



BOISE RESCUE MISSION
MINISTRIES

River of Life Rescue Mission New Life Program

Mission Statement

Boise Rescue Mission Ministries reaches out to the community by teaching the word of God and providing food, shelter, clothing, counseling, and education for the homeless and others in need.

River of Life Rescue Mission

New Life 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 **minimum twelve (12) month** inpatient model of treatment. Recovery classes 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 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 treatable. Disorders such as diabetes, high blood pressure, and arthritis, are chronic medical disorders that are successfully treated each day. By taking medication and altering one's lifestyle, people with chronic disorders recover and live fulfilling lives. Although mental illness is treatable with medication, therapy, or both, 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 several 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 program 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.

Candidate Stage

The candidate stage is a **30-day** probationary period that not only allows the Boise Rescue Mission to determine if the NLP is an appropriate recovery program for the applicant, but also allows for the applicant to determine if the NLP is appropriate for them. Depending on the participant's health and detoxification needs, candidates will begin assessments as soon as possible, which includes engagement with all recovery and spiritual classes.

Phase Work

Any believers' spiritual life, especially those in recovery, is profoundly reinforced by the time spent learning and studying God's Word. In addition to weekly church services, Bible study groups, and Celebrate Recovery gatherings NLP participants are given a packet of self-reflection and Bible study materials called "Phase Work". The Phase Work is 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 in scope. The New Life Program is broken into six 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 lifestyle. 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, Relapse Prevention Courses, and Other Classes¹

The Heart of Addiction (12-15 Weeks)

This book makes the distinction between what the world terms a "disease" and what the Bible demonstrates is a life-dominating sin nature problem. You will find biblical tools to help examine your heart's motives at the root of your addiction. The accompanying Heart of Addiction Workbook provides a deeper study into the problem of addiction from a Christian perspective. The workbook is intended to draw the reader closer to Christ while facilitating the cultivation of a close, meaningful relationship with a trusted Christian friend.

This class is led by NLP Staff who facilitate the teaching time and group discussion.

The Genesis Process (16-18 weeks)

The Genesis Process is a Relapse Prevention course in which the focus is treating the person first and 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. We can now further our understanding of "Why do we do the very thing we don't want to do"? (Romans 7: 15-23)

This class is led by NLP Staff who facilitate the teaching time and group discussion.

¹ Courses may change at the discretion of NLP Leadership however the content of the course work will be reflective of those identified.

Boundaries (15 Weeks)

Having clear boundaries is essential to a healthy, balanced lifestyle. A boundary is a personal property line that marks those things for which we are responsible. In other words, boundaries define who we are and who we are not. Boundaries impact all areas of our lives: Physical boundaries help us determine who may touch us and under what circumstances -- Mental boundaries give us the freedom to have our own thoughts and opinions -- Emotional boundaries help us to deal with our own emotions and disengage from the harmful, manipulative emotions of others -- Spiritual boundaries help us to distinguish God's will from our own and give us renewed awe for our Creator -- Often, Christians focus so much on being loving and unselfish that they forget to establish clear, personal boundaries.

Dr. Henry Cloud and Dr. John Townsend offer biblically based answers to these and other tough questions, showing us how to set healthy boundaries with our parents, spouses, children, friends, co-workers, and even ourselves.

This class is led by NLP Staff who facilitate the teaching time and group discussion.

Safe People (12 Weeks)

Dr. Henry Cloud and Dr. John Townsend developed this curriculum through the book "Safe People". This course is taught in a group session mainly discussing character discernment and how this fosters healthy relationships.

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 others 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.

This class is led by NLP Staff who facilitate the teaching time and group discussion.

Changes that Heal (16 weeks)

In *Changes that Heal*, Dr. Henry Cloud, through a combination of on-line and workbook teaching brings forth his clinical psychology expertise, well-developed faith, and keen understanding of human nature in a four-step program of healing and growth. Dr. Cloud's down to earth plan shows the student how to: Bond with others for truly intimate relationships, separate from others and develop a sense of self, understand the good and bad in yourself and others (a key aspect for those in substance abuse recovery), and grow emotionally and spiritually toward adulthood.

This class is led by NLP Staff who facilitate the teaching time and group discussion.

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.

This class is led by NLP Staff who facilitate the teaching time and group discussion.

Conquer Series (12 Weeks)

Conquer Series is a DVD based study that offers men proven principles and practical tools to break free from pornography and other forms of sexual bondage. The DVD sessions are hosted by Dr. Ted Roberts, a former Marine fighter pilot, a Senior Pastor, and a Mentor for Pastors. This study takes a look at how sexual bondage takes place in the mind. We study key biblical principles to help men prevail against the enemy.

This class is led by NLP Staff who facilitate the teaching time and group discussion.

Bible Studies (Throughout the Program)

The participants in the New Life Discipleship Program at the Boise Rescue Mission are encouraged and equipped about Jesus' unconditional love and mercy by the time they are ready to graduate the program. 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, New Life Programmers are required to attend daily devotions, Bible Studies, and teachings each of which may vary topically. 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.

These studies are led by NLP Staff or outside instructors who will facilitate the teaching time and group discussion.

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 with local mental health agencies for counseling and medication management. The hope is that 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.

Learning Center

Classroom experience is required for all program participants.

- Program members are assessed in the areas of Math, Vocabulary, Grammar, and Typing.
- GED preparation assistance is available, and successful completion of High School or GED is required for program graduation.
- Computer Literacy, Financial Literacy, Career Readiness, and basic Writing assignments will be required.
- Our Learning Center helps in all areas of program growth to include job search and housing research.

Our Learning Center Coordinators are educated individuals, trained to assist and encourage independent thinking and career readiness.

Career Readiness

The Career Readiness Class is a minimum 3 week class designed to teach program members 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 necessary to use various web resources that will 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.

This class is led by Learning Center Coordinators who facilitate the teaching time and group discussion.

Internship

Internship is mandatory for all NLP Members and 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 program member to give back and learn work ethics as well as practical people skills.

Ministry Service

While in the NLP, program members are assigned to various jobs throughout the Ministry. Serving the homeless provides an opportunity to practice recovery skills, such as accepting responsibility, anger management, developing healthy relations 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 for recovery itself as well as avoiding relapse.

Transition (Phase 5)

A critical part of the program Phase 5 focuses on reintegrating participants back into the workplace and social environment. Individuals and groups discuss various topics related to potential relapse situations and how to apply the skills they have learned thus far in recovery. A consistent balance between work, recreation, spirituality, and healthy relationships is emphasized within the individual or group structure. Time is allotted in each group to discuss time management skills, personal scheduling, and issues that arise in everyday life as well as 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 with time to grapple with life's pressures individually but with support. 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 Phase 5 is so vital to program members. Providing these men, a healthy transition period to face the temptations and pressures of life, while returning each night to a safe, structured environment is key to continued recovery.

For our participants to have structure in every aspect of their lives during Phase 5, they are enrolled in a savings accountability program. A budget is constructed based on expenses with financial goals established. 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 an NLP program member has completed the required course work for Phase 4, found employment, and graduated from Phase 4, they can move into Rescue Mission owned housing.

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.

River of Life Rescue Mission

New Life Program

Structure, Policies and Procedures

September 2023

The New Life Program (NLP) consists of six 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. Following Phase 3 is the “Internship” Phase, which is a 2-month process that begins the journey of integrating the program member back into the workforce. Finally, phase 4 and 5 can be anywhere from 4-8 months. This phase will depend upon the programmer and his ability to transition out of the Mission.

Candidate Phase (Minimum of 30 Days)

Each NLP Prospect will complete a mandatory Candidate phase to allow them as well as Staff an opportunity to see if this program is the right fit for them. For personal safety, Candidates are not allowed to leave the River of Life property for any reason unless NLP Staff have given permission. Phone use is also prohibited unless otherwise approved by NLP Staff.

Phase 1 (Minimum of 60 Days)

Men who are interested in the River of Life Rescue Mission New Life 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 Lord and Savior.

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 member 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.

During this phase we will start assessing if the individual needs mental health treatment, medication 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 completing his GED (if necessary) and other academic areas assigned by the Learning Center Coordinator. We will start the process of applying for SSI/SSD (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 75 Days)

During Phase 2 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 member or a program member that has been deemed accountable by NLP staff. In Phase 2 the program member will develop one-year goals in various areas such as financial, spiritual, and family. As appropriate, they will also begin The Genesis Process, which is an important class related to their ongoing recovery. NLP Rules and Policies will be followed, UA's will be administered, and chores are required. He will be involved in various classes, groups, and individual counseling sessions.

Phase 3 (Minimum of 75 Days)

During Phase 3 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 member or a program member that has been deemed accountable by NLP staff. In this Phase the program members will begin establishing a support group system outside the Mission by this time. The program members will develop a long-term 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 two, 2-hour passes or one 4-hour pass and one 2-hour pass. Program Members will be allowed to attend 12 Step Meetings, other outside activities, and the like with Case Manager approval.

Internship (Minimum of 60 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. During Internship, the programmer is not required to have an accountability partner when they leave the Mission, and their pass allotment is the same as that for Phase 4.

Phase 4 (Minimum of 65 days)

In this phase the program member will begin the process to find employment and, as required, attend various meetings/classes, and complete any assignments as per the Phase Packet, Program Manager or Case Manager. Program members will continue modeling discipleship behavior, leading by example, engaging in the program, doing chores, and following rules. He will be required to maintain a job, managing his savings with a budget plan, and begin clearing any outstanding debts (if applicable). Phase 4 Program members may apply for transitional housing or choose independent living arrangements upon completion of the Phase. During Phase 4, the programmer is not required to have an accountability partner when they leave the Mission.

Phase 5 (Up to 365 days)

Phase 5 is a voluntary phase, but it is highly recommended as it provides ongoing support while the programmer continues their integration back into society full-time. A key component of this phase is mentorship or discipleship as the programmer gives back for what has been given to him. Regular UAs are part of this phase as are regular connections with their case manager. Accommodations can range from staying on the NLP wing to the “Next Step” transitional apartments in Nampa or Curtis Road Boise (when available). During Phase 5, there are no accountability partner requirements nor structured passes.

Task Policy, 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 oneself restores a sense of meaning that can often be lost through 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. Job assignments and task responsibilities are opportunities for program members to exercise grace and servant hood as they learn to be more Christ-like. All program members are assigned appropriate task responsibilities and are expected to work diligently at the task.

Front Desk duties may be assigned to NLP members at Internship or beforehand as the needs of the Mission dictate. Candidates are not allowed to work at the front desk. Proper work attire is required according to each job assignment. Programmers must wear clean, neat jeans or pants and button-up or collared shirts while performing front desk duties and at events. Failure to follow through with Intern or assigned responsibilities are grounds for termination from the New Life Program. Being respectful to one another in the workplace and to the population we serve is necessary. Any derogatory or racially biased comments or innuendo, disrespectful acts against any staff, homeless guests, patron from the public, or other shelter residents could be considered cause for dismissal from the program.

Program members are responsible for scheduling any appointments or personal obligations around their assigned duties, classes, and meeting schedules. When unavoidable appointments interfere with scheduled task assignment it is the scheduled program member’s responsibility to find a qualified individual to fulfill the task assignment. Should programmers desire to swap or trade task assignments, they should bring this desire to the NLP staff. Only NLP Staff can approve task trading unless it is an emergency. Program members who are repetitively late, or fail to show up for, or abandon scheduled job assignments, could be dismissed from the program. The giving of money or items to have your task covered is prohibited.

General New Life Program Rules

1. Substances

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. Bringing drugs, alcohol or pornography into any BRMM facility are grounds for immediate dismissal from the program and being asked to leave the facility.

2. Violence

Acts of violence, fighting, profanity, outbursts of anger, threats, prison like mentality, etc. are examples of unacceptable, intolerable behaviors and can be grounds for program dismissal.

3. Relationships

Relationships between men and women in the Mission's programs are strictly prohibited. Accessing Social Medias such as Facebook, Twitter, LinkedIn, Pinterest, Tumbler, Instagram, Reddit, or any other social connecting sites is prohibited. There is to be limited contact between male and female program members, including sitting together at church. Violation of this policy may result in dismissal from the program. Romantic relationships between program members and staff (including interns) is prohibited. Program members are not permitted to have relationships or extended contact 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 (through Phase 4). Relationships between married couples will be addressed by NLP Staff on an individual basis.

Healthy, Christ-centered relationships with members of the opposite sex *within the context of the church* are encouraged after Phase 4. Before entering such a relationship, please consult your NLP Program Manager and Case Manager.

4. Prescription Medications

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, unless requesting to keep safe by staff in storage device. Medications are subject to random count by NLP staff. No controlled prescription meds will be allowed while in the NLP.

5. **Program Attendance**

All program members, through Phase 3, are required to attend morning devotions, Program Meeting, Bible studies, recovery classes, counseling, and case management appointments. 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. Interns assigned to ROL, and Phase 4 programmers who are employed by the Mission, are required to attend morning devotional times prior to beginning their shift.

6. **Church Attendance**

Program members through Phase 3 must regularly attend every Sunday a church as determined by BRMM staff, which currently is Vineyard Boise Christian Fellowship. Program members in Phase 4 may attend a church of their choice with prior NLP Manager's approval. Sermon notes are to be taken during the Sunday morning services and handed in to their Program Advisor by Monday morning. Notes are to include a reflection on how the sermon is applicable to your life.

7. **Appointments**

No appointments and meetings outside the mission are considered as important as NLP classes, meetings, devotions, case management, Learning Center and counseling. All men must schedule outside meetings and appointments, so they do not interfere with any of these things as listed. There are no days off from scheduled classes or counseling appointments.

8. **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 and in on the sign in and out log.

9. **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 any area that is deemed inappropriate or non-conducive to recovery.

10. **Church Activities**

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.

11. **TV Use**

No TV or electronic devices from 7:15am to 4:00pm except for Saturday, Sunday, and holidays. No movies, videos, or electronic devices may be watched or listened to without approval of NLP staff. On Saturday and Sunday, the TV can go on after morning devotions. 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 contain graphic violence, sex, or drug and alcohol use are prohibited.

12. **Videos/Movies**

All videos must be PG13 and below, and all movies and videos are to be approved by NLP 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. The TV room will be closed Sun-Thurs. @ 10pm, Fri-Sat @ 11pm unless approved by the Program Manager.

13. **Laundry**

Laundry facilities are off limits unless it is your assigned day and time to do laundry. No laundry will be done after "lights out". When it is your Laundry Day, all bed linens will need to be washed and dried, and pillows will need to be placed in the dryer.

14. **Room Cleanliness**

Beds are to be made each morning and rooms maintained in a clean and orderly condition. No items are to be on beds other than bedding and a Bible. Dorm rooms, hallways, shower rooms, bathrooms, study rooms, classrooms, and the 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. The Program Manager or Case Manager must approve any bunk or dorm changes. Do not take it upon yourself to add or move any furniture or switch bunks or rooms. No food is allowed in the rooms. Any possessions found which are not allowed will be seized. (See list of unauthorized items).

15. **ROL Business Phones**

The ROL business phones are not for personal calls. All NLP Members must have NLP Staff permission to use phones. 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.

16. **NLP Phone Use**

The Program phone is available for calls related to your recovery program only. Calls to buddies, friends, acquaintances or with any females during the program is prohibited unless approved beforehand by the NLP staff. Do not answer the phone in the hallway. Do not give the number to others outside the program and your recovery. You may give the number out to people of legal, medical, and job-related matters only, no exceptions. This is so they may leave a message that staff will retrieve daily. The phone is for calling to make appointments, prescriptions, legal matters, and job-related issues. Personal phone calls to others outside the above-mentioned categories MUST be approved by your NLP Advisor. Also, those whom you call must be approved and safe people for you. Approved personal calls must be limited to 10 minutes. Candidates ARE NOT allowed to use the hallway phone without permission. Failing to adhere to these policies may result in the loss of your privileges, removal of the phone from hallway, or being asked to leave the program.

17. **Clothing needs**

Programmers have access to the clothing room for their clothing needs. For clothing not available in the clothing room or for their needs, see the Program Manager or Case Manager for a voucher, particularly for clothes not in the clothing room. Pilfering, stashing, hoarding, or squirreling away-donated items is not allowed. All donations must be turned over to staff immediately.

18. **Legal**

Court mandated or Parole and Probation program members: Be advised that the River of Life Director, Program Manager, or Case Managers report to the authorities, including judges, any program member who drops out of the program prior to its completion.

Program members cannot send mail TO or receive mail FROM prisoners. Program Advisors and/or Probation Officers will make the only exceptions. All mail will go through your Advisor, and he may ask to see or read any piece of mail you receive.

19. **Church Membership**

Maturity of judgment is required when choosing and becoming a member of a church. Vineyard Boise Christian Fellowship is the current option for required church attendance while in the program.

20. **Possession Search**

All program member's possessions are subject without prior approval to random search and inspection by program staff. NLP Members are allowed to have 1 bicycle and it must be registered with Guest Service Staff and be listed on the Bike Log inventory sheet.

21. **Media**

Music, books, magazines, or other materials must support a Christian and sober lifestyle. Only Christian music will be allowed during one's time in 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.

22. **Curfew**

Curfew to be in the building is 8:00pm. NLP Staff must approve a curfew beyond this time. Bed curfew and "lights out" is at 10:00pm Sunday-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.

23. **Shift Workers**

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.

24. **Dress Code**

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 to each program member. It is required that all program members wear appropriate attire during program hours (Monday through Friday, 6:30 am to 4 pm.), Church, and other Mission events. Hair should be cut above the collar and must be well groomed. Facial hair must be trim and neat. Piercings and excessive jewelry must be removed. Program members will keep themselves always groomed.

No advertisements or references to alcohol or illicit substances are allowed on clothing. NLP members are not allowed to wear hats while in the building. NLP Name Badges will be always worn by NLP Members when in the building and when not in personal rooms or performing specific janitorial duties. The expectation is that NLP Members will present a neat, clean, professional image always. During program hours (Monday through Friday, 6:30 am to 4 pm), you are required to always wear pants and a button-up collared shirt. Sandals, slippers, and flip-flops will not be allowed. Nice sneakers/tennis shoes or dress shoes are deemed appropriate for program hours.

Clothing should be in good condition and clean. Shirts are to be always tucked in unless it is a squared bottom button up shirt. 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 event or Mission activity and should be prepared to make adjustments at that time as determined by the NLP staff. Headphones or ear buds may not be worn during regular program hours or work assignments.

25. **Family**

Family members who arrive unannounced must first see the Program 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 Program Manager. In the event of the death of an immediate family member, please notify the Program Manager to arrange for travel.

26. **Sick Policy**

The ROL 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 bunk ALL day. Do not venture out of your room except to go to the dining hall at regular mealtimes, 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 you are 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.

27. **Cell Phones**

Cell phones will be placed in the safe upon entering the program. A staff phone can be used for contact. Cell phones can be a significant distraction to programming (i.e., too much communication, social media, texting, or any inappropriate use). Cell phones are prohibited until the Internship Phase.

28. **E-mail Use**

No e-mail will be allowed with family or friends during the Candidacy Phase. E-mailing will be allowed in all subsequent phases however the program members e-mail content will be subject to search at the discretion of NLP staff.

29. **Outside Work**

Once a candidate enters the New Life Program, he relinquishes his right to work until after BRMM Internship. Everything that is needed can and will be provided to a programmer; therefore, there is no need to work. Special circumstances or exceptions may apply and will be staffed. These exceptions may include upcoming court fees/fines, SILD arrangements, or anything pertaining to legal and associated fines and fees. For these situations, approval to work is no guarantee yet may be approved for a period of time.

Unauthorized Items

- No Cell phones (Phase 1, 2, and 3)
- Food Stamps
- Credit/Debit/Check Cards
- Personal TVs/DVD players/Computers
- Weapons of any sort
- 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
- Controlled Prescription Medications (Schedule 2-5)
- Cooking devices in individual rooms (cook tops, crock pots, coffee pots, toasters, toaster ovens, teapots, 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 the Program Manager**