



The Potter's House of Ruth

ADDICTION RECOVERY & DISCIPLESHIP MINISTRY

“PHASE FOUR” - PROGRAM GUIDELINES

Process

- Phase 4 of The Potter's House of Ruth uses biblical steps Ten thru Twelve which focuses on walking out new life by implementing foundations learned for living every day for Christ.
- Residents will continue to attend, participate, and when appropriate lead onsite curriculum and groups established for Phase Four. Scheduling flexibility due to employment is practiced in Phase Four.
- Residents will continue, when at all possible, to participate in weekly house meetings.
- All residents will be required to have a meeting to review progress and address areas of struggle or needed healing; both spiritually and relationally, at least once per week.
- Residents will continue with weekly counseling sessions as deemed appropriate by counselor. Counseling may take on a more individualized manor if resident would like to transition her sessions to a pastor or other resource—with a discussion with her onsite mentor/team.
- Residents will continue to meet with personal support team and prepare to implement their “Next Steps Plan”
- All residents will continue to attend Twelve-Step groups
- Residents will work with case manager and team to prepare for graduation by completing and getting approval for their “Next Steps Plan”

Discipleship

- The Potter's House of Ruth believes that a life transformed by Jesus Christ is the key to success in life. For this reason, every resident will commit to a discipleship relationship within the program.
- Each resident will commit to a daily personal devotional time including study, prayer, meditation, and worship. A personal journal logging spiritual growth will be kept.
- Each resident will attend and actively participate in Celebrate Recovery or similar twelve step groups.
- Each resident will attend and actively participate in Sunday worship services and any associated services or events as their employment schedule permits.
- Each resident will agree to participate in an active personal coaching relationship with a staff member and meet regularly with a professional counselor to work through past issues and strongholds. Counseling may take on a more individualized manor if resident would like to transition her sessions to a pastor or other resource—with a discussion with her onsite mentor/team.

- Each resident is to utilize their Personal Support Team to guide them in making key decisions and provide encouragement and support (accountability). A key member of this team is a personal mentor that walks very closely with the student.
- Each resident in Phase 4 is expected to be connected to and actively serving in some capacity with a local church.
- Each resident is expected to participate in on site activities such as chapel and special speakers whenever possible and only according to their individualized Phase 4 curriculum.
- Each resident is expected to be leading groups on site and in the community whenever is appropriate

Recovery

The Potter's House of Ruth believes that recovery from addiction is a vital process and must be addressed intentionally and with a Christ-centered approach. For this reason, every student will commit to an intentional recovery program.

- Each student will obtain a Christian sponsor and actively work through the 12 Steps in a Christian context.
- Each Student will be subject to random drug and alcohol screening to provide a safe and healthy environment for all, conducive to a commitment to recovery and a growing relationship with Christ. Refusal to submit to a test is considered a positive test. Two hours is the limit for producing a sample. Violations may result in dismissal.
- Each student commits to integrity in their own recovery and in the recovery of others in the program. A deliberate attempt to modify or fake a drug test or to assist another in this process is a serious violation and may result in expulsion from the program.
- All medications: prescription and non-prescription taken by any student must be reported to the director and approved for use in this program. Addictive medications are not permissible in this Discipleship Program. Life sustaining and other medications are acceptable under a doctor's care but should not be taken to the degree that they hinder participation in the Potter's House program. Medications are to be stored in a locked box with only the student and staff knowing the combination. Necessary restricted medications must be kept in the office. Under no circumstance may a student share a medication with another student.

Resident Life

All Phase Three expectations remain throughout Phase Four of the program. Scheduling flexibility exists based on employment and with increased independence.

- All "Phase 3" residents must maintain a cooperative and respectful relationship with all staff members and maintain wholesome relationships with all other residents in the program. Respectful behavior includes but is not limited to refraining from profane language, respect for personal space and belongings and interactions. Any disputes must come to a peaceful resolve and follow the Matthew 18 formula of progressive involvement. Ultimately, they are to be brought to staff for final resolution. Absolutely no violence will be tolerated and will be grounds for immediate dismissal.

- All residents must respect the privacy of other residents dwelling areas, bedrooms, marked food in pantry or refrigerator, etc. All program donated food is freely accessible to all residents and may not be stored in personal rooms. These items are community property and may not be taken out of the house upon leaving.
- All bedrooms must be kept in a neat and orderly fashion. Residents should make their bed upon waking up. Bedrooms are for sleeping only, not for watching videos, doing program work, sleeping during the day, lying around, or isolating.
- All residents are subject to random drug and alcohol screening and room searches to provide a safe and healthy environment for all, conducive to a commitment to recovery and a growing relationship with Christ. Refusal to submit to a test is considered a positive test. Two hours is the limit for producing a sample. Violations may result in dismissal.
- All media must be consistent with a Christian program and will be subject to review by staff before entering the house.
- All residents will be an active part of the house and will be assigned continue to have a chore and be responsible for their own laundry as previously outlined.
- Evening meals will be shared corporately in the dining room. Meal prep will continue as previously outlined.
- Boyfriend relationships follow the same policy as previously outlined.
- Visitation with family and approved individuals progressively increases throughout the phases of -the program. See handbook

Commitment

- Admission to The Potter's House of Ruth is voluntary and each person is expected to invest fully in the program, trusting the staff for judgment regarding length of stay and completion of goals. This includes abiding by all guidelines for the safety and positive growth of every resident.
- Failure to follow the guidelines will result in consequences of increasing severity depending on attitude of resident and severity and/or frequency of the infraction. Consequences may include higher levels of restriction, loss of privileges, study/journaling assignments, suspension or expulsion from the program
- Serious violations include but are not limited to any illegal drug or alcohol use, manipulating or helping another manipulate the outcome of a drug/alcohol test, bringing illegal drugs, alcohol or an unreported prescription into the house, violent or aggressive behavior, possession of a firearm or other weapon, withholding of finances without permission, disruptive behavior and repeated infractions or defiance to staff or program expectations.
- All residents agree to participate in The Potter's House Financial Management plan. This involves a resident account handled by the ministry director. Resident's must turn in all income to the director and work within the plan for spending and saving.
- A key component of growth is the development of personal leadership skills. Each resident will be given opportunities for both self and group leadership. Helping others in the program will provide very positive growth in meeting one's own goals.