



**TRANSFORMATIONAL
LIVING
COMMUNITY**

MENTOR MANUAL

What is a Mentor?

A mentor is often understood as a person who is a "spiritual encourager." As a mentor you will live out, before your mentee what it means to be a Christian in the world today. You will challenge your mentee to do the same. This partnership will start while the mentee is incarcerated, and will continue upon his or her release from incarceration.

A mentor will ask the tough questions of the mentee, pray with him/her about the hard answers, and hold them accountable to what God needs to do in their lives.

In many respects, a great mentor is not a friend nearly so much as he or she is someone who inspires others to be all that God wants the mentee to be, even if it means being tough from time to time. At no time will you give your mentee money or gifts of any kind. The greatest gift you can give your mentee is direction in his /her relationship with God and others.

What is Spiritual Mentoring?

Spiritual mentoring is the process of giving help by one person of faith to another. Mentors help individuals who are striving to grow in personal awareness, communication, and intimacy with God so they can live out that relationship in the world.

In the context of the TLC program, residents are seeking someone who can help them deepen their awareness of God, someone to be a sounding board to help them process their lives in relationship to what God wants for them. Mentoring is not a time of lecturing or preaching to your mentee. It is a time of exploring God's Word together for answers to his or her life's struggles as they pertain to moral character, social adjustment, coping with incarceration, criminal mentality, life controlling problems, relationships, emotional and psycho-spiritual issues.

The process of spiritual mentoring involves regular sessions on Monday nights focused on the mentee's relationship with God as it is reflected and challenged by all aspects of his or her life. Sessions last approximately two hours, in which mentors may question, challenge, suggest, support, and reflect on whatever they sense the Holy Spirit is directing them to explore. There is a time at the end of the session for debriefing to take place among fellow mentors.

Mentees may desire to focus on specific questions or may seek their mentor's guidance in developing disciplines of spiritual awareness such as prayer, meditation, discernment, noticing, journaling, fasting, entering the sacred texts, listening to the inner life, receiving, letting go, self-care and boundaries.

Mentees

Mentees are those who seek mentoring, and who must desire to claim and assume responsibility for their own life journey with God. Mentees must be serious about their spiritual life, pursuing God and deepening intimacy with God.

Spiritual Mentors

Spiritual mentors are open to God, practice times of solitude and silence in prayer, and hopefully receive regular spiritual mentoring from someone else.

Mentors should maintain an attitude of openness to God for their own spiritual life and openness to the Spirit of God in others. Important gifts and skills are the gift of discernment, a listening heart, a gentle and patient spirit, a good working knowledge of the Scriptures. Mentors then build on these basics by seeking appropriate ways to sharpen and enhance their guidance skills.

In addition to these requirements, it is imperative that mentors believe God calls them to participate in mentoring.

What do they look like? Mentors are individuals who:

1. Are sensitive about relationships; someone who cares about their mentee as a person and about his/her spiritual condition;
2. Embody the grace of God; someone who is compassionate and merciful;
3. Know how to listen with acceptance and respect; a mentor is not too quick with answers, suggestions, or remedies; **listening is a prime requirement**;
4. Can discern the moving of God's Spirit; a person who is spiritually sensitive and can move quickly to prayer;
5. Can be verbally open in relationships;
6. Are the same gender;
7. Ask searching questions without assuming an answer; someone who can help the mentee dig deeply into her spiritual journey by asking deep and searching questions.

Therapy Mentoring v. Spiritual Mentoring (ala John Griffith)

It should be noted that there are distinctions between spiritual mentoring and psychotherapy. Generally speaking, therapy and counseling focus on the problem areas of life and attempt to bring awareness and healthy resolution to issues. Spiritual mentoring is concerned with noticing and responding to God in all areas of one's life.

TLC Mentorship Questions

These are some questions you can use to start your conversation with your mentee.

1. Where have you seen God this past week?
2. What has God shown you about yourself this past week?
3. What are you specifically working on in regard to moral and character development?
4. What did you do this week to make progress in accomplishing your spiritual goals? What challenges have you faced pursuing them?
5. What types of ungodly mentality have you been made aware of this week that you struggle with?
6. What are you doing to correct any ungodly mentality that you have?
7. When has it been difficult to show God's love to someone this past week?
8. How are you struggling in your relationships and how are you growing in your relationships with:
 - God
 - Family (To include romantic)
 - The HMCC community
9. How are you coping with incarceration? The TLC program?
10. How have you done with maintaining your integrity this week?
11. What are you struggling with most right now? Where are you having the most victory right now?
12. How much have you let your mind wander this week? Where has it wandered to? What did you do to rein it in?
13. How are you doing with taking every thought captive? What kinds of thoughts have been continually popping up in your mind? What kinds of thoughts have surprised you? What have you done with those thoughts?
14. What kinds of healthy thoughts are you trying to focus on right now? How is that going for you?

Re-Entry Timeline

(Below is a checklist of things your mentee will have to accomplish to prepare for his/her release through the first month after release. It is good for you to be aware of what your mentee will face in order for you to help encourage him/her through transition and re-entry.)

180 days (6 months) before release:

- If desiring Parole submit request to PO for review and get application (parole board meets only a few times a year, therefore plan ahead)
- Be enrolled for GED classes and subsequent testing schedule
- Be enrolled in classes your sentencing requires before release
- Be taking advantage of training available that can increase your employability on release: Computer classes, flaggers, hazmat, coffee shop, DOL, and any classes that can show your intent to address issues behind your conviction, for example substance abuse, anger management, CAP, etc..

90 days (3 months) before release

- If desiring EM submit request to institutional PO for review and get application
- Fill out application for EM or Parole
- Identify housing options upon release i.e. New Horizons, New Hope, New Directions, Philadelphia House or others. Apply and request an interview for the above safe housing option of your choice
- Request letters of reference for EM or Parole - submit by deadline
- Be designing and writing your **Relapse Prevention Plan**
- Update and work to complete goals in your Change Plan, keep related journaling current
- Design your plan for post release housing and give to PO
- Apply to respective housing options to allow time for interviewing & processing
- Create a resume from what you learned in DOL class or with the help of the ANJC representative or with help from Education.
- Look for brochure on Project Start on prison bulletin board (only up when they have grant funding).
- Fill out application. (One on one re-entry assistance.)

60 days (2 months) before release:

- Fill out pre-release application for ANJC & make appointment with rep @ HMCC
- Submit draft of release plan to PO for input
- Submit RPP to PO
- Finalize your resume.

30 days (1 month) before release:

- Submit completed RPP to HMCC PO
- RFO (Request for Information) to finance requesting your forced savings and money on books be ready for you at time of release
- RFO for any class certificates you may not yet have received for completion

Make copies of your resume & put in employment packet along with certificates

Plan and confirm who will help you get around on your first day out. You will need the help and support of someone trustworthy.

Obtain a copy of your drug/alcohol assessment if done while incarcerated

2 weeks before release:

Submit completed release plan to PO- include first day, first week, 2 weeks, 1 month, 3 months, and 6 months plans.

Fill out Post Release application for ANJC

Fill out Partners Reentry Center application and get PO referral on it

Have PO fax PRC application to PRC to facilitate 1st week out rental assistance

Disperse belongings you may not be able to carry out on day of release

Have all your certificates organized together

If you are releasing on EM, confirm who will be picking you up from EM after orientation on first day of release and taking you to where you will live.

If you are releasing on EM be sure to have your first week well planned because you will have to follow it precisely, and it will help greatly to have a plan before you meet with your PO

1 week before release:

Review your release plan details with your release counselor.

Day of release (for those on field probation): This order of events seems most efficient.

(If you are on EM they will pick you up from HMCC and will orient you to their program for several hours after which you will need to have an approved ride to your home. You will then hook up your EM devices immediately and CAREFULLY follow the week plan you made at the EM office with your PO.)

Be sure to request the official DOC 8.5x11 copy of your ID from BEFORE you leave HMCC (you will need it later at DMV), otherwise you may need to come back for it.

Go to DMV first for ID or driver's license (you will need this for Social Security office security screening.) It will cost \$15 for ID.

Your current name must match the name you have with Social Security. If not you will have to go to Social Security first

Go to Social Security Administration to request a replacement card if yours is lost AND to request your FREE 5 year earnings record (you will use this to apply for a Lifeline phone if you need one).

The following is taken from SSA website and it IS what they will require before they grant your Social Security card application if your current name does not match their records.

Identity: We can accept only certain documents as proof of identity. An acceptable document must be current (not expired) and show your name, identifying information and preferably a recent photograph. Social Security will ask to see a U.S. driver's license, state-issued non-driver identification card or U.S. passport as proof of identity. If you do not have the specific documents we ask for, we will ask to see other documents including:

- Employee ID card;
- School ID card;
- Health insurance card (not a Medicare card);
- U.S. military ID card;
- Adoption decree;
- Life insurance policy; or
- Marriage document (only in name change situations).

All documents must be either originals or copies certified by the issuing agency. We cannot accept photocopies or notarized copies of documents. We may use one document for two purposes. For example, we may use your U.S. passport as proof of both citizenship and identity. Or, we may use your U.S. birth certificate as proof of age and citizenship. However, you must provide at least two separate documents.

Go to Field Probation Office - fill out registration. You will need the address of where you will be living and the names of all other residents at that location. You will meet a temporary PO and will be set up with an orientation appointment and most likely will not get a PO until then.

Request that the PO fill out the Partners for Progress PO referral section and fax that part to PFP so you can begin first week out housing assistance. The PO has to verify that you are in fact legitimately out of prison before they will release any assistance to you.

Go to downtown bus terminal and purchase a month bus pass for \$60 and a bus schedule and map for \$1. This will be a necessity for successful job search.

Go to Partners Reentry Center and ask to speak to the Re-entry Case Manager, or leave message. Advise them that you are out and need an appointment to talk to them about first week out assistance.

Go to ACS or GCI and fill out application for Lifeline phone if you will need one. You will need the earnings record from Social Security to do this.

If you are living at group transition home you will need your room number and have to explain that it is like a boarding house where each resident has a separate income. You may need help from the house director to confirm that you are the current resident in the room/bed if the prior resident also had a Lifeline phone but is no longer living there.

The phone companies offering Lifeline phones are mandated by Federal regulations about who receives a Lifeline phone. The requirements are

the same at all companies. Absolute honesty is required or the program will be ruined for all. You either have to prove qualification for public assistance programs, or meet minimum income requirements. Go to Returning Citizens and sign up for their program and assistance. They will have information to network you with all other re-entry assistance. By now you will be exhausted. Go home and stay home for a couple days and spend it adjusting to being out of prison. Take care of yourself with rest and food. Contact support to debrief frequently over these next few days. You will begin job search next.

1st week out:

Job search
Edit your resume to fit the jobs you are applying for
Apply to Public Assistance for Medicaid and food stamps, and if you have children, for ATAP
Apply to Unemployment
Follow up with Partners Reentry center
Medical contacts - begin to find out where you are eligible for care.
Meet with Mentor and make plans for meeting each week for support and debriefing.
Make careful budget / financial plan with assistance from Mentor, house director, PO, Returning Citizens, or some other experienced person. Be accountable to them to help you when you have income, to stick to your plan. Money problems can ruin recovery if you don't face them. You CAN do this even though it is scary.

2nd week out:

If you are sentenced to get a substance abuse assessment you should be looking into the various programs and their costs and requirements.
Continue job search daily, or as allowed in schedule with PO if on EM.
Call back employers you applied with last week.
Meet with mentor for support and debriefing on the challenges.
Make medical/dental appts with available agencies to begin care process.
Follow up with Partners Reentry Center and Returning Citizens for assist.
Be sure to have the ANJC last Tues evening of each month orientation meeting @ 4:30 in your plan for the month, otherwise you wait another whole month to begin connection to their resources.
If you are working with ANJC be attending each week support group meetings @ 5:30-7:00pm.
Find out child support obligations and see about a hardship allowance to make payments achievable. Don't avoid this contact it will only serve you well to communicate openly. They will catch up to you later.
Begin to work out payment plan on restitution with PO, or correct agency.
Begin to make consistent affordable payments when you have work.

One month out:

Be employed and faithfully performing @ work. If you have difficult felony history, don't be discouraged if you don't have work yet. You can get work. Watch for opportunities through others you know.

Be attending @ chosen support groups.

Have drug/alcohol assessment or sex offender assessment completed and a treatment plan in place with agency and with PO.

Evaluate with your chosen financial accountability person how you are doing on your financial plan. Make necessary adjustments. Pay your rent promptly.

Make sure to have done, or are doing, ANJC orientation.

Carry through on all referrals to additional assistance agencies for medical / dental care, assessment, treatment, housing, food, career training, etc.

AGENCY

ELIGIBILITY

SERVICES

GENERAL:

Dept of Motor Vehicles (DMV)	all	photo ID \$15, license renewal \$20, name must match name as recorded with Soc Sec, free drivers instruction manual to study for driver test
Social Security Administration	all	replacement card, FREE 5 yr earning record to use to acquire Life Line phone
Field Probation Office	all not on EM	support and accountability
Electronic Monitoring Probation Office	those on EM	they pick you up from HMMC, adjustable fees, DOC custody & support, 12 hr out-of-house limit/day
People Movers (Bus) depot	all	bus pass \$55/mon, schedule \$1
GCI or ACS Life Line phones	by application	applicant must prove qualification for public assistance, or meet minimum income requirements, limit 1 phone per household income
Partners Reentry Center	by application and PO & agency refer.	grant dependent: 1st wk out rent assist., 1st month rent assist., sometimes bus, food, clothing assist w grant
Returning Citizens Center (Nine Star)	all & by referral	resume assist, DOL training in Fidelity Bonding & Work Tax Credit, coordinated resource info, employmnt assist, receives referrals from ANJC and PFP
Alaska Native Justice Center (ANJC)	all by application	food bank & clothing bank on site as well
2-1-1 Alaska Project Start	need based pre-release application	accountability group mtgs, Returning citizen referrals, rent & bus assist if grant available, CIT referral for natives
Public Assistance	need qualifying	networks resources: med, housing, clothing, legal, transportation, lists food banks must apply pre-release when grant available, assist re-entry processes /contacts
<u>WORK / CAREER:</u>		apply for food stamps, medi-caid, public assist, child care, unemployment drug felons NOT eligible for food stamps or medi-caid
Dept of Labor - Apprentice & Training	referral	assist for job preparedness, trains in Fidelity Bonding & Work Tax Credit

Dept of Vocational Rehabilitation
Job Centers

referral
all

training for job skills improvement, re-training
www.jobs.state.ak.us/
on site resume assist, computer job search, job placement test,

FOOD:

Food Bank of Alaska

need based

food bank distribution locations in Anchorage & Mat-Su & other communities
Their website has all food banks locations and schedules. Best info resource!

HOUSING:

New Hope Safe Living Home

New Horizon Safe Living Home

Alaska Housing - TBRA Program

Love I.N.C.

MEDICAL:

Anchorage Neighborhood Health

Project Access

Consumer's Medical Laboratory &
Wellness

Mental Health Trust Authority, Trust
Programs

application & interview

application & interview

outside Anch. / appl

interview, need based

application from HMCC Chaplain, temp housing, rent, faith based

application from prison Chaplain, temp housing, rent, faith based

referral to this agency done by HMCC P.O. appl. in HMCC law library

help with household items, utilities, and other, one time per need, make appt.

fees pro-rated on ability to pay, by appt, walk ins come in early & wait,

one time limited assist for qualifying medical condition treatment, by appl. (online)

lab tests @ reduced cost, liver tests available

Trust approved help with mental health, addictions, TBI, disabilities, etc.

SUPPORT / RECOVERY GROUPS:

Recovery Alaska

all

Thurs evenings 7-9pm, Recovery groups:

Tony Smith, Pastor of Recovery

tsmith@anchbt.org

Women: Partners in Process, Drug & Alcohol, Anger Resolution, Eating
Disorders, Sexual Addiction

Men: Anger Resolution, Drug & Alcohol, Sexual Addiction

Men & Women: Divorce Care, Grief Share, Depression

Celebrate Recovery

all

Christ centered recovery program, every Tues eve: 5:45pm dinner (free), 6:30-8:30

groups for men and for women, child care and meal are free

Alaska Brain Injury Network

those w brain injury

support groups for brain injured folks in most AK communities, help w jobs, training

Anchorage Head Injury Support Group

those w brain injury

Anch support group 1st & 3rd Tues even 6pm, be early or ring bell velcroed to door

CLOTHING:

get referrals and info from Returning Citizens, ANJC and Probation Officer

Alaska Women's Resource Center

on site application

each qualifying woman will receive one full business outfit (underwear to coat & hat per month of need)

EVA Foundation (for DV victims)

by referral/ DV history

for victims of domestic abuse who have chosen to leave the relat. & get help get referrals and info from Returning Citizens, ANJC and Probation Officer

TREATMENT PROGRAMS:
Cook Inlet Tribal Council Recovery Services

Proof of Native blood

For natives only, call and make appt for assessment

Starting Point (Anchorage & Wasilla)

by application

open to all who are accepted, state recognized program for substance abuse

Akeela Inc

by appl & assessment

open to all who are accepted, state recognized program for substance abuse

Genesis Recovery Services Inc

by appl & assessment

well rounded bio-psychosocial spiritual treatment, state recognized

AGENCY / CONTACT PERSON	PHONE # / EMAIL	ADDRESS
<u>GENERAL:</u>		
Dept of Motor Vehicles	907-269-5551	1300 W Benson Blvd, Anchorage
Social Security Administration	907-271-4455	222 W 8th Ave, Anchorage (8th & C)
Field Probation Office	907-334-2300	800 A St, Anchorage (8th & A)
Electronic Monitoring Probation Office	907-269-0927	630 G St, Suite 114, (bus terminal end)
People Movers (Bus) depot	907-343-6543	schedule/routes 700 W 6th Ave, Anchorage (6th & G)
Partners for Progress	907-272-1192	406 G St, Suite 302, (betw 4th & 5th)
Cathleen McLaughlin or Josh Sopko	www.partnersforprogress.org	
Returning Citizens Center (Nine Star)	907-339-9960 phone	1200 E St, Anchorage (13th & E)
Alaska Native Justice Center (ANJC)	907-339-9966 fax	@ New Hope on the Last Frontier
	907-793-3550	3600 Jeronimo Dr Suite 264
		Bragaw & DeBarr, 2nd floor office
		ground floor for groups
2-1-1 Alaska	www.alaska211.org	701 W 8th Ave, Ste 230, Anch., 99501
Public Assistance	Dial 211 or 1-800-478-2221	400 Gambell St, (4th & Gambell)
Muldoon	907-269-6599	1251 Muldoon Rd, (across fr FM)
WORK / CAREER:		
Dept of Labor -Apprentice & Training	907-271-5035	605 W 4th, Anchorage (4th & F)
referrals from ANJC & Returning Cit.		
Dept of Vocational Rehabilitation	907-269-2060	4600 DeBarr Rd (Evaluation Center)
Anchorage	907-269-3580	1016 W 6th Ave, Suite 102
Eagle River	907-694-6840	11723 Old Glenn Hwy, suite B4
Wasilla	907-352-2545	877 Commercial Dr, Wasilla
Fairbanks	1-800-478-2839	Fairbanks
Job Centers - downtown	907-269-6414	400 Gambell St, (4th & Gambell)
Muldoon	907-269-0000	1251 Muldoon Rd, (across fr FM)
Midtown	907-269-4800	3301 Eagle St, (33rd & Eagle)
Eagle River	907-694-6904	11723 Old Glenn Hwy
Wasilla	907-352-2500	877 W Commercial Dr
	www.jobs.state.ak.us	job listings online
<u>FOOD:</u>		
Food Bank of Alaska	www.foodbankofalaska.org	Office: 2121 Spar Ave, Anch, 99501
	907-272-3663	food locations in Anchorage & Mat-Su

HOUSING:

New Hope Safe Living Home

Janet Runyan - Manager

New Horizon Safe Living Home

Sam Humphreys - Director

Alaska Housing - TBRA Program

Love I.N.C.

MEDICAL:

Anchorage Neighborhood Health

Project Access

Consumer's Medical Laboratory & Wellness
Mental Health Trust Authority, Trust Prog

SUPPORT / RECOVERY GROUPS:

Recovery Alaska

Tony Smith, Pastor of Recovery

Celebrate Recovery

Alaska Brain Injury Network

Anchorage Head Injury Support Group

Frank Box, Independent Living Specialist

CLOTHING:

EVA Foundation (for DV victims)
Pathway

Alaska Women's Resource Center

TREATMENT PROGRAMS:

Cook Inlet Tribal Council Recovery Services
Starting Point

Akeela Inc

Genesis Recovery Services Inc

907-929-1422 or 929-1611 fax

www.newhope@ak.net

www.newhorizon@ak.net

907-868-7878, fax-868-7880

on application

907-522-5683

907-257-4600

www.anhc.org

anchorageprojectaccess.org

907-743-6600 or fax 646-0542

907-277-6219

www.mhtrust.org,

907-269-7960, fax 269-7966

907-333-6535

tsmith@anchbt.org

907-243-1777

faithlake@faithak.com

www.alaskabraininjury.org

907-263-1900

fbox@accessalaska.org

907-632-5666

907-279-5000

907-793-3200

907-562-6116

907-376-6116

907-565-1200

907-243-5130

www.genesisrecovery.org

371 Bolin St, Anchorage, AK 99516

801 W 57th Ave, Anch, 99518

HMCC PO will contact

7801 Schoon St, Anchorage, AK

online application for care

2401 E 42nd Ave Ste 104, Anch, 99508

207 E Northern Lights, Anch, AK

3745 Community Park Loop Ste 200, Anch

6401 E Northern Lights (Baxter & NL)

@ Anchorage Baptist Temple #207

@ Faith Christian Community

4240 Wisconsin St, Anchorage, 99517

many online resource contact

121 W Fireweed, Suite 120 (Fireweed & A)

online application & agency referral only

505 W Northern Lights Blvd, Anch.

3600 San Jeronimo Dr, Anch, AK 99508

341 W Tudor, Anch, AK (nxt to Applebee's)

1075 Check St, Wasilla, AK

360 W Benson Blvd, Anch, AK 99503

2825 W 42nd Ave, Anch,

Foundational Scriptures

Love the Lord your God with all your heart and with all your soul and with all your mind ...and love your neighbor as yourself. Mt. 22:37-39

Christ in you, the hope of glory. Col. 1:27

You will know the truth, and the truth will set you free. John 8:32

Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come! II Cor. 5:17

Our Prayer

Oh God, we humbly come to you in our state of need, seeking your mercy and forgiveness. We enter this Transformational Community inviting you to intervene in our lives to change our hearts, renew our minds, restore our souls, and deliver us from our bondages and self-made prison. Take our lives, these broken jars of clay, refashion them and mold them into vessels useful for your use in your kingdom and in our society. May your healing presence fill our lives and our Transformational Community with new life, new hope, and a new future.

OUR MISSION

Our mission is to create a faith-based residential program within the correctional setting that will provide a healthy, positive, and spiritually-centered community learning environment, conducive to facilitating lasting positive change in the lives of the members.

OUR VISION

We envision our community as being spiritually-centered, dynamic, positive and supportive, one in which we, in utmost honesty and sincerity, are individually and collectively focused on and committed to changing our lives through God's intervention and grace. We are determined to live a pro-social, productive, and victorious godly life, both while in prison and upon our return to society.

OUR GOAL

By God's intervention and grace, we desire to have our lives transformed from antisocial, destructive, and dysfunctional behaviors and from criminal lifestyles to lives that are healthy spiritually, emotionally, physically, and socially in order that we may live law abiding, productive lives for the sake of God, our loved ones, ourselves, and our community.

OUR MODEL: A TRANSFORMATIONAL COMMUNITY

Core Beliefs:

The program is designed around a Transformational Community Model of change with the following core beliefs as its foundation:

- Our community recognizes **God as the primary agent of change**.
- Our community believes that the root of the deep and complex problems in prisoners' lives is spiritual in nature and must be addressed from a spiritual perspective.
- Our community embraces a redemptive perspective--through God's power and provision, prisoners' lives can be changed, healed and transformed.
- Our community believes change must begin in the heart, in the deep core of one's inner being; thus working from the inside to the outside.
- Our community believes that an authentic relationship with God is the key to change and provides the foundation for the change process and life transformation.
- Our community believes that Biblical repentance is essential to relationship with God.

- Our community believes that right relationship with God provides the resources for one to be able to effectively live rightly.
- Our community, its foundation, organization, structure and systems, is the cornerstone for creating the environment, context and dynamics for spiritual and social change.

Overall, this program focuses on promoting spiritual, moral and character development as well as on improving the quality of relationship with God, family, self, and community. The dynamics of living in a restoration-based community, the core program curriculum, Biblical counseling and peer groups teach and reinforce Biblical values, personal responsibility and accountability. Residents are challenged to take a deep look at their behaviors, attitudes, choices and thinking, and as they learn and gain valuable insight, they must be willing to honestly and courageously make necessary changes that move them step by step toward right living.

COMMUNITY

The Concept of Community

"Where community exists, it confers upon its member's identity, a sense of belonging, and a measure of security. A community has power to motivate its members to exceptional performance. It can set standards of expectation for the individual and provide the climate in which great things happen. "

-John W. Gardner

"Consequently, you are no longer foreigners and aliens, but fellow citizens with God's people and members of God's household, built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone. In him the whole building is joined together and rises to become a holy temple in the Lord. And in Him you too are being built together to become a dwelling in which God lives by his Spirit". -Apostle Paul Ephesians 2: 19-22

Purpose of Community

As a resident of the TLC community, residents will be living in a spiritual-based community where discovering an authentic relationship with God is the highest pursuit. Additionally, the pursuit of developing genuine, intimate, godly relationships with fellow residents is vitally important. They will discover that living in community brings many expectations, responsibilities, and provides many benefits. One of the primary goals of the program for each resident is to do their part in creating and maintaining a positive, healthy family environment where God's people learn how to live God's way in God's house. This community is intentionally designed to be highly peer driven, providing each resident ample opportunities to serve the Lord and serve others.

The TLC community is a powerful tool for changing the whole person. The active work of the Holy Spirit is present in all aspects of the community life including the classes, seminars, large and small groups, and counseling. The community is a vehicle for residents to learn about themselves. The community life is designed to produce spiritually-based therapeutic changes in your life. Empowered by the Holy Spirit, each resident becomes a mediator of these changes, along with staff, mentors and other program providers.

OUR CORE VALUES AND GUIDING PRINCIPLES

The following Core Values will serve as the foundation for the life of the community and its members. These values are considered sacred, their source being derived from God and His revealed Word—the Holy Scriptures.

I. ACCOUNTABILITY:

As community members, residents are accountable to God, staff, and to one another for their actions and attitudes; are committed to evaluating everything they do, think or say in light of the teaching of the Scriptures and the values of the community.

Accountability means to account for one's acts and refers to the biblical principle that we are answerable to our Maker for our thoughts, words, and deeds (Heb. 4:13; Rom. 14:12; 1 Pet. 4:5), and corporately as well to one another as members of the Body of Christ (Eph. 4:25).

II. RESPONSIBILITY:

As community members, residents take seriously their responsibility:

- for attitudes, choices, and behaviors, both past and present
- for wholeheartedly applying ourselves to a journey of spiritual, moral, and character development, inviting God's intervention in their lives to empower them to make deep and lasting life changes
- for initiating forgiveness and acts of reconciliation toward those they have hurt and offended

Responsibility—"response-ability"—refers to the ability to choose our response. As free moral beings, God has blessed us with the ability to choose our response to His invitation to live our lives "holy and blameless." When we fall short of this standard, He has likewise given us the ability to choose our response to the short coming; to choose to acknowledge it and take ownership for it or choose to deny it, or blame others. The sin nature in man seeks to shirk responsibility and to blame others for failures (Joshua 24:15, Eph. 1:4).

III. EXCELLENCE:

As community members, residents will pursue excellence individually in their lives and collectively in their community. We desire our community to be a model of right living for the entire institution. Therefore, they will strive individually to be positive role models in all areas of life and spirituality.

Excellence refers to our need to pursue God's very best for our lives, i.e. virtue, moral excellence or goodness (Phil. 4:8). Virtue is considered a necessary ingredient in the exercise of faith (2 Pet. 1:3, 5).

IV. RESTORATION:

As community members, residents submit to God as their source of power and strength to restore their souls, transform their minds and hearts, set them free from all life controlling problems, and heal them from the inside out; they will have a repentant attitude when they fail and a forgiving attitude towards others when they fail.

Restoration refers to a restoring to an unimpaired or improved condition that focuses on a change from hostility to alliance. It is mutual, i.e., it is a change wrought in both parties who have been at opposition. In times of alienation or trouble, when we turn to God, He restores our souls. (Ps. 23:3; Ps. 51:12; 1 Pet. 5:10) Biblical concepts of regeneration, reconciliation, and renewal are closely associated with the concept of restoration.

V. AFFIRMATION:

As community members, when resident relationship with God is restored, each of resident stands before Him accepted and affirmed. Recognizing each other's inherent worth to God, they will seek every opportunity to affirm one another and exercise their responsibility to promote growth and positive change in others by encouraging, edifying, and building one another up in the faith.

Affirmation means to validate or confirm. It is very close in meaning to the biblical concepts of encouragement (to urge forward, persuade) and edification (to build up). (Heb. 10:24, 25; Rom. 14:19)

VI. INTEGRITY:

As community members, residents take seriously their need to be persons of integrity and authenticity, making sure there is a healthy correlation between their beliefs and their behaviors, attitudes, and thoughts. They will strive at all times to be completely honest with God, themselves, and others. They will be open to God's desire to search out their hearts and minds in order to examine those areas in their lives where they have been blind and in denial. Residents will earnestly seek to be persons who speak and practice truth and honesty without compromise, and who seek to develop healthy moral values and godly character.

VII. CONFRONTATION (CARE-FRONTING):

As community members, residents will exercise responsible concern toward one another. They will be willing to "speak the truth in love" when they see a sister/brother engaging in behavior or exhibiting attitudes that are unhealthy for herself/himself and/or the community. **We are our sister's & brother's keeper.** Our method of confrontation is always done with respect and sensitivity, and the purpose is always growth and positive change.

VIII. COMMITMENT:

As community members, we place utmost importance on our commitments: to God as our source of change and hope; to pursuing the truth about ourselves and what God

wants us to become; to whole-heartedly pursuing our journey of a transformed life; and to building healthy and supportive relationships with one another by practicing responsible concern, forgiveness, and reconciliation.

Commitment refers to an agreement or pledge to do something; it is a state or an instance of being obligated (Ps.37.5; Pr. 16.3).

IX. COMMUNITY:

As community members, residents desire to live together in a family environment in which unconditional love, fellowship, trust, respect, acceptance, understanding, support, mercy, and peace prevail. They will cherish this sense of community and belonging, and will do everything necessary to protect it and promote its healthy functioning. Each person will do his/her part to promote teamwork and a positive and celebratory environment. Together they will accomplish their goal of developing a community which will create the best possible environment in prison for positive life change.

X. SUCCESS:

As community members, residents are committed to putting their past failures behind them by God's grace, and with all perseverance, running the race with a "finish line" mentality, toward the goal of becoming transformed through God's grace and power. They are committed to staying the course and winning.

Success refers to a result or outcome. The life of the believer is often compared to competing in a race to win, with maximum concentration and focus expended in order to succeed (Heb.12:1; Phil: 3:14; Psalm 20:4).

XI. Humility:

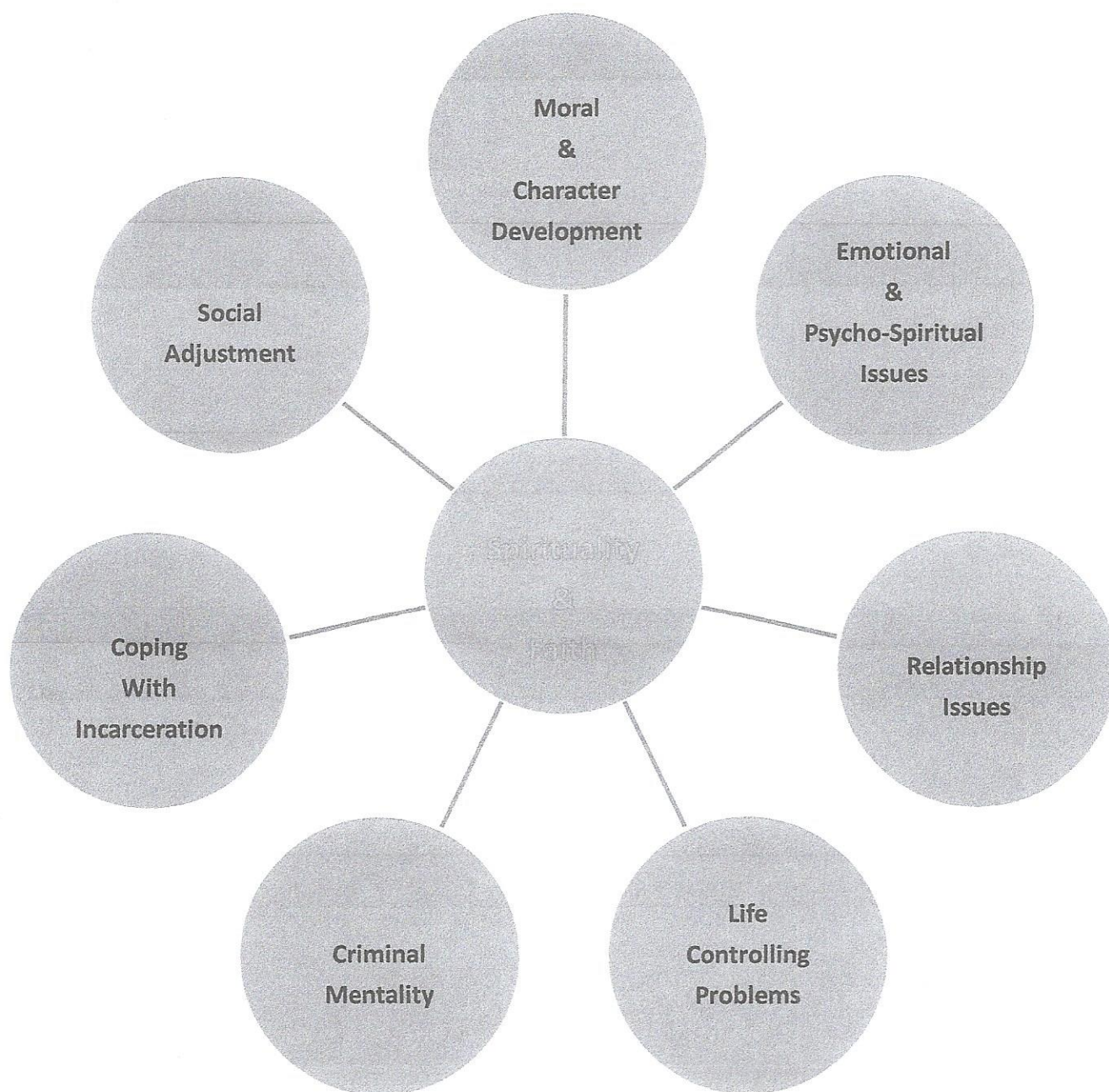
As community members, residents desire to become Christ like, allowing Him to produce the fruit of humility in their lives. Humility is accepting who we really are before God. This should move the individuals to denounce pride in their lives.

"God opposes the proud and gives grace to the humble, humble yourselves under the mighty hand of God that He may lift you up in due time." 1Peter 5:6

Faith-Based Restorative Model:

Eight Core Focus Areas of Spiritual Habilitation

The diagram below illustrates the eight core areas which are focused on within the Transformational Living Community Model. Spirituality and Faith are at the center and provide the foundation for the entire model.



Life Controlling Problems

Focus Area: Substance abuse and addiction, sexual addition, codependency, anger, continual patterns of failure and relapse.

Intervention Goal: Assist residents in understanding the debilitating consequences of addiction and other life controlling problems, how to deal with the roots of addiction and not just the symptoms, and discover the absolute necessity of God's intervening power in one's life in order to bring about total and lasting freedom. Residents will discover the spiritual roots and core issues behind addiction; the spiritual and scriptural path of breaking addictions; and how to appropriate God's intervention and empowerment in their lives to overcome life-controlling problems.

Classes and seminars will be offered with a spiritual-based emphasis on the subjects of anger management, substance abuse, and sexual addiction.

Programs:

- **Genesis Process** **Core** **26 weeks**

A Faith-based Relapse Prevention Program for Addictive/Compulsive Behaviors focused on treating the person first and the disease second. It 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.

- **Anticipate** **Core** **28 weeks**

A two-part reentry curriculum. Part one uses the SALT workbooks (Seven Areas of Life Training). Each workbook contains 4 lessons. The SALT curriculum runs for 7-months. Part two of the reentry curriculum is called "Going for the Gold." This workbook helps residents develop practical life goals related to reentry. Part two is a two-month curriculum. The entire Anticipate curriculum lasts for 9-months.

- **At the Altar of Sexual Idolatry** **Core** **18 weeks**

Teaches residents biblical principles for overcoming sexual addiction

- **Clean** **Core** **14 weeks**

Teaches residents a comprehensive plan for living a life of sexual purity based on biblical standards. The curriculum is facilitated by a TLC resident under the supervision of Rudy Bosley.

- **Conquering Series** **Core** **6 week**

DVD curriculum that teaches how the brain is affected by sexual activity and addiction. The Conquering series is an effective introduction to the quest for sexual purity.
- **Peacemakers (Resolving Everyday Conflict)** **Core** **9 week**

Based on the book: "Resolving Everyday Conflict." The curriculum teaches biblical reasons why conflict arises and the principles for overcoming interpersonal conflict in both the church and the world. Facilitated by a TLC resident.
- **Bait of Satan** **Core** **4 week**

DVD curriculum taught by John Bevere. The curriculum has been modified from the original 12-week format. Each DVD teaches how believers can overcome being offended in the context of different relationships (e.g. leaders, family, church).
- **Arrigah House** **Core** **1 week (40 hr.)**

Seminar that helps residents explore the ways in which they have been harmed by other people and to identify the ways that they have harmed others. This curriculum is taught and facilitated by the Family Wellness Warriors Initiative (FWWI).
- **Learning Circles** **Core** **2X per wk**

Educational sessions facilitated by FWWI. Each 60 – 90 minute session explores a topic that addresses the spiritual, social, or psychological needs of the individual. Currently, FWWI.
- **The Truth Project** **Elective** **12 week**

DVD curriculum contrasting biblical truth with beliefs that are practiced by non-Christians in society.
- **Financial Peace University** **Elective** **12 week**

DVD curriculum taught by Dave Ramsey. The curriculum teaches people how to develop a written budget, pay-off debts, and invest wisely. The curriculum can be facilitated by either a religious volunteer or a resident who has completed the class

- **I Want to Change, So Help Me God** **Elective** **12 week**
 DVD curriculum taught by James McDonald (Walk in the Word). Teaches residents the biblical basis for life change, from the book of Romans.

- **Anger Resolution: Institute for Basic Life Principles.** **Core** **18 weeks**
 This seminar traces conflicts to their root causes and gives steps of action which will aid in resolving anger.

- **Breaking Free of Sexual Addiction** **Core** **23 weeks**
Breaking the Bonds of Sexual Addiction DVD Lecture by Marnie C. Ferree, CMA, LMFT

- **A L.I.F.E. Guide for Women** **Elective** **21 weeks**
 L.I.F.E. Ministries/Freedom Everyday LLC by Marnie C. Ferree (edited by Dr. Mark Laaser, the foremost Christian authority on sexual addiction recovery). A 21-assignment recovery workbook based on Dr. Mark Laaser's Seven Principles for Living in Freedom Everyday. The L.I.F.E. Guide workbook is a biblically-based, time-tested, effective tool in restoring sexual integrity in women.

- **12-Step Program for Overcoming Chemical Dependency** by Robert McGee
 A 26-week Scripture based substance abuse recovery program. The Life Recovery Bible is also used in the program. **Elective**

- **Celebrate Recovery** **Elective** **25 weeks**
 This is a biblically based approach to overcoming deeply rooted problems like sexual abuse, substance abuse, codependency, and domestic violence. The sessions are drawn from the Beatitudes.

Criminal Mindset

Focus Area: Denial, defense mechanisms, personal responsibility, and accountability in residents' lives.

Intervention Goal: To expose the deception and denial residents maintain in order to mask their personal responsibility relative to the criminal thinking and behaviors in which they have been engaged. Teach residents that as a prerequisite for genuine growth and change, they must learn to be fully accountable and responsible for their attitudes, choices, and behaviors in life and to be brutally honest with themselves, God, and others. Through Biblical repentance they will learn to become genuinely remorseful and empathetic; seek forgiveness from those they have hurt and offended; and make reparation when appropriate.

Graduation

After residents have satisfactorily completed the Stage II-Primary, they may be considered for graduation.

Qualifications for graduation consist of the following:

- Resident has experienced the degree of change, growth, and maturity that would be anticipated at the completion of 12-18 months of TLC residency. The resident will have achieved significant consistency in their spiritual walk, become a healthy role model, experienced inner healing, and demonstrated new patterns of healthy behavior and thinking, personal responsibility and accountability, attainment of their personal change goals, and commitment to their relapse prevention plan and pre-release plans.
- Resident satisfactorily completes a graduate assessment and turns it in to chaplains with copy of their RPP.
- Completion of all assigned core classes
- Completion of GED as applicable
- Completion of program residency time requirements. Minimum time requirements are 18 months combined in Stage I & II. If the resident has less than 18 months in program prior to release, consideration for graduation may be made for those who have no less than 12 months combined in Stage I & II.

Stage III: Continuing Care

Concept, Process, and Criteria

This stage is designed for qualified graduate residents of the TLC program who still have time remaining on their sentences. Increased privileges and growth opportunities will be provided to Stage III residents.