

River of Life Rescue Mission

New Life Recovery Program

Introduction

The New Life Program (NLP) is a faith-based recovery program for people experiencing life altering problems with substance abuse. The program period is a **12-18 month** inpatient model of treatment. Recovery studies will focus on the pervasive effects of addiction on the body and mind, as well as the thoughts, emotions, and behaviors associated with addiction. By understanding the makeup of addiction and what causes the compulsive behaviors and cravings that accompany the addiction, one can begin to learn to overcome addiction.

While educational and relapse prevention courses are held daily during the first program period a balanced emphasis is placed on Biblical studies. In this program Jesus Christ is our Higher Power. Through study of the Bible, each man will have the opportunity to lay hold of God's promise: "Therefore, any man who is in Christ becomes a new creature, old things pass away, behold, all things become new." (II Corinthians 5:17)

Mental Health

People are often reluctant to seek help with an addiction problem, let alone a problem related to one's mental health. There is a stigma surrounding mental illness even though it is a treatable condition. Disorders such as diabetes, high blood pressure, arthritis, are chronic medical disorders that are successfully treated each day. By taking medication and altering one's life style, people with chronic disorders recover and live fulfilling lives. Although mental illness is treatable with medication and therapy, people often choose to go untreated. People fear the labels that society will place on them, as if being diagnosed with a mental illness is a sign of weakness.

The NLP has a number of mental health treatment interventions in place to address the mental health needs of recovery program members. Cognitive behavioral therapy, psychological, educational and process therapy groups are held throughout the inpatient treatment period as well as individual counseling sessions. These combined therapeutic treatment interventions provide recovery members an opportunity to adopt coping skills other than turning to drugs and alcohol, which also provides the opportunity for recovery.

Candidate Stage

The candidate stage is a **14-30** day probationary period to determine if the NLP is an appropriate recovery program for the applicant. Depending on the participant's health and detoxification needs candidates will begin assessments as soon as possible. Once the candidate has completed the required assessments, and the initial recovery program goals are determined, participants may enter into available recovery classes.

Phase Work

Any believers' walk, especially those in recovery and who isn't in recovery from our sinful nature, is profoundly reinforced by the time they spend learning and studying God's Word. In Addition to weekly church services, Bible study groups and Celebrate Recovery gatherings, participants of the NLP are given a packet of self-reflection and Bible study materials called "Phase Work" that are to be completed before a programmer may be considered for graduation to the next phase of their program. Initially, phase work gives a participant of the NLP a general overview of the Bible and the opportunity to write a reflective

essay on the nature and possible causes for their addiction. With each successive Phase, the phase work becomes smaller in volume, but a little more soul searching and cathartic for the Participant.

The New Life Program is broken into four phases with the intent that by the time a Program member has progressed to the fourth phase he is ready to begin seeking employment; and upon graduating the fourth phase he has become completely adapted to sober, Christian living. The Phase work required to graduate through each phase provides an underlying structure of personal responsibility and self-discipline around which the rest of the program is built.

Addiction Education and Relapse Prevention Courses

Staying Sober (8 weeks)

This is a course about relapse ---- what it is, and, more importantly, how it can be prevented. This course is intended to comfort the disturbed and to disturb the comfortable. It will comfort the disturbed because many who experience episodes of relapse are victims of mistaken beliefs and have relapsed because they do not know how to prevent it. They blame themselves for past relapses and believe they are hopeless because they do not know what to do to prevent future relapse. This course is intended to give them hope, to correct their mistaken beliefs, and to help them set up plans based on accurate information that can free them from the hopelessness of repeated relapse.

Our intention is not to disturb those who are comfortable in a healthy sobriety, but it is our intent to disturb the naively comfortable. People who believe that as long as they abstain from alcohol and drugs and “bring the body” to meetings there shouldn’t be concern about relapse. Recovery is more than attending meetings. Recovery is a state of mind that cannot be achieved through meeting attendance. Countless people attend meetings each day that are not using drugs or alcohol and yet they’re still not recovering from their addiction - they’re just not drinking or using drugs. These people are in high risk of relapse even though most of them will strongly *deny that fact*. The Staying Sober course is intended to show that realistically facing the possibility of relapse is the only way to prevent it.

Safe People (12 Weeks)

This DVD based curriculum was developed through the book “Safe People” by Dr. Henry Cloud and Dr. John Townsend. This course is taught in group sessions mainly discussing character discernment and relationships. This course also incorporates Biblical scripture in such a way that taking a personal inventory of one’s self is possible.

People living an addictive lifestyle are often drawn to people living identical lifestyles. These relationships are often built off the addiction itself, even though strong and binding emotions may be present. This course teaches how to identify behavioral traits in yourself and people that could be detrimental to continued recovery. It also teaches how to recognize people who will have a positive, supportive effect on your life. People such as this can mean everything to an individual in recovery.

The Genesis Process (16-18 weeks)

The Genesis Process is a Relapse Prevention course in which the focus is treating the person first, the problem second. The core material, laid out in a comprehensive, ten-unit workbook, focuses on identifying and working through underlying issues that drive compulsive addictive behavior. The Genesis Process is an integration of Biblical precepts for personal change, proven relapse prevention techniques, cognitive therapy principles, and the latest neurochemistry research relating to human behavior. For the first time we can answer the question "Why do we do the very thing we don't want to do"? (Romans 7: 15-23)

Stepping Up™ (10 Weeks)

Stepping Up™ is a DVD based study from Dennis Rainey, cofounder of Family Life® that calls men to boldly forge into courageous manhood. Stepping Up™ defines courage throughout the five stages of manhood and commissions men to honestly evaluate where they stand in their duties of masculinity. Dennis Rainey then prepares men to bravely master their life purpose by developing a strategic plan and establishing a winning vision.

Bible Studies (Throughout the Program)

The participants in the New Life Discipleship Program at the River of Life are encouraged to become adequately educated about Jesus' unconditional love and mercy by the time they are ready to graduate the program. In order to help our men grow in their knowledge of who God is, and more importantly to foster a desire for a genuine and healing relationship with Him. Several times a week New Life Programmers are required to attend Bible Studies each of which vary on topic of study. The broad range of Biblical knowledge and personal experience that comes from different teachers also helps to keep the men actively engaged in the groups. In the end it is the desire of Boise Rescue Mission Ministries not only for the men of the New Life program to be aptly educated about the Bible, but also to be able to see an example of healthy and Biblical living being practiced in daily life.

Other classes: **John 3:16, Strengthening Families, The Conqueror Series, Anger Management, How to Keep From Falling, Telling Yourself The Truth, The Corinthian Problem, When God's People Pray, When God's Spirit Moves, and Finance Class**

Mental Health

Mental health symptoms often mimic those of substance abuse and vice versa. When these symptomatic events occur it often creates a state of confusion and a need to self-medicate to quiet the symptoms. We work closely with local mental health agencies for counseling and medication management. The hope is by teaching and applying relapse prevention strategies and creating a greater awareness of their mental health symptoms and the coping skills used to quit them, recovery can begin.

Co-Occurring Disorders (12 Weeks)

Partially psychological-education and partially process group, this group will focus on all basic elements of physical and emotional problems, but also symptoms of mental illness and addictions. The group also covers medication management and treatment technique education.

Life Skills/Symptom Management (12 Weeks)

A psychological-education group this will focus on transitional skill building (from med management to relationships in the workplace to basic living skills/self-care). There will be an emphasis on understanding triggers and managing symptoms through use of coping skills to enable individuals to succeed within the community upon transition.

Work Search Readiness (WSR)

The WSR Class is a minimum 4 week class designed to teach disciples all they need to know about the process of looking for, applying for and interviewing for employment in the modern era. The class will include instruction on the various ways the internet can enhance your search for employment and give you the tools you need to use various web resources to greatly expand your search for work while protecting yourself from scams and schemes. In addition, the class covers how to write an effective and

well representing resume, as well as how to best represent yourself in a job interview situation. The class concludes with a mock interview, where you will have the opportunity to apply and interview for a pretend job and put everything you have learned to the test.

Internship (Phase III)

Internship is mandatory for all NLP Members. It will consist of a minimum of 60 days paid Internship with the Boise Rescue Mission Ministries working with staff in various positions to help serve the men and women of the community. This will be an opportunity for each disciple to give back and learn work as well as people skills.

Learning Center

Classroom experience is required for all program participants.

- Students are assessed in the areas of Math, Memory Skills, Spelling, Vocabulary and Reading
- GED preparation assistance is available, and successful completion of High School or GED is required for program graduation.
- Computer Literacy, keyboarding courses, and practice are required, with individuals given an opportunity for advanced computer courses.

Our Education & Employment Managers (Learning Center Coordinators) are educated individuals, trained to assist and encourage independent thinking and career readiness.

Celebrate Recovery, Purple book and Words of Freedom

Celebrate Recovery: Meeting people and forming relationships can be incredibly scary when all of your past relationships have focused on drugs or alcohol. Isolating yourself is as potentially damaging as being stuck in addiction. Thankfully, the pastors at Saddleback Church in California recognized the need for an organized, Christian curriculum to help churches all over the world meet the needs of their community recovering from life's "Hurts, hang-ups and habits". Once a week the members of the New Life Program are encouraged to attend a Celebrate Recovery meeting, for fellowship, worship and a small group meeting focused on helping them overcome their struggles through the love and healing power of Jesus Christ. The recovery plan utilized by Celebrate Recovery groups and their twelve step process based on the Beatitudes are a perfect fit for the men of the New Life Program. **This group is every Monday evening at First Baptist church at 7pm.**

Words of Freedom (In Partnership with Pure Word) – Teaching directed toward substance abuse recovery, a regularly scheduled 12-Step Class, and One-on-One Discipleship Programs. This is a recovery group offered by Calvary Chapel Boise and is a Christ centered recovery service every Thursday. It is based off the work of Pastor Randy Nurmi who founded Pure Word Ministries in Idaho after being delivered by the Love of God from a life of addiction himself. **This group is every Thursday evening at Calvary Chapel from 7pm-9pm.**

The Purple Book: Workbook based on Biblical Foundations for building strong disciples. Workbook is completed and reviewed with a Church Member Mentor from River Valley Church. Once an NLP Member has completed the Purple Book he is encouraged to help another man with the same process.

Ministry Service

While in the NLP, program members are assigned to various job details throughout the Ministry. Serving the homeless provides an opportunity to practice recovery skills, such as accepting responsibility, anger management, developing healthy relation with fellow workers, and establishing boundaries. Working itself is therapeutic and assists the healing process. Working can also establish a renewed sense of confidence and self-worth. These adopted traits can be extremely advantageous in recovery itself and in avoiding relapse.

Transition (Phase 5)

The major part of the program is focusing on reintegrating participants back into the workplace and social environment. Outpatient support groups are held twice a week for this treatment period. The support groups discuss various topics related to potential relapse situations and how to apply the skills they have learned thus far to remain sober.

A consistent balance between work, recreation, spiritual functions, and healthy relationships is emphasized within the structure of each group.

Time is also allotted in each group to discuss time management skills, personal scheduling, and issues that arise in everyday life. Time is also allotted within each group to share the spiritual relevance of the topic. This further enforces the connection to God in all things, especially during the recovery process.

This aftercare period also provides participants time to acclimate to functioning with life's pressures sober. Some may still have enchanting feelings about substance use and when faced with a world full of temptations this can be challenging to say the least. This is why the outpatient period is so vital to program participants. Providing these men a period of time to face the temptations and pressures of life, while returning each night to a safe, structured environment is key to continued recovery.

In order for our participants to have structure in every aspect of their lives during outpatient treatment, they are placed in a savings accountability program. Upon each pay date employed participants are required to submit their pay stub documenting their earnings. A budget is constructed based on expenses with no extra allowances provided. Obviously, the threat of relapse is possible with any amount of money, but the budgeting process is intended for structure in personal finances.

Transitional Housing

Once a NLP participant has completed the required course work, in Phase 4, found employment, meeting the requirements of the Accountability Program, can move into a private transitional room on the third floor of the River of Life. A transitional housing fee of \$300.00 a month will be assessed. For more information speak with the Program Manager or Assistant Manager of Guest Services at ROL. NLP Members must complete Phase 4 in order to move out into independent living.

Program Graduation

A participant who successfully completes the NLP is recognized in a formal graduation ceremony. This annual event is held in May, and usually sees several hundred guests; including graduate families, Mission staff, major donors, government officials, department of corrections staff, Probation & Parole staff, church & pastoral staff, and news reporters.

All program policies and procedures are at the discretion of the River of Life Director and may be modified at any time and without notice.

Boise Rescue Mission Ministries
New Life Discipleship Recovery Program
Policies and Procedures
February 2018

The New Life Discipleship Recovery Program (NLP) consists of 4 phases with each having a specialized area of care and focus on the program member. Phase 1 -3 usually takes about 8 months, 8 months being the minimum pre-requisite to phase up to phase 4. Finally, phase 4 can be anywhere from 4-8 months. This phase will depend upon the programmer and his ability to transition out of the Mission.

Candidacy

Each NLP Prospect will complete a mandatory 2 week Candidacy to allow each individual as well as Staff an opportunity to see if this program is the right fit for that person.

Phase 1 (Minimum of 80 Days)

Gentlemen who are interested in the River of Life Rescue Mission New Life Discipleship Recovery Program must be willing to consider that substance and/or alcohol abuse has caused their lives to become unmanageable. The program member must also be open to acknowledging Jesus Christ as their Higher Power.

Accepted NLP members will be placed on a probationary Candidate status for the first 14 days of their program. This is to determine if the NLP is a proper recovery program for the individual. For personal safety, members are not allowed to leave the River of Life (ROL) property for any reason unless permission has been given by NLP Staff. Phone use is also prohibited unless otherwise approved by NLP Staff.

During Phase 1 program members will be required to stay in the building and will not be allowed to go on any pass unless accompanied by a staff or a program member that has been deemed accountable by NLP staff. **Phase 1 program members are allowed to go on three 1 hr. passes, but must be accompanied by an accountability partner.** This is not negotiable unless a pre-screened family member has been approved to provide supervision. Any violation of these rules will result in immediate expulsion from the program. After 14-30 days in the NLP program, the program staff will determine if this is the best suited program for the individual.

During this phase we will start assessing if this individual needs mental health treatment, med management, etc. The program member will have to get a physical and/or mental health assessment during this part of the program. In this phase the program member will start clearing pending credit/legal issues, he will also be working on completing his GED and other academic areas assigned by the Education & Employment Manager. We will start the process of applying for SSI/SSD, housing (if applicable). If the individual is employable, we will start working on a practical career

plan for further education or employment. He will begin to be involved in various classes, groups, and individual counseling sessions.

Phase 2 (Minimum of 80 Days)

During phase 2 the program member will be able to go on 2 - 2 hr. passes during the weekend unaccompanied. NLP Members will be allowed to go on outings and passes without an accountability partner as an earned privilege.

He will be involved in various classes, groups, and individual counseling sessions.

Phase 3 (Minimum of 80 Days)

In this phase the program member will complete **all** required classes of the program, their 60 day minimum **Internship**, and the program member will be given additional tools to help in finding out their strengths and skills for employment and/or education. The program member will establish a support group system outside the Mission by this time. The program member will have a workable financial, academic, sobriety, career and family goal plan. NLP Rules and Policies will be followed, UA's will be administered, and chores are required. During Phase 3 the program member will be able to go on 2, Two hour passes or 1 four hour pass and one 2 hour pass. Program Member will be allowed to attend 12 Step Meetings, The Phoenix, other outside activities and the like with Case Manager approval. During this phase program members may **explore the job market** but cannot apply for, or accept, a job until they are in Phase 4.

Phase 4 (Can Last up to 6 Months)

In this phase the program member will begin the process to find employment. Attend various meetings/classes, complete all classes and assignments as per the Phase Packet, Program Manager or Case Manager. Program member will continue modeling discipleship behavior, leading by example, engaging in the program, doing chores, and following rules. He will be maintaining a steady income, managing his savings with a strict budget plan, and will start clearing his debts. Phase 4 Programmers may apply for transitional housing, or choose independent living arrangements. If Program members stay in the NLP wing they must follow all NLP Rules with exception to Phase 4 allowances.

Pass Policy

All potential pass request forms will be turned in to Your NLP Case Manager no later than Monday each week and will be approved for activities the following weekend and or week to come using the appropriate form. Each program member applying for a pass will meet with their NLP Case Manager each week to discuss the location and policies of the pass. All passes must be approved by the NLP Manger.

When granted a pass, program members must **check out with on duty staff and sign out of the facility**, prior to leaving on pass. Upon return, program members must **sign back into the**

facility, and check back in with on duty staff prior to resuming their day/night. No passes will be extended beyond the 8pm curfew. Failure to follow this procedure will result in loss of privileges or termination from the program.

Overnight pass requests are discussed privately with program staff.

Exercise Passes are granted to each NLP member as follows. Are a scheduled pass granted 1hr each day of the week and must be scheduled at a certain time per day with your Case manager. They may be used for Bike riding, walking, running or exercising only. Using these passes for other reasons such as going to stores or other things is prohibited and may result in them being revoked permanently or temporarily.

Accountability Partners are responsible for the program members they take along with them on a pass; they are supposed to be together the entire duration of the pass. If any pass rules are violated, or if the program member in accountability relapses during the pass, both the accountability partner and the program member who is in accountability will face the same consequences.

Passes may not be used during scheduled Mission activities, classes, Chapel, counseling and assigned duties without approval and/or coverage.

All program members who go on passes are subject to a random UA/BA or bag inspection upon return. Failing to comply with UA/BA or bag inspection will result in suspension or dismissal from the program.

Passes are a privilege, not a right. When applying for a pass, it is the program member's responsibility to find someone to cover any job assignments. Program members who stay out overnight without permission will receive an automatic 30-day suspension from the program or termination from the program. **All passes are granted based on how each NLP member is doing in the New Life Program. Failing to comply with rules, task assignments, and classes or have any disciplinary actions taken against you may result in any or all privileges being revoked.**

Please note: All passes are at the discretion of program staff and may be denied for any reason; all incomplete pass requests will be denied.

The pass schedule is per week as follows:

1st phase

- 1 1hr recreational passes
- 3 1hr regular passes
- 1 1hr exercise pass per day 7 days per week

2nd phase

- 2 1hr recreational passes
- 3 1hr regular passes
- 1 2hr regular pass

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1 1hr exercise pass per day 7 days per week

3rd phase

2 1hr recreational passes

3 1hr regular passes

1 2hr regular passes

1 4hr regular pass

1 exercise pass per day 7 days per week (Duration negotiated with staff)

4th phase

3 1hr recreational passes

3 2hr regular passes

2 4hr regular pass

1 8hr regular pass

24hr only as approved buy NLP manager

1 exercise pass per day 7 days per week (Duration negotiated with staff)

Pass descriptions are as follows:

Exercise Passes: Are a scheduled pass granted 1hr each day of the week and must be scheduled at a certain time each day with your Case manager.

Recreational passes: are passes one may use at any time without advanced notice.

Regular passes: are passes one may use at any time but must be scheduled one week in advance.

Work Ethics and Responsibility: One of the many adverse behavior traits caused by addiction is a lack of structure and responsibility in one's life, both on a personal and professional level. Serving the homeless, or anyone else but one's self, restores a sense of meaning that can often be lost through the addiction. Working also provides participants with the opportunity to practice recovery skills in the workplace. Developing skills to cope with stressors in the workplace will be essential to transitioning back into the workforce after completing the New Life Program.

All program members are assigned task responsibilities and are expected to work diligently.

Failure to follow through with Intern or assigned responsibilities are grounds for termination from the New Life Program. Being respectful to one another at the workplace and to the population we serve is a must. Any derogatory or racially biased comments or innuendo, disrespectful acts against any staff, homeless guest, patron from the general public, or other shelter could be considered cause for dismissal from the program.

Program members are responsible for scheduling any appointments or personal obligations around their class and meeting schedules. When unavoidable appointments interfere with a scheduled task assignment it is the scheduled program member's responsibility to find a qualified individual to fulfill the task assignment. **Any task trading must first be cleared by Case Managers or the NLP Manager.** Task trading form must be filled out and turned in.

Program members who are repetitively late, or fail to show up for, or abandon scheduled job assignments, could be dismissed from the program.

Job assignments and task responsibilities are opportunities for program members to exercise grace and servant hood as they learn to be more Christ-like.

General Program Rules

- 1. Drinking alcohol, the use of drugs, inhalants, or tobacco products, acts or threats of violence, viewing or possession of pornographic material, and sex acts of any kind are prohibited while in the New Life Program (through Phase 4 and Graduation).** Program members violating this policy may be terminated from the program. All program members are required to agree to random drug testing. Fighting, profanity, outbursts of anger, threats, prison like mentality, Gang related behavior or property etc...are examples of unacceptable behavior and **will not** be tolerated. Bringing drugs, alcohol or pornography into the River of Life facility are grounds for immediate termination from the program, and being barred from the facility.
- 2. Relationships between men and women in the Missions programs are strictly prohibited. Accessing Social Medias such as Facebook, Twitter, LinkedIn, Pinterest, Tumblr, Instagram, Reddit, or any other social connecting sites is prohibited.** There is to be no contact between male and female program members, including sitting together at church. **Violation of this policy will result in dismissal from the program.** Romantic relationships between program members and staff (including interns) are prohibited. Program members are not permitted to have relationships with guests on or off the Mission property. Program members are not allowed to have romantic relationships with anyone while they are in the program. Relationships between married couples will be monitored by NLP Staff on an individual basis.
- 3. All program members who receive prescription medications will immediately report them to NLP Staff.** Any program member who shares his prescription medication, or over the counter meds, with anyone else may face dismissal from the program. NLP members are solely responsible for the proper use, storage, and security of their medications. **No controlled prescription meds will be allowed while in the NLP.**
- 4. All program members, through Phase 3, are required to attend morning devotions, Program Meeting, Bible studies, recovery classes, counseling appointments, case management appointments, and evening chapel services as required. Phase 4 members are encouraged to attend all meetings and classes that do not interfere with their work**

schedule. Program members must also attend a worship service every Sunday at First Baptist Church of Boise or Calvary Chapel Boise, or River Valley. Program members may attend other local church services providing they have approval from their Case Manager. There are no days off from scheduled classes or counseling appointments.

All appointments and meetings outside the mission are considered not as important as NLP classes, meetings, devotions, case management, Learning center and counseling. All men must schedule outside meetings so they do not interfere with any of these things as listed.

5. **Chapel Attendance.** All NLP men will be required to attend chapel service. During the Candidate and First phases, 5 chapel services per week are required. During the Second and Third phase 5 chapel services per week are required but may be substituted for up to 2 other evening services. The two other evening services must be approved by your NLP Manager and Case Manager.
6. **Signing Out.** No program member may sign out from the mission without permission from ROL NLP staff. When leaving the mission facility it is a requirement to sign out on the sign in and out log.
7. **Evenings. Unless special permission has been granted program members must be in the River of Life facility no later than 8:00pm.** Evening recreational or event breaks may be permitted by and possibly under the supervision of, NLP Staff. Men who wish to attend meetings or events that will go beyond 8:00 pm must notify ROL NLP staff 24 hours in advance to receive permission to attend those meetings. Evening breaks will not be authorized for the BODO, 8th Street, Downtown area, The Phoenix, or any other area that is deemed inappropriate, or non-conducive to recovery.
8. **Sundays.** Program members in Phase 2, or higher, may sign out for church and church activities from 8:00am to 4:00pm **with** special permission. Candidates/Phase 1 may sign out for church and back **only** and must be escorted by a Phase 2, or higher program member.
9. **No TV from 8:00am to 4:00pm with the exception of Saturday, Sunday and holidays. No Movies or Videos may be watched without approval of designated NLP staff.** On Saturday and Sunday the TV can go on after morning devotions. During the week, the TV can be turned on after morning devotions to watch news, but must be turned off by 8:00am. If someone is watching a program you must wait until that program is over to change the station. If there are any disputes over which program to watch, the majority rules. Any programs that are immoral or are containing graphic violence, sex, or drug and alcohol use are **prohibited**. All videos must be **PG13** and below, and **ALL MOVIES AND VIDEOS** are to be approved by the proper Program staff before watching. Any Rated-R or unapproved movies found or unauthorized videos or movies watched will result in loss of TV room privileges for **ALL** programmers. NLP Staff may authorize **R-Rated** movies that are Christ centered. TV room will be closed as follows Sun-Thur @ 10pm, Fri-Sat @ 11pm
10. **Laundry facilities are off limits unless it is your assigned day to do laundry. No laundry will be done after lights out.**

11. **Beds are to be made by 7:00am each morning and rooms maintained in clean and orderly condition.** No items are to be on beds other than bedding and a Bible. No food is allowed in the rooms. Dorm rooms, hallways, shower rooms, bathrooms, prayer rooms, break room, and TV room are to be kept clean at all times. Program members are not allowed to take naps before 4pm without permission of NLP Staff. All program members' rooms, dressers, closets, possessions and person are subject to inspection at any time. Any bunk or dorm changes must be approved by the Program Manager or Case Manager. Do not take it upon yourself to add or move any furniture, or switch bunks or rooms. Any possessions found which are not allowed **will be seized.** (See list of unauthorized items).
12. **All room doors are to remain open from 8:00 AM to 4:00 PM.**
13. **The business phone is not for personal calls.** Calls received on the business phone will not be given to you unless it is an emergency. Messages will be taken and will be given to program members as soon as possible.
14. **The Clothing Room is off limits.** If you need clothes, see the NLP Manager or Case Manager for access to the Clothing Room. **Pilfering, stashing, hoarding or squirreling away of donated items is not allowed. All donations must be turned over to staff immediately.**
15. **Court mandated program members;** be advised that the Director of the ROL or NLP Manager will report any program member who drops out of the program early or without the consent of the Director, to the authorities, including judges, who the Director has written to on the program member's behalf.
16. **Maturity of judgment is required when choosing and becoming a member of a church.**
17. **Healthy, Christ-centered relationships with members of the opposite sex within the context of the church are encouraged after Phase 4.** Before entering such relationships, please consult the NLP Program Manager and Case Manager.
18. **All program members' possessions are subject to without prior approval, random inspection by program staff.** The number of articles of clothing must be adequate for **one week's** worth of clothing changes and **be able to fit reasonably into the space allotted each program member.** Program members will keep themselves groomed at all times. Hair should be cut above the collar and must be well groomed; facial hair must be trim and neat. NLP members will not be allowed to start growing a beard while in the program. **Piercings and excessive jewelry must be removed.** No advertisements or references to alcohol or illicit substances are allowed on clothing. Headphones or ear buds may not be worn during regular program hours or work assignments. **NLP members are not allowed to wear hats while in the building.** Collared shirts and NLP Name Badges will be worn by NLP Members at all times when not in personal rooms or performing specific janitorial duties. The expectation is that NLP Members will present a neat, clean, professional image at all times.

- 19. Music, books, magazines or other materials must support a Christian and sober lifestyle.** Only Christian music will be allowed during the NLP. All movies that are not Christ centered are strongly discouraged and may or may not be approved depending on if they are fit for spiritual growth.
- 20. Curfew to be in the building is 8:00pm. Absences at all must be approved by NLP Staff. Bed curfew and lights out is at 10:00pm Sunday through Thursday, 11:00pm Friday-Saturday.** Lights may be left on until 11:00pm only if everyone in the room agrees. Program members should only be out of bed after 10:00pm to use the bathroom or in the event of an emergency.
- 21. All program members must respect the needs of shift workers.** Although life must go on for those in the program, each program member must be courteous toward our shift workers by being as quiet as possible. Program members who repeatedly ignore this policy will receive appropriate consequences from NLP Staff.
- 22. Dress code,** In the New Life program it is required that all disciples wear appropriate attire during program hours, Church and other mission events. The following is a guideline for NLP dress code and program hours. No gang affiliated attire, area code, colors, bandanas, hats, etc...
Program hours will be Monday through Friday, 8 am to 4 pm.
During these hours you are required to wear pants at all times and a button up collared shirt. Sandals, slippers and flip-flops will not be allowed. Nice sneaker/tennis shoes or dress shoes are deemed appropriate for program hours. Clothing should be in good condition and clean. Shirts are to be tucked in at all times unless it is a squared bottom button up shirt. All rounded bottom shirts and polo's will be tucked in. While wearing a button up shirt that is required to be tucked in a belt will need to be worn. Men working the front desk, kitchen and the clothing room at the mission must adhere to the program hour's dress code during their work duty. Program men may be required to dress above the minimum standards at any particular event or Mission activity and should be prepared to make adjustments at that time as determined by the NLP staff.
Also wearing your program badge is a requirement at all times while you are in the Mission building.
- 23. Relatives** who arrive unannounced must first see the NLP Manager or on-duty staff if it happens to be night/weekends. Program members who are married, and/or have minor children may receive special privileges to visit them, by permission of the NLP Manager. In the event of the death of an immediate family member, please notify the NLP Manager to arrange for travel.
- 24. Sick Policy**
The River of Life and its staff take seriously the health of all program members.
1. In case of an emergency, immediately call or have someone call 911.
2. When one believes that a trip to the hospital or doctors is needed, immediately inform the staff on duty.

3. Anyone claiming a sick day is required to stay in his room ALL day. Do not venture out of your room (this means no going into the television room, peer rooms, outside...or anywhere) except to go to the dining hall at regular meal time, to the restroom (for shower or toilet use) or to contact a staff should 911 or an immediate trip to a medical center/clinic is required.

4. If sick a second day in a row, Terry Reilly Health Services or any other medical clinic/ center MUST be called first thing in the morning to set up an appointment for that day.

5. For each day sick, approved passes for the coming weekend may be canceled, and one might be required to work his off day.

Despite the consequences of claiming a sick day, remember that your health is more important than any pass or day off.

UNAUTHORIZED ITEMS

- No Cell phones (Phase 1, 2, and 3)
- Food Stamps.
- Credit/Debit/Check Cards
- Money (Other than small incidental amounts)
- Personal TV's.
- Weapons of any sort.
- Gang Related Items such as colors, bandanas, hats, drawings, terminology, Area Code related paraphernalia etc... (Staff discretion)
- Over the counter medications that include alcohol or ephedrine as an ingredient.
- Mouthwash containing alcohol.
- Sleep or non-sleep aids (No-Doze, Somnex, etc.).
- Personal Computers/Tablets
- Energy drinks
- Food in NLP rooms
- Controlled Prescription Medications (Schedule 2-5)
- Cooking devices in individual rooms (coffee pots, cook tops, crock pots, toasters, toaster ovens, tea pots, etc.)
- Any tobacco products, lighters, matches, vaping equipment or supplies, or smoking cessation products containing nicotine.
- Inappropriate secular music, books, magazines or other materials

Any other items deemed inappropriate by Program Staff

