal hygiene products
9. Cell phone (will be able to use after 30 days, reasonable use)
10. Laptop (reasonable use)
11. Legal transportation (fully registered and insured), bicycle, scooter

b. Not Allowed to bring

1. Television
2. Stereo
3. Computer
4. Pets
5. Mouthwash containing alcohol
6. The new resident’s arrival will include an in-take meeting with The Healing House and New Beginnings Assistant Program Coordinator or staff to review the program and sign the Resident Contract.