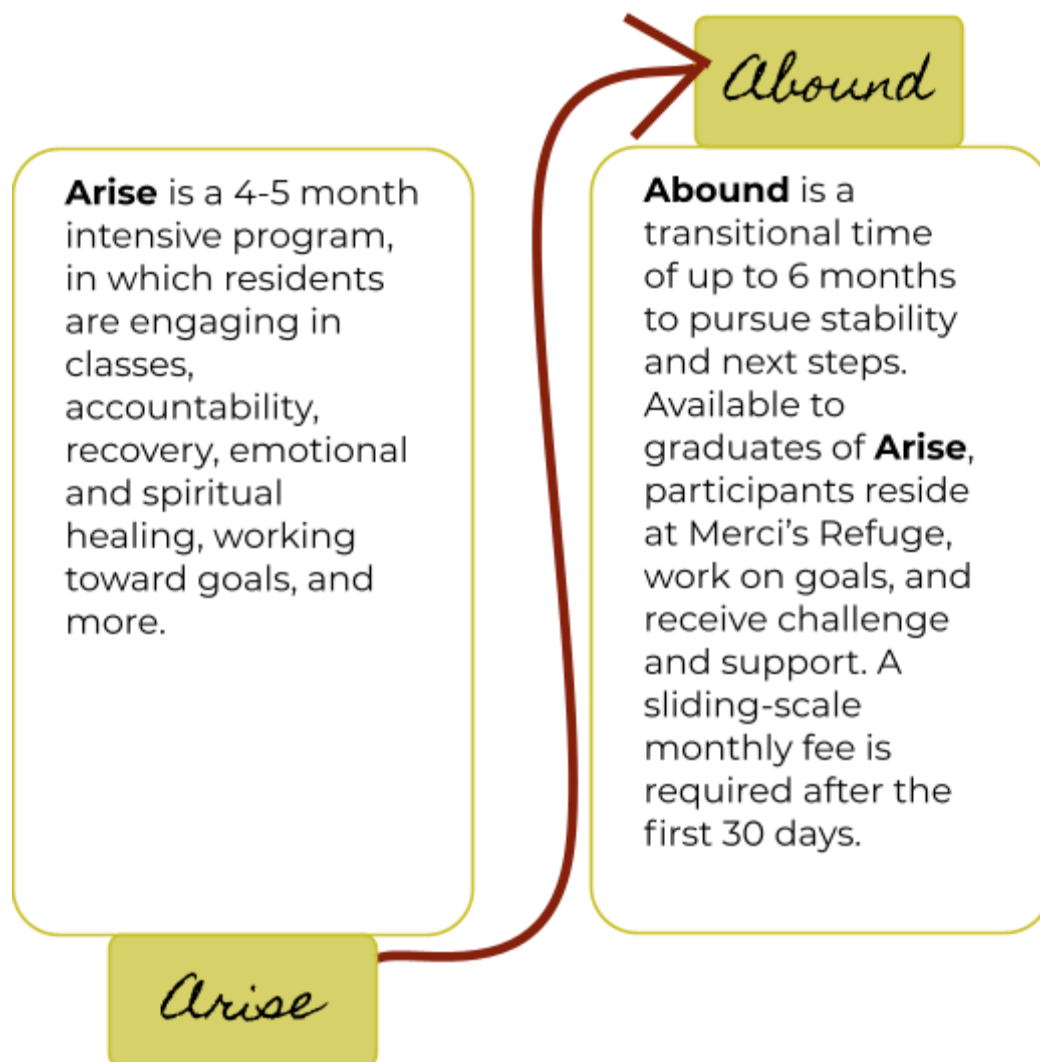


Program Structure

Overview



Mission

Merci's Refuge (MR) is a Christian residential counseling program, offered at no cost, to adult women who are seeking freedom from a variety of life-controlling issues. To qualify, women must be at least 18 years of age, physically and psychologically stable enough to reside in a group home setting, not needing to detox, able to read and write in the English language, and ready and willing to engage in individual and group counseling. Priority is given to pregnant women and mothers of babies (provided that at the end of her stay, her child is one year or younger).

Merci's Refuge offers two phases in progression: **Arise** (intensive program) and **Abound** (transitional program). MR provides a realistic opportunity for women to focus on root issues that are holding them back from experiencing joy, accomplishing goals, and reaching their God-given potential. These root issues may include past abuse, neglect, abandonment, rejection, unresolved anger, bitterness, shame, fear, insecurity, pride, spiritual frustration or confusion, which often show up in the forms of substance abuse, self-harming behavior, unhealthy relational/emotional boundaries, isolation, secrecy, anxiety, depression, instability, or compulsive behavior.

The program is holistic, covering areas such as mental health (counseling, healthy coping skills, recovery), accountability (self-evaluation, My Mentoring & Accountability Plan), relationships (community, mentorship, boundaries, conflict resolution, codependency), spiritual growth and freedom (core groups, Bible studies, Church involvement, worship, prayer), pursuit of individual goals/purpose (education, vocation, career, etc.), and life skills (nutrition, health, pregnancy/ parenting, money management, etc.).

Residents are invited to actively participate in all elements of the program, comply with house rules, pursue goals/purpose, explore and identify issues of their heart, mind and soul, engage in healthy relationships, and be open to learning about and seeking Christ. Merci's Refuge's goal is for women to leave better able to experience joy in their lives, accomplish their goals, and know how to grow in their faith.

Structure

Arise

"Arise, shine, for your light has come, and the glory of the Lord has risen upon you." -Isaiah 60:1

Arise is a 4-5 month intensive program. With the intention of full engagement and life change, residents will not be working, in school, or have access to their cell phones. Residents are invited to participate in all program elements, unless given permission to be excused by a staff member.

Residents choose to be respectful, on time, engaged, and have homework completed for classes and activities. Residents are expected to make up any missed classes and assignments. Staff may add or remove program expectations to customize the program to each specific resident's needs and situations.

Residents will complete and turn in a weekly schedule, including all program activities and personal appointments, meetings, or outings outside of programming by Monday morning at 10am to the Program Coordinator. Residents will be allowed one unplanned addition to their schedule each week with approval, provided chores and assignments have been completed.

During the first 30 days, women are given space to transition into the safe environment at MR. Residents must be accompanied by a staff member or volunteer to all appointments, errands, or to complete other tasks outside of MR. Residents are only allowed to leave the premises of MR with approval.

After the first 30 days and upon the outcome of the 30-Day Review, residents may be granted the opportunity to continue in the following months of **Arise**. Residents are allowed to leave MR for approved scheduled appointments and off-site tasks on their own, including on weekends. Residents are allowed to have guests during visiting hours at MR (with proper protocol). Completed weekend passes must be given to staff by the end of the work day on Wednesday. Residents are generally not allowed to have off campus overnight stays.

Residents who complete the expectations of **Arise** will then graduate. Thirty days before graduation, residents apply to **Abound** if they wish to reside longer at Merci's Refuge, and may have the opportunity to continue living at MR for 30 days and up to 6 months, to work on transitioning, next steps, and to begin to pursue work/school/etc.

Arise Program Expectations

- Morning Huddle (M, T, Th)
- Morning Chapel (W)
- House Meeting (F)
- Complete Weekly Schedule
- Freedom Group (Counseling Group - 13 sessions + retreat)
- 7 Keys to Freedom (Counseling Group - 9 sessions)
- Grief Class*
- Life Skills Class (including money management)
- The Divine Line (class on relationships & boundaries)
- Safe People Class (class on identifying unsafe attributes in others and ourselves)
- Spirit Soul Body (trauma education, stress-reducing techniques)
- My Mentoring & Accountability Plan (building a support team for accomplishing goals)
- Spiritual Growth
 - The Word* - Introduction to the Bible and how to understand it
 - New Testament Bible Study*
 - Daily devotionals (prayer, journaling, reading Scripture, etc.)
 - Sunday morning worship services with local churches
- Celebrate Recovery (addiction and codependency recovery group)
- Additional NA/AA Recovery Meetings (if applicable)*
- HOPE Class (Pregnancy and Parenting classes; if applicable)*
- Volunteering
- Book Club
- Career Class*
- Study Hall
- Community Fun
- Mentorship*
- Individual Counseling
- Goals Coaching
- Life Skills Coaching
- Exercise
- Chores
- Supplemental Topical Classes*
- Homework and goal completion

*Indicates that program elements may change, or may or may not be offered during your time in the program. If these are offered, they are required. Merci's Refuge reserves the right to make changes to requirements of program completion at any time.

Arise Goals

- Engage in all aspects of program
- Identify core root issues and process through trauma
- Increase use of healthy coping skills
- Encounter Jesus and grow spiritually
- Experience freedom and healing
- Connect to community within and outside of MR
- Grow in self-awareness
- Uncover God-given identity and purpose (self-discovery/personal development tests)
- Take steps toward purpose (career, education, etc.)
- Connect and restore broken relationships
- Grow in conflict resolution
- Pursue greater physical health (nutrition, exercise, etc.)
- Explore hobbies
- Prepare for financial stability
- Develop additional life skills
- Willingness to be held accountable
- Create a personal accountability plan by end of **Arise** and follow
- Prepare for life after MR (housing, childcare, transportation, resource connections, etc.)

Abound

*"Now may the God of hope fill you with all joy and peace in believing, so that you will **abound** in hope by the power of the Holy Spirit."* -Romans 15:13

Abound is the transitional program, for up to 6 months*, as residents focus on living out what they have learned, and take full responsibility and leadership of their own lives. **Abound** gives space for spiritual growth, goal progress, future planning, and increased financial responsibility.

Residents have freedom to visit other churches with the goal of establishing a consistent home church/membership during this time, to continue once they leave MR. Residents are allowed to start working but must be present for mandatory programming (see Program Expectations below). Residents will receive their phones, with boundaries as necessary; if a resident does not own a phone they are allowed more phone call time. Residents are allowed to have approved overnight off-site visitations. Upon moving out, women are able to maintain contact with MR staff for support and encouragement.

*Residents may request 1 month at a time, and may be able to reside at Merci's Refuge for up to 6 months. Residents start paying the program fee in this phase. If a resident does not have stable work, the program fee is paid in increasing increments (1st month's fee is \$50, then \$50 is added each subsequent month: 2nd month = \$100, 3rd month = \$150, etc.). If a resident has a stable job, then the program fee is 30% of their income OR \$400, whichever is less.

Abound Program Expectations

- Agree to proposed individualized expectations set forth by staff (additional classes, goals, etc.)
- Attend Friday House Meetings (excused for work only)
- Complete Weekly Schedules
- Meet weekly for goals coaching (may decrease to 2x/month)
- Meet weekly for counseling (may decrease to 2x/month)
- Engage in accountability plan
- Provide monthly program fee after first 30 days
- Attend Church weekly
- Chores
- Attend additional Recovery Meetings (if applicable)
- Pursue work or schooling (able to work/attend school part-time or full-time)
- Prepare for life after MR (housing, job, connection to resources, childcare, etc.)
- Goal completion
- Motivated and engaged in program
- Seek continued healing

Abound Goals

- Spiritual and personal growth and leadership
- Obtain income and financial resources to meet or exceed basic needs
- Increase community/supportive connections outside of MR
- Embrace healthy living (coping skills, physical health, hobbies)
- Grow in restoration of relationships and conflict resolution
- Obtain sufficient employment to meet needs and goals
- Obtain safe and affordable housing after MR
- Develop a plan for ongoing recovery, healing, support, and accountability