

Sarah's House



Living in Freedom Everyday

907-746-9675

202 S. Alaska St.

Connect Palmer's Mission Statement:

To connect individuals and families to the love of God by creating opportunities for the local body of Jesus Christ to aid in meeting practical needs in their community.

Sarah's House Mission Statement:

To connect ladies with a safe and caring place to stay where they can encounter the love of God and learn that His promises are for them today.

Connect Palmer and Sarah's House provide Christ-centered training programs. We train individuals in basic work and living skills to help them live Christ-centered lives based on the principles found in God's word.

Services are provided without regards to race, creed, gender, color, religion, age, national origin, disability or other biases prohibited by State and Federal Law.

Sarah's House:

A life recovery program with on-site housing available to help women ages 18 and above. We provide Christian discipleship and support as they move their lives in a new direction.

We are not a drug treatment facility or an assisted living facility. All residents must be drug and alcohol free for at least 30 days prior to admittance. This includes any and all narcotic prescriptions. Those with physical or behavioral health issues beyond the scope of our program will be redirected to the programs that can properly care for those with special needs.

We are a life recovery program. The third phase of the program is our work-ready program. This means that the individuals admitted into Sarah's House must be willing and physically/mentally able to seek and maintain full-time employment. Pursuing or collecting disability may disqualify you for this program. Residents should be ready to work hard for the life change they desire.

ADMISSION REQUIREMENTS

- A completed application must be submitted in order to be considered for admission. An interview with the director and/or board member prior to entrance must also be completed.
- Application to and participation in the program is voluntary. You must be willing to commit yourself to the program for a period of approximately 8 months in order to complete all 4 phases.
- Applicant must be at least 18 years of age.
- Willingness and physical/mental ability to be employed.
- Court matters need be disclosed prior to admission. This **can** extend the time of your program to allow time to meet your court-ordered requirements and complete each phase.
- **All medications** must be approved by the program director prior to entrance.
- If you are taking any type of psychotropic medications for depression, anxiety, PTSD or bipolar disorder, etc., you must include a treatment summary from your doctor with your application, as well as a letter stating that you are able to participate in a highly structured program.
- Medical problems that would limit participation in the program must be addressed prior to admittance. You must provide medical records of any condition which may limit your abilities to perform at full capacity. This is needed to determine eligibility to the program.
- There is a \$50.00 induction fee required at the time of entrance. This fee is non-refundable.
- The monthly program fee is \$450. We ask that family and friends donate to the program on a monthly basis.
- You must agree to submit to random drug screens and room searches. This is done to ensure the integrity of the program.

Sarah's House Residential Application

Name _____ Date _____
Address _____
Phone No _____ Contact No. _____
Age _____ DOB _____

Our program is completely voluntary. Those desiring to enter the program must enter with the understanding that they plan to complete the entire program. It takes approximately 8 months to complete all 4 phases and graduate.

Intakes are done only on Mondays, Tuesdays, Wednesdays and Thursdays.

Please fill out the application to the best of your ability.

1. Where did you hear about this program?
2. How do you think this program might help you?
3. When was the last time you used alcohol and/or drugs? **Please be specific on all usage.**
4. Where do you currently reside?
5. Where was your last place of stable housing?

What are some of the things you think have contributed to losing your stable housing?

6. This program is a Christian, faith-based program with a purpose of bringing God into the middle of all of your life choices. Please share your thoughts on this.

7. Schedule:

Monday - Friday:

Residents are in the training center from 8:00 am to 4:00 pm.

During that time, the schedule consists of group devotions, various classes/groups, prayer, study time, volunteering, etc. The daily schedule will vary based on which phase the resident is currently in.

Evening groups are scheduled 2-3 days per week and can vary based on availability.

Free time begins at 4:00 pm.

Curfew:

Sunday -Thursday 9:30 pm

Friday and Saturday 10:00 pm

Other activities:

Saturday: Deep cleaning apartment 9:00 am-1:00 pm

Sunday: Church 9:00 am – 10:30 am

Various community outreaches and events (times and days vary).

PROGRAM Phases

The program consists of 4 phases:

Phase 1: SPaM – 4 Weeks

The introductory SPaM phase is a time for the new resident to:

Seek, Pray, and Meditate.

Cell phones and other outside distractions are removed. Free time in the evenings and weekends will be limited to in-house. This allows the resident the time needed to adjust to the schedule and to

SEEK the Lord, spend time in **PRAYER, and MEDITATE** on His word (Psalms 19:14, Luke 15:8, 1 Timothy 6:11).

This phase includes Bible study lessons, reading assignments and SOAPS.

Phase 2: Foundations – 4+ Months

During the Foundations phase, the resident is asked to look at the foundational core values that they are building their life on. We challenge the residents to allow God to help them establish a new foundation with the values and principles found in the Bible.

This phase includes Bible study lessons, Fresh Start lessons and processing, Step Study, Genesis Process Relapse Prevention and other reading as assigned by the program manager. Residents are assigned a mentor to help track their progress, set goals, and learn how to manage their time and money. Volunteering in the community will begin in order to prepare the resident for getting back into the workforce. Lastly, medical, legal and educational hurdles are addressed and resolved before moving to the next phase.

Phase 3: God's Work Design – 3+ Weeks

This Phase begins when resident is ready to look for full time employment. Using the 'Job Hunting Hand Book,' the resident establishes a job-search plan and works towards securing employment.

This phase ends when the resident has obtained full time employment.

Phase 4: LIFE Connect – 2+ Months

LIFE Connect begins when the resident has secured full-time employment. The resident will begin budgeting their paychecks and creating an exit plan that addresses transportation, housing and the support/accountability network they will implement once they have graduated.

8. Do you have any questions about the schedule described above?

9. It is much easier to allow God into life changes if we have a relationship with Him. Describe what your relationship with God is like at this moment. (Please be honest. We understand that sometimes hardships cause us to struggle with who and where God is and what He is doing. It is not a requirement that you have a relationship with God to do this program. But, you will be presented His perspective from His word about life, work and the good things He has planned for you.)

10. The budgeting part of the program includes all income received while in the program. Budgeting worksheets and accountability are required. We ask residents to be open and transparent with their personal finances, including providing bank statements. Would you have difficulty with allowing someone to help you with personal finances?

11. Do you have any income or financial means of supporting yourself?
 a. If the answer to #10 is **yes**, from what sources and how much?

Source	Amount	Source	Amount
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

b. If the answer to #10 is **no**, please answer the following:

	Yes	No
Do you smoke	_____	_____
Do you have a cell phone?	_____	_____
Automobile	_____	_____

If yes to any of the above, where do you get the funds to support/maintain these?

c. Cash on hand \$_____ Money in my bank acct. \$_____

12. I understand that vehicles are not allowed on the property until phases 3 and 4 and that at that time I will be required to sign a Vehicle Usage Policy Agreement and meet the required criteria.

Initial_____

12. I understand that there are no pets at Sarah's House. Initial_____

13. The Sarah's House life recovery program is a full-time program. This means that you will be engaged in program activities from 8:00 am – 4:00 pm during the week. Medical appointments and personal appointments need to be scheduled during slow times and missed program activities will need to be made up. Involvement with other agencies must directly connect to the goals of the program and goals resident has addressed with her mentor. (A financial goal for all Sarah's House residents is full-time work that will give them the ability to "earn their own living" 2 Thessalonians 3:12).

IF you are court-ordered to participate in other meetings, workshops, classes and activities, you can expect that the program may take you longer to complete. This will be discussed at your interview.

Please remember, individuals must be both WILLING and ABLE (both physically and mentally) to go to work full time. They also must be willing to work at a job the Lord provides, which may not be the 'career of choice' to start out with. *Colossians 3:23 "Whatever you do, work heartily, as for the Lord and not men." 2 Thessalonians 3:10 "If anyone is not willing to work, let him not eat."*

Is there any reason you feel you are unable to work full-time?

14. Items to bring when coming to Sarah's House:

Sarah's House consists of two small apartments. While staying here, residents need only the very basics. Residents will be working very hard on specific life goals, so, please help all the ladies living at Sarah's House by not bringing a lot of extra personal items into the home while living here. Personal belongings need to fit in the designated drawers and closet spaces provided.

Personal belongings are limited to three suitcases or medium boxes.

Personal computers and tablets are not permitted during phase 1.

Appliances and furniture are not allowed. Other personal items will need to be stored off-site; we do not have space available for personal storage.

Bed linens and towels are provided at Sarah's house.

15. Do you have current medical insurance? With who?

16. Do you have any medical conditions and/or mental health diagnoses that require prescriptions? Yes ___ No ___

If yes, please explain.

Please list any medications you are currently taking:

Prescribing doctor:

Controlled substances are not permitted while at Sarah's House. This includes any form of buprenorphine (Suboxone) or methadone.

Prescriptions are required to be kept in a lockbox. You may use one from Connect Palmer or you may purchase your own.

I will purchase my own. _____ I will use one from Connect Palmer. _____

Under certain circumstances you may be required to open your lockbox for staff. Refusal will lead to dismissal.

17. Are you currently on disability? Yes ___ No ___

If yes, please tell us about your disability.

18. Do you have a disability application in process? Yes _____ No _____
If yes, please tell us about your disability.

19. Do you have frequent or on-going appointments?

Weekly _____ Monthly _____

Time and Location:

Day	Time	Who	Location
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

20. Are you pregnant or do you suspect that you may be pregnant? Yes _____ No _____
If yes, how far along is the pregnancy? _____ Months _____ Weeks

21. Are you currently employed? Yes _____ No _____

22. If you have no means of paying the monthly program fee, do you have a sponsor who could sign the attached Support Sponsor Agreement? Yes _____ No _____

23. Do you currently have a legal case pending? Yes _____ No _____

24. Are you currently working with OCS? Yes _____ No _____

If Yes to either 23 or 24, what are the charges?

25. Are you currently on probation or parole? Yes _____ No _____

If yes, please answer the following questions.

Supervised or Unsupervised _____

Where? _____

What are the charges?

Do you have an electronic monitoring device? Yes ____ No ____

Date of conviction? _____

How long are you on probation/parole? _____ How long do you have left? _____

PO's Name/ Number _____

Please list any requirements that need to be met while you are on probation/parole.

26. List the 5 main life goals you would like to accomplish at Sarah's House:

I _____, understand that my main purpose for being here is to learn a new way to live and make healthy life choices. I am choosing to live under Sarah's House rules. My commitment is to complete the program in its entirety.

Accountability is an important part of Sarah's House. As an adult, it is difficult to let people into your life in a transparent manner. The basic rules listed here reflect boundaries that are to help you, as a resident, to stay on course in moving toward the life change you want for your own life, as well as for the protection of the other residents who are in the Sarah's House program.

While living at Sarah's House:

___ I understand this is a small overview of the rules and policies and that I will need to familiarize myself with all of Sarah's House's policies and guidelines in order to understand the expectations of the program. The policies and guidelines are available upon request.

___ I understand that the monthly program fee is \$450. It may be pro-rated if the move-in date is after the 10th of the month. A Support Sponsor Agreement will need to be signed by my sponsor if I am unable to pay the fee myself.

___ I understand that I am committing to complete all phases of the program and that the program takes approximately 8-9 months to complete.

___ I will be transparent about my financial situation with my mentor and Connect Palmer staff.

___ I will not possess or use alcohol or drugs at any time while living at Sarah's House. Sarah's House is a sober-living environment and I will be dismissed from the program if I use drugs or alcohol during any part of the program. I will endeavor to help maintain a safe and sober environment.

___ I will not curse or use off-color expressions or bodily gestures.

___ I agree to take any random drug test that is required when asked by staff. Refusal will lead to dismissal.

___ I understand that I am required to attend church on Sundays at Church on the Rock, Palmer as well as various life groups, recovery groups, community service events and fundraisers.

___ I understand that I am required to participate in the Foundations, LIFE Connect Program and the God's Work Design Program the entire time I'm living in Sarah's House.

___ I agree to join in Devotions at Connect Palmer at 8:00am to 9:00each morning, Monday through Friday and I agree to the nightly Curfew of 9:30pm Sun-Thur and 10pm Fri and Sat, to be at home and in the house. I agree to participate in all elements of the daily and evening schedule and to keep the nightly curfew.

___ I understand that those I visit with in-house or off-site need to be approved by staff. Visitors will be required to sign an agreement that fully supports my commitment to recovery and the new direction of my life. Their contact information must be on file. (Guests for off site visits will not be approved unless they are drug and alcohol free for 90 days or more.)

___I understand that there are to be NO male guests allowed in Sarah’s House at any time for any reason.

___I understand my room must be kept neat and orderly at all times. I agree to complete household and office chores as scheduled by staff.

___I understand that these rules are to help me change the way I live and to protect the other residents who are living with me.

___I agree to fully participate in all Sarah’s House functions and events as scheduled by staff and directors (e.g. fundraising, community outreach or community service events).

___I understand that not following any of the guidelines and rules of Sarah’s House will result in a request to leave. (See ‘Non-Compliance and Discipline Policies’). If I am requested to leave or leave by my own decision, I will not be allowed to reapply for Sarah’s House for 30 days.

Signature

Date

Staff Signature

Date

Thank you for your interest in the Sarah’s House life recovery program. Someone will contact you to set up an interview.

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Support Sponsor Agreement

I _____, have reviewed the Sarah's House Policies and Guidelines. I understand that _____ is a resident at Sarah's House and is working *resident* hard to take her life in a new direction. I support her commitment to complete the program and complete all of her goals and objectives while living at Sarah' House.

I understand that this resident is encouraged to have a Support Sponsor to commit to pay the monthly program fee of \$450 per month, due on or before the 5th or each month. I understand her commitment is for a period of 8-12 months and that I am agreeing to pay the monthly fee while she is in the program or until she has obtained employment and can pay the fee on her own. I understand budgeting is a requirement of the program and that I will be informed when the resident is in the position to pay the program fee in part or in full.

If resident moves in after the 10th of the month, the monthly program fee can be prorated for the first month.

I understand if the resident moves out early or is dismissed from the program that there are no refunds for program fees paid.

Scheduled Move-In Date _____ Actual Move-In Date _____

Resident Name _____

Signature _____

Date _____

Sponsor Name _____

Address _____

Phone _____

Signature _____

Date _____

Connect Palmer Staff _____

Signature _____

Date _____