

# The Hope Center

The Hope Center is approximately a seven-month, Biblically based life recovery program for women, with emphasis on alcohol and drug recovery. No charges are made for this service.

The program consists of four levels. The first phase is **Gateway**, which begins in the Family Life Center. Gateway is a minimum of two weeks, but can be somewhat longer depending on space in the Hope Center. The second phase, combined with Gateway, will be at least two months. Phases three and four last approximately 60 days each. During Phase Four, job/school search can begin. A person is eligible to graduate after employment is secured and/or housing is in place. To reside in Transition after graduation may be an option upon approval.

For the women who bring their children into the Center with them, school age children go to a local school, while preschoolers are enrolled in local daycare programs.

The Center has a classroom, computer room/library, activity/television rooms, kitchenette, laundry facilities, and a playground with a basketball goal. The adjacent shelter (Family Life Center) houses the chapel, dining room and Gateway. Three meals a day are provided as well as clothing and personal hygiene items. The mothers have a private room with their children, while single women share a room with another lady and sometimes two. Each room has its own private bath. Clients' families may visit weekly on weekends.

The clients participate in recovery classes, as well as GED/basic adult education, spiritual formation, parenting, budgeting, and nutrition classes. There is also individual counseling, support group meetings, scheduled sessions with a Resident Advocate/Case Manager and chapel. Work assignments are distributed daily. Special events are scheduled for therapeutic socialization.

The staff meets weekly to evaluate the client's progress. Each client is expected to demonstrate a serious attitude, responsible actions, and individual progress in order to move through the program.

The Hope Center program is for the client who realizes that she needs time away from the people, places and situations that contribute to her addiction or other life-dominating problems. She wants to learn how to break the destructive tendencies and addictive cycle and replace them with a meaningful, purposeful life.

**Please call if you have questions or would like to make a referral. Also, for anyone interested in scheduling a tour of the Hope Center, please call for an appointment.**

## Mission Statement:

Following God's plan to love our neighbor as ourselves, the Nashville Rescue Mission seeks to help the hurting of Middle Tennessee by offering food, clothing and shelter to the homeless and recovery programs to those enslaved in life degrading problems. Our goal is to help people know the saving grace of Jesus and through Him gain wisdom for living, find fulfillment in life and become a positive part of their community.

## Services Provided:

- Food, clothing and shelter
- Referrals
- Seven-month, 24-hour Residential Recovery Program
- Supportive, safe, Christian environment
- One-to-one counseling
- Education: drug and alcohol classes, G.E.D. preparation, Basic Adult Education and computer classes, Bible Studies, Parenting Instruction and Modeling, Budgeting and Life Skills Classes.
- Support Groups
- Cultural and Relationship-building activities
- Chapel and Worship Services
- Access to the on-site Medical Clinic and Mental Health Care

## Core Values of The Women's Ministries Staff as stated in action:

- Embrace **Truth**
- Exemplify **Servanthood**
- Embody **Compassion**
- Extend **Respect**
- Experience **Accountability**

## OUR GOAL – TO RESCUE

The intent of the Hope Center Program of the Nashville Rescue Mission is to provide an atmosphere where the participants may realize the following:

Redeemed lives through the presentation of Christ in word and action,

Educated minds in the recovery from substance addiction and unhealthy lifestyles,

Satisfied needs for food, clothing, shelter, and safety,

Cultivated community through job readiness preparedness,

United families through the recovery process,

Eased pain through the healing touch of love.

# OUR GOALS

(Another way of stating them)

- To meet the immediate needs of food, shelter, clothing and safety.
- To teach Biblical life-building principles needed for making wise decisions.
- To create an atmosphere to encourage the development of social skills, a reliable work ethic, personal/corporate worship and a healthy lifestyle free from addictions.
- To reward positive achievements and place consequences on negative behaviors.

To challenge students grappling with issues such as forgiveness over judgment, responsibility over victimization, spiritual truth over the spirit of the age, future hope over past failures, excellence over mediocrity and community over isolation.

## NASHVILLE RESCUE MISSION – HOPE CENTER

### Recovery Program – Transitional Period

Up to Six Months

#### FOCUS:

#### FORM (& FREQUENCY)

- |                             |   |
|-----------------------------|---|
| 1. Accountability & Support | Counseling (bi-monthly)<br>Support Group-in house or out (bi-Monthly) |
| 2. Church Commitment        | Community Church Attendance<br>(regularly)                            |
| 3. Work Ethics              | Community Job (full time)<br>Room Upkeep (daily)                      |
| 4. Education                | Relapse Prevention Classes (weekly)                                   |
| 5. Child & Self Care        | As indicated  |

# NASHVILLE RESCUE MISSION – HOPE CENTER

## Contact After Program Graduation & Transitional Period

No Time Limit

FOCUS:	FORM (& FREQUENCY):
1. Support	Attend weekly Praise & Worship &/or Friday Focus meetings (as often as possible)
2. Fellowship	Alumni Association (as scheduled)
3. Crisis Intervention	Mentor Availability through local churches (as needed)

## Classes & Classroom Guidelines

To facilitate learning, the following guidelines are in order:

1. Class participation is expected as evidenced in careful listening, taking notes when applicable (suggesting the necessity of bringing pen, paper, and notebook) and verbally responding to questions or posing one's own.
2. Active listening to the teacher and talking with one's neighbor cannot coincide.
3. Verbal participation in class requires a raised hand and recognition by the teacher before speaking.
4. No food (including candy) or drink may be consumed during class with the exception of water, in a clear water bottle or cough drops when one has a cold.
5. Personal books and supplies need to be removed from the classroom at the end of the program day (4:00 p.m.).
6. The *Bible* is the Hope Center's foremost textbook. Please bring it to class. Also anticipate which class is scheduled at what hour (see *Class Schedule*) so that you can come prepared with the materials needed.
7. Being on time is expected as well as staying until the class is dismissed.
8. If for some reason there is a need to leave the classroom during the session (and prior plans weren't made and mentioned to the teacher) report to the office to notify them as to the nature of the departure, rather than interrupting the teacher.
9. Upon occasion, childcare or school may be out and coverage is not available at the center. In such cases, when directed to go ahead and attend class, sit with the child on the back row in order to minimize distraction. If the child becomes too restless, you are welcome to leave class and inquire at the office as to an alternative plan.
10. If a class happens to dismiss late, the established break may still be taken. The following class will start approximately five minutes later.
11. Anytime a class is missed that involves a videotape or curriculum handouts, you are required to check out the tape and worksheet from the office to make it up. You are welcome to ask a classmate to secure those papers for you.
12. If you have missed classes, the length of that phase will be lengthened to compensate if a make up, such as listed in #11, is not possible. Excessive absences, excused or unexcused, send a message that a client is not serious about her recovery program.

# Requirements for Graduation

- Complete the designated minimum length of seven months on site. Gateway is the entry point and lasts a minimum of two weeks. After 4 weeks in Gateway, a client will begin classes at the Hope Center even if there is not space yet available for her to move into the facility. It is at this point that her six-month program actually begins at the Freshman level and will last two months. The Junior and Senior levels are also in increments of two months for each phase. Therefore, the complete program from start to finish is 6 ½ to 7 months.
- Attend satisfactory number of classes during the stay, with the option of making up the ones that are videoed.
- Receive certificate of completion from Serenity Support Group.
- Complete all assignments in keeping with progression of phases.
- Willing to discuss major personal issues in counseling sessions and logistical issues in case management sessions.
- Have exit plan in place, such as employment and housing.
- Consistently adhere to rules and regulations of the Hope Center.  
No tolerance stance: Use of alcohol and/or drugs or possession of the same; threatening or violent behavior and/or possession of weapons.
- Portray a favorable attitude toward recovery components.

## **Procedure for Declaring a Client Graduated**

- Case Management Team (Resident Advocate, Chaplain, & Senior Resident Advocate) reaches a conclusion that student has met above requirements.
- Recommend to Director for final approval.
- Proceed through ceremony for full completion of Graduation.