

## **Life Challenge Program Handbook**

Life Challenge is a place of new beginnings and life change. Men and women come to Life Challenge because they want help in letting go of destructive and unproductive lifestyles, help with addictions, and help in building a new life of integrity and purpose. We believe that life change comes, first and foremost, through a personal, life-transforming relationship with Jesus Christ. Our goal is not merely seeing men and women become clean and sober, but to develop life patterns of integrity and godly character through the application of Biblical principles. We are here to come alongside residents through the structure of the program, as well as being here to encourage, correct, instruct and help them in any way we can.

This program is hard and highly structured; change is hard! There are expectations and guidelines that residents are expected to follow in this process of life change. There is a rigorous schedule from morning until evening in which residents are expected to fully participate. The following list highlights some key expectations for all residents.

### **General Practices and Procedures**

- Use of drugs, alcohol, nicotine (chewing or smoking) are prohibited.
- Possession of pornographic materials is not allowed.
- Cursing, slang, or racial slurs are not tolerated.
- No romantic relationships are to be pursued while in the program.
- Communication with the opposite sex – including talking, writing, hand gestures, eye contact, touching, is not allowed, unless otherwise authorized.
- Residents must participate fully in the daily schedule and expectations with a teachable attitude and willingness to change. They are to be on time and ready for all scheduled activities.
- Everyone is to be treated with dignity and respect – staff, volunteers, other residents, and the public at large.
- Residents' personal property may be examined at any time by a staff member.
- Residents are not allowed to leave Life Challenge property without authorization. They must remain at appropriate location for all assigned activities.
- There is a blackout period in the first 30 days, in which residents cannot have phone calls, mail or visits.

### **Resident Contraband Guidelines**

The following items may not be in residents' possession at any time:

- All monies: currency, food stamps, credit and ATM cards, checks, etc.
- Radios
- Weapons: any object deemed potentially dangerous by the staff
- Stamps (we hold stamps until needed)
- Glue or other inhalants
- Mouthwash with alcohol
- Matches and lighters
- Cell phones, electronic devices, flash drives/external hard drives
- Food or beverages (other than water) not allowed in resident rooms

- Gum or soft candy (Only individually wrapped hard candy is permitted.)

### **Medication Guidelines and Practices**

- Residents must withdraw from drugs and alcohol prior to admission. The lowest dosage nicotine patches (7mg) are allowed for the first 30 days.
- Residents must complete TB, Hepatitis B & C, HIV tests and for women a pregnancy test.
- A physical also needs to be completed prior to entry or scheduled within 30 days of entering the program.
- Residents must be approved for particular psychotropic medications prior to entry into the program. If a potential resident is taking an unapproved medication prior to entry, they are to see their physician to wean off the medication or change to an approved medication prior to entering the program.
- All medications must be approved by Department Supervisor.
- Prescription pain relievers such as Oxycodone, Tylenol #3, Tramadol, etc. are prohibited.
- Over-the-counter medications, such as Nyquil, Tylenol PM, or medications with alcohol are not permitted.

### **Appointments:**

- Residents may have up to five non-emergency medical appointments during their program.
- No scheduling of appointments without staff supervision.
- No appointments are to be made during first 30 days of the program.
- Residents are encouraged to provide their own transportation to appointments. Life Challenge Ministries may transport residents within the local metro area for a transportation fee.

### **Passes**

- After 90 days, a resident receives a 30 hour pass to visit approved family members.
- After six months, a resident receives a 53 hour pass.
- Residents receive more passes as they advance in the program.
- No contact with members of the opposite sex, excluding family.

### **Work Crews:**

Every month, Life Challenge partners with various churches and organizations to accomplish work-related projects. Residents are expected to participate in work crews as part of their programming. Any money received as a result of services provided by residents on behalf of Life Challenge remains the property of Life Challenge.

### **Personal Appearance and Hygiene Practices**

Proper daily hygiene is expected.

Male residents: Hair must be cut so that it is no longer than a traditional collar, and the ear must show. Ponytails, spiked, or other extreme hairstyles are not allowed. Sideburns must be trimmed in line with bottom of ear. Beards, goatees and facial hair under the lower lip are prohibited. Mustaches may not extend beyond the mouth. No piercings may be worn.

**Student Literature Practices**

Residents may only have pre-approved Christian books and CD's. No burned CDs are allowed.

Magazines and newspapers are not allowed.

**Resident Accounts**

- All resident money is kept in a personal account at Life Challenge. Residents are not permitted to have money on their person.
- Residents are to provide their own money for personal needs.
- Residents may not spend money on "wants" until their financial obligations (induction fee) has been paid.