

OAK RIDGE DISCIPLE HOUSE



RESIDENT HANDBOOK

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PROGRAM OVERVIEW

What Is Oak Ridge Disciple House?

Oak Ridge Disciple House is a residential Christian character building & discipleship program for men 18 + years old. Length of stay is **6 months** (*mandatory minimum*).

What Oak Ridge Disciple House Is Not!

Oak Ridge Disciple House is NOT a drug/alcohol treatment/rehab program! Even though Oak Ridge Disciple House reaches out to men who have struggled in their past with drugs & alcohol, it is a discipleship program. Oak Ridge Disciple House does NOT have the capacity to effectively manage any person with significant medical, physical or psychological impairments.

What Does Oak Ridge Disciple House Teach?

The Oak Ridge Disciple House provides biblical teaching and focuses its full attention on three life & death relationships that all men must come to terms with:

★ **1st MOST IMPORTANT** is a man's relationship with **GOD!**

Oak Ridge Disciple House claims and teaches biblical truth of God the Father (Abba)/God the Son (Jesus Christ)/God the Spirit (Holy Spirit). If a man is not in right standing with God he remains not only in mortal peril of further destruction in his physical earthly life; but also immortal peril in the eternal life yet to come! Only after truly understanding and establishing himself in this 1st most important relationship will a man be prepared to manage the...

★ **2nd CRITICAL** relationship between a man and **HIMSELF!**

How a man manages the image of himself that he carries with him everywhere he goes; how he sees/or doesn't see his "selfishness" in relation to the 1st most important relationship with God is absolutely critical! Only when a man is able to firmly grasp and stand on biblical truth in this relationship, is he able to handle and manage the...

★ **3rd ESSENTIAL** relationship between a man and **OTHERS!**

This relationship embraces family, friends, church, community, etc. It is **MOST IMPORTANT** and **CRITICAL** that a rock-solid foundation be built in the 1st and 2nd relationships so that a man's true life – the life he was created for – can be seen, felt and experienced by others here!

It is because of the tremendous amount of study, introspection, learning and work required in these three areas of relationship that Oak Ridge Disciple House is a **mandatory minimum of 6 months**. When a man has come to the end of himself; when he's hit rock bottom and his spirit is truly broken – whether through drugs & alcohol or other life hurts, habits or hang-ups – he must be completely ready and willing to commit and dedicate **at least 6 months** of his immediate future to bury his former self and become a new creation through Christ Jesus.

How Much Does Oak Ridge Disciple House Cost?

Oak Ridge Disciple House is a private, non-profit ministry supported through the faithful donations, contributions and tithes of others. Additionally, every man accepted into the program is asked to contribute \$600 per month to assist the ministry with basic food, housing, utility and fuel expenses. Oak Ridge Disciple House is open to discussing individual funding from family members, friends, scholarships, other supporters, etc. on a case-by-case basis.



S - Surrender
O - Obedience
S - Service

} **Three Critical
Core Concepts of
Christian Character!**

“SOS” is an internationally recognized Morse code distress signal. This signal indicates that a person, or group of people, is being threatened by grave, imminent, life threatening danger and is in need of immediate assistance! The “SOS” distress signal became the worldwide standard under the second International Radiotelegraphic Convention and went into effect on July 1, 1908. The radio signal of, “dit-dit-dit-dah-dah-dah-dit-dit-dit” has become one of the most recognizable sounds on the open ocean among ship Commanders and Captains. Even though modern technology and advancements in wireless communication have replaced Morse code, to this day if the sound, “dit-dit-dit-dah-dah-dah-dit-dit-dit” is heard through any means, help will be sent immediately to the location of the signal!

SURRENDER: Psalm 51:17 ~ “My sacrifice, O God, is a broken spirit; a broken and contrite heart O God, You will not despise.”

Matthew 22:36-38 ~ “Teacher, which is the greatest commandment in the Law? Jesus replied: ‘Love the Lord your God with **all** your heart and with **all** your soul and with **all** your mind. This is the first and greatest commandment’.”

OBEDIENCE: Psalm 128:1 ~ “Blessed are all who fear the Lord, who walk in obedience to Him.”

1 John 2:3-5 ~ “We know that we have come to know Him if we keep His commands. Whoever says, ‘I know Him,’ but does not do what He commands is a liar, and the truth is not in that person. But if anyone obeys His word, love for God is truly made complete in them. This is how we know we are in Him.”

SERVICE: Matthew 25:40 ~ “Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.”

Galatians 5:13 ~ “You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love.”



AT THE HEART OF IT ALL: The Oak Ridge Disciple House program **STARTS** with you, but in the **END** it really is much more about God and other people! And how God can and will use you to help other people (family, friends and strangers) around you.

This program is not about getting free FROM something! It's about finding freedom IN something! And that something is a deep, personal, intimate, love relationship with the Father, Son and Holy Spirit (*God the Father, Jesus the Son, and the Spirit as the great Counselor, Comforter, Healer and Helper*).

Though you probably will not understand it in the beginning, you will come to learn that your life is really not about you at all. You were brought into this world to bring honor to God, to love Him, and help others find the same thing! Are you ready?

NOT TOLERATED & NON-NEGOTIABLE

The following behaviors will **NOT BE TOLERATED** and are **NON-NEGOTIABLE** within the Oak Ridge Disciple House Christian Character Building Program.

A single violation in any area listed will be grounds for immediate dismissal from the program.

Oak Ridge Disciple House maintains an upfront, crystal clear, no nonsense policy in matters that may affect the safety of any person as well as to strictly protect the integrity of God's work being accomplished in and the reputation of the Oak Ridge Disciple House Christian Character Building Program, its Director, its leaders, and faithful supporters of the ministry.

DRUGS

NOTE: *All residents are subject to random urinalysis drug screens at any time. Refusal to submit to a drug screen upon the request of the Director or Director's designee will be grounds for dismissal from the program.*



Past users of hypodermic needles may be asked to get a blood test as part of initial intake process to screen for infectious diseases.

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- Use of tobacco products, alcohol, or illegal drugs of any sort.
- Abuse of any over the counter drugs where specific instructions for use are not followed.
- Use of prescription drugs other than as specifically prescribed by a physician for the person intended.

VIOLENCE

- Physical violence or verbal threats toward other people or Oak Ridge Disciple House property.

EXTERNAL RELATIONSHIPS

- Any behavior appearing to be flirtatious or appearing to establish or advance a relationship for personal benefit or gratification with another person; especially with others who come out to the property in support of Oak Ridge Disciple House's purpose and mission.
 - One-on-one conversation or prayer away from the general group.
 - Note passing, texting, personal correspondence.
 - Giving or receiving of personal gifts.

These relationship expectations do not apply to existing relationships being restored (wives, fiancé's, etc.)

GUESTS / TEACHERS / VISITORS

- Challenging, argumentative, disrespectful comments, or confrontational questions.

MONEY / PERSONAL PROPERTY

- Stealing, borrowing, loaning, or trading of personal property and/or money.

SECRECY

- Allowing any of the above NOT TOLERATED / NON-NEGOTIABLE behaviors to continue in the program and not reporting immediately any violations I personally observe or become aware of.



LEGAL & JUSTICE SYSTEM INVOLVEMENT

Therefore submit yourselves to every ordinance of man for the Lord's sake, whether to the king as supreme, or to governors, as to those who are sent by him for the punishment of evildoers and for the praise of those who do good. For this is the will of God, that by doing good you may put to silence the ignorance of foolish men – as free, yet not using liberty as a cloak for vice, but as bondservants of God. Honor all people. Love the brotherhood. Fear God. Honor the king. (1 Peter 2:13 – 17 NKJV)

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Full Disclosure & Cooperation With Authorities: Any person seeking enrollment into the Oak Ridge Disciple House Christian Character Building Program shall fully disclose to the Director or Director's Designee ALL known past, present and possible future involvement with the juvenile and adult justice system. The program **will not** be used by any person to avoid, hide, or runaway from legal consequences, authorities or the legal system in general. The Director and all persons affiliated with the Oak Ridge Disciple House will fully cooperate on every level with law enforcement personnel, probation/parole officers, private investigators, and/or any court that is actively seeking to exercise any warrant.

Active Probation/Parole Supervision: Any person seeking enrollment into the program who is under current supervision (*probation, pre-trial release, parole, etc.*) shall obtain clearance and authorization from his supervising officer prior to being admitted into the program. The Director or Director's Designee will openly offer information about the program to any interested officer or court requesting such information.

Existing Warrant(s): Taking into full consideration the above stated guidelines, existing warrants will not automatically disqualify a person from admission into the program. They will be discussed and handled on a case by case basis. Existing **FELONY WARRANTS MUST** be disclosed through intake process and will be discussed very seriously so as not to jeopardize any person or aspect of the program.

Upon completion of the Oak Ridge Disciple House Christian Character Building Program, all graduates will be expected to have a documented plan established and in place concerning his intention to take care of, resolve, and serve out whatever legal consequences may be rendered concerning any active warrants.

No man is able to serve God with integrity and character if he is running from the laws of men and not willing to, "*Render unto Caesar the things that are Caesar's ...*" (Matthew 22:21)

Disqualifying Prior Offense History: The overall make up of the Oak Ridge Disciple House Christian Character Building Program is not designed to deal with certain issues where more intense professional therapy, counseling, or treatment may be required. Individuals with prior adjudications or convictions for any of the following offenses are not well suited for the Oak Ridge Disciple House Christian Character Building Program and will not be accepted into the program:

- Sexual assault of any kind, sexual exposure, lewdness, prostitution, or sexual addictions;
- Violent offenses involving weapons and/or bodily injury; including any history of violent assaultive behavior;
- Arson or fire setting;
- Cruelty to animals.

CLASSES, PERSONAL STUDY & JOURNALING

The Oak Ridge Disciple House Christian Character Building Program operates on the basic premise of the *“Law of the Harvest”* which states:
“As a man sows, so shall he reap?” (Galatians 6:7-8).

In other words, “To whatever extent a man invests and puts into his program, he will to the same extent get out of it. If he invests and puts only a little bit in, he will only get a little bit out. The more he puts into it, the more he will get out of it.”

“Sow righteousness for yourselves; reap the fruit of unfailing love, and break up your unplowed ground; for it is time to seek the LORD, until he comes and showers his righteousness on you.” (Hosea 10:12)

With this concept in mind, the following **Seven P’s** exist within the Oak Ridge Disciple House Christian Character Building Program concerning ALL classes, personal study, and daily journaling times:

PROMPT: Residents shall be prompt for all scheduled classes, programs and events. A good *“rule of thumb”* to follow in the program is “prompt” means arriving 5 minutes early from scheduled start time.

PREPARED: Residents shall be prepared with bible, pen/pencil and notebook paper/binder in hand in order to take notes and document lessons learned or insight gained from class, study, program or journaling.

PROFESSIONAL: Residents shall be professional, meaning their current emotions, biases, baggage, contentions, etc. will be “checked at the door” and left outside of scheduled classes and programs and the resident’s full focus shall be placed on the task or study topic at hand.

PERSONAL: Residents shall stay focused on personal issues, problems and responsibilities concerning themselves personally during classes, study times, and while journaling. Residents shall not allow attitudes, opinions or arguments to be formed or focused on other people in an attempt to avoid personal responsibility for themselves and their program.

POLITE: Residents shall be polite and respectful during classes and study times and not create distractions by engaging in side conversations/talking, moving around unnecessarily, making undue noise, etc. or in any other manner interfere with those who are reading, studying, journaling, and pursuing a deeper relationship with God around them.

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PRIORITIZE: Residents shall prioritize the significance of investing as much as possible in their classes, personal study, and journaling! These particular areas are where the core work is accomplished in the Oak Ridge Disciple House Christian Character Building Program and shall not be taken lightly!

- ★ Napping, reclining, dosing, snoozing, etc. during classes, personal study, and journaling time is not acceptable and will be confronted by staff and peers if observed!
- ★ If a resident is feeling either tired or restless during classes, personal; study, or journaling time, he is encouraged to stand up without distracting others, take a brief stretch, and then get back to the priority matters at hand.



GENERAL HOUSE & PROGRAM RULES

The entire Oak Ridge Disciple House Christian Character Building Program is built upon a foundation of RESPECT & CARE for self and for others.

When a man is wrapped up in the world of destructive addiction, pretty much everything he does is motivated by self interest, escapism, immediate gratification, pleasure of the flesh and disrespect for self and others.

A resident can count on not liking some of the general house & program rules. But know this – every time a resident feels the twinge of displeasure about a rule or expectation in this program, that twinge has its roots in the world of self interest, escapism, immediate gratification, pleasure of the flesh and disrespect for self and others!

It is the deliberate intention of the Oak Ridge Disciple House Christian Character Building Program to bring a man **OUT OF** that world and move him **INTO** a world of intimacy with God where Truth, Nobility, Justice, Purity, Loveliness, Good Report, Virtue, and Praise Worthiness live and thrive. (*Philippians 4:8*)

Everything associated the Oak Ridge Disciple House shall be RESPECTED and CARED for, including all **Property, Persons, and Program** components.

ACCOUNTABILITY:

During all events and functions off the Oak Ridge Disciple House property, all residents are expected to have an accountability partner with them at all times. Residents who have been in the program less than three (3) months shall be partnered with residents who have three (3) or more months in the program.

Two residents who have both been in the program less than three (3) months should not be accountability partners to each other.

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While off the property, residents shall not simply walk away individually for any reason, including, but not limited to, checking something out, using a restroom, getting a drink of water, going to talk to another person not in the program, running into convenience store to buy a snack or soda, etc.

BATHROOM & SHOWER:

Residents shall practice and maintain good hygiene skills daily, including, but not limited to, showering on a daily basis; wearing fresh clothes daily; using deodorant daily, brushing teeth daily, etc.

Bathroom & shower areas shall be kept clean at all times. Residents shall be considerate of the other residents who have to use the same bathroom following their personal use, including, but not limited to, wiping down mirror and sink area with no residual matter left splashed on mirror or in sink (shaving cream, facial whiskers, tooth paste, etc.)

Time in shower shall not be more than **ten (10) minutes** per resident – get in, get clean, clean up area, get out.

BEDROOMS:

- Bedrooms and personal sleeping space must be kept clean and orderly at all times. Shoes, towels, personal property, etc. must be kept neat and picked up off the floor. Clothes shall be folded and properly stored in space provided.
- Beds must be made neatly upon getting up at the start of the day.
- Eating is not allowed in bedrooms at any time. Any personal snack items must be stored in a tightly sealed container. Food must be eaten at kitchen table or outside.
- ★ *Upon graduation or discharge from program, bedroom and personal sleeping space must be thoroughly cleaned, dusted, vacuumed, etc. and left in as good of a condition or better as original for the next resident to sleep in the same room or space.*

CELL PHONE / ELECTRONIC DEVICES:

Residents are not allowed to possess or carry a personal cell phone on their person until the last month of the program upon approval by the Director or Director's designee.

Personal electronic devices such as Mp3 or I-Tune players shall be cleaned of any secular music or video content. Only Christian music is allowed to be listened to while actively engaged in the program. Players may be viewed and/or listened to at any time by the Director or Director's designee to ensure that all content is appropriate in nature.

- (*) See also “*Phone Contact with Family Members*” under FAMILY VISITATION / RESTORATION section.

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CHAPEL:

The **Seven P's** outlined under Classes, Personal Study, and Journaling shall be followed during time in chapel. The following additional expectations exist:

- ✝ No hats or hoodies shall be worn while in the chapel.
- ✝ All beverages brought into the chapel shall be in spill-proof cups with lids tightly secured.
- ✝ Sincere effort shall be made by all residents to recite and store in his heart the standard memory verses. Sitting or standing idly without even trying is not acceptable.
- ✝ When reading scripture directly from the bible, resident shall stand and demonstrate respect, confidence and assurance in his tone of voice while reading.
- ✝ Backdoor of the chapel shall be double checked and locked (dead bolt) before leaving.
- ✝ Lights, AC/heat shall be turned off before leaving.
- ✝ After chapel, ALL residents shall participate in a personal prayer walk around field. Four laps minimum. No talking allowed. This is personal, active time alone with God!

DAILY CHORES / WEEKLY DEEP CLEAN "DUST-BUSTER":

- House leaders are responsible for establishing a weekly rotating daily chore assignment list for all residents in the house.
- Once established, residents shall not trade, swap, or bargain in any way with other residents concerning their chore assignment.
- Residents shall not perform the daily chore of another resident unless the resident is physically sick or incapacitated and is physically unable to perform his assigned chore for the day.
- A detailed written description of each chore and what is expected to properly complete the chore is available in the house.
- Chore categories include, but are not limited to, the following:
 - Kitchen & Dishes
 - Living Room
 - Bathrooms
 - Floor Mopping
 - Floor Vacuuming
 - Outside Property & Deck
 - Workout Room & Shop
- A weekly deep clean "dust-buster" shall occur on Saturdays under the direction of the house leaders. Specific "dust-buster" tasks and chores shall be assigned by the house leaders based on number of residents available and other program needs being met. All residents shall thoroughly participate in the "dust-buster" to ensure that the following areas are maintained and kept in pristine condition as much as possible:
 - Resident House
 - Staff House (*)
 - Chapel
 - Program Van
 - Cemetery
 - Workout Room & Shop
 - Outside Deck & Property

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- ★ Staff shall be responsible for the staff house “dust-buster”. Staff may solicit help from residents to assist in the staff house “dust-buster”, however, they shall not allow residents to work in the staff house without a staff member present.

DRESS CODE:

Every resident shall keep in mind that he represents Oak Ridge Disciple House Christian Character Building Program at all times and shall present himself with dignity, integrity and honor not only through his behavior but also through the attire he wears.

Resident’s general style and manner of attire while in the Oak Ridge Disciple House Christian Character Building Program shall represent conservative traditional values and reflect a personal sense of respect and care for one’s appearance.

Acceptable attire includes, but is not limited to, the following:

- Fresh clothing shall be worn each day. (*See Donated Clothing Closet below if resident does not possess adequate clothing to accomplish this*)
- Residents shall wear a shirt whenever guests or visitors are on the property
- All hats shall be removed whenever entering an indoor environment
- Baseball hats shall be worn with brim facing forward creating shade for eyes

Resident’s attire shall **not represent** contemporary trends set by the world as “stylish”. Manner of clothing not acceptable includes, but is not limited to, the following:

- Saggy, baggy pants revealing underpants
- Baseball hat brims worn tilted, angled, or backwards
- Tight fitted clothing intended to emphasize or show off physique, including tank-top or muscle-man shirts
- T-shirts with logos or advertisements representing negative, sarcastic, violent, or in any manner offensive images. This includes political slogans, images, or sayings which may be offensive to others of different political views.
- Wearing of sunglasses over eyes while indoors or at night

Church / Community Events attire shall include clean slacks or jeans without rips, tears, or holes, a clean, wrinkle free shirt, belt, and clean shoes – “business casual” standard.

Upon admission, residents clothing will be inventoried to ensure that each resident has adequate clothing while in the program. Additional clothing may be made available to a resident through the ministry’s ***Donated Clothing Closet***.

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The Donated Clothing Closet is intended to provide only basic clothing needs. The Closet shall be monitored by ministry staff and house leaders to ensure that hoarding or excessive taking of clothing from the Closet does not occur.

Upon graduation or discharge from the program, residents clothing will be inventoried again to ensure that the Donated Clothing Closet was not abused or taken advantage of.

LANGUAGE:

Profanity, cursing, disrespectful language, etc. is not acceptable within the Oak Ridge Disciple House Christian Character Building Program.

1 Peter 3:8 – 10: *“Finally, all of you, be like-minded, be sympathetic, love one another, and be compassionate and humble. Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessing, because to this you were called so that you may inherit a blessing. For, whoever would love life and see good days must keep their tongue from evil and their lips from deceitful speech.”*

LAUNDRY:

- Laundry day is on Friday morning and mandatory for all residents.
- Laundry is done at the Washatopia Laundromat in Georgetown, Texas.
- Laundry is washed “community style” wherein two or more residents shall wash their clothes together in large load machines.
- Residents shall work together to help sort and fold his and other resident’s clothing that were washed together.
- If a resident wishes to wash his clothing separately from other residents, he is free to do so but must provide his own money to do so.
- ★ While clothing is in the process of being washed and dried, residents shall use the down time for personal study and/or journaling time. Residents shall not idly sit or watch the television in the laundromat.
- ★ If conversation is struck up with other patrons in the laundromat, topic of conversation shall be centered on personal testimony, the Oak Ridge Disciple House Christian Character Building Program, evangelism for Jesus Christ, or praying for the patron. Residents shall not engage in private one-on-one conversation or prayer with patrons. If conversation or prayer takes place, no less than two residents shall participate in the conversation or prayer.
 - NOTE: Residents are encouraged to be sensitive to movement and working of the Holy Spirit while in the laundromat as many wonderful things have taken place there as other patrons take notice of men reading their bibles, engaged in quiet study, and having Christ centered conversations.

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MAIL:

All incoming mail addressed to any resident must be sent to the program's post office box:

**OAK RIDGE DISCIPLE HOUSE
P.O. BOX 542
FLORENCE, TX. 76527**

All incoming resident mail will be opened in the presence of the Program Director or Director's designee to ensure the absence of contraband as well as to account for any money or property received.

All mail incoming and outgoing mail will be briefly screened for content by the Program Director or Director's designee in order to protect the safety and integrity of the ministry, the Program Director, the staff, residents, outside family members and supporters of the ministry from spirits of dissention, hostility, divisiveness, and negativity as well as to screen for written content that may pertain to harming self or others.

All outgoing mail will be given to Program Director or Director's designee unsealed. Program Director or Director's designee will seal envelopes and ensure that letter is placed in a United States Postal Service mailbox by the end of the next business day.

For residents who have very limited or no family financial support, postage may be provided by the ministry directly. If a resident is unable to buy their own postage, they may submit mail to the Director or designee for postage.

MEALS / KITCHEN / REFRIGERATOR:

Oak Ridge Disciple House meals, kitchen, pantry, and refrigerator are at all times closely managed by the designated house cook ("Kitchen Manager").

- The kitchen, pantry, and refrigerator **are not open** 24/7. Residents shall not come & go, eat and take food as they please from the kitchen, pantry, or refrigerator.
- Food items shall not be placed into nor taken out of the refrigerator, kitchen, or pantry without permission from the Kitchen Manager.
- Breakfast, lunch, and supper are prepared every day under the direction of the Kitchen Manager as established through a weekly menu.
- The Kitchen Manager may solicit help as needed from residents to help prepare meals.
- Residents are allowed to have input into the weekly menu by making suggestions or requests depending on availability of food items, donations, and house funds.

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MONEY / PERSONAL SPENDING:

A significant component of the Oak Ridge Disciple House Christian Character Building Program is to help men learn accountability and how to better manage his personal finances. It is the deliberate intent of the program to break the cycle of secrecy and self-centered, often exorbitant spending wrapped around the world of addictions.

Residents are expected to be open and transparent about personal spending money coming in and being spent while in the Oak Ridge Disciple House Christian Character Building Program.

- ✦ Residents are allowed to have up to \$40 cash on their person at any time while in the program. All other personal spending money shall be kept secured in the Director's office.
- ✦ An envelope shall be kept and maintained by the Director or Director's designee in the secured program office for each resident containing his personal spending money.
- ✦ A record of what money comes in and what money is spent shall be maintained on the envelope.
- ✦ If a family member gives a resident spending money, the resident is expected to relay this information and/or the money itself to the Director or Director's designee so that it can be documented and/or placed in the resident's envelope.
- ✦ Other than for simple items for a dollar or two, **all receipts** for expenditures of \$5.00 or more shall be turned into the Director or Director's designee with resident's name printed on it and placed in the resident's folder to properly account for the money spent.
- ★ Other than for an occasional simple snack or drink purchased for another resident – **loaning, borrowing, or spending of money between residents is strictly forbidden!**

(See STORE SHOPPING section for additional guidelines.)

PRAYER CIRCLE:

The apostles all joined together constantly in prayer, along with the women and Mary the mother of Jesus, and with his brothers. *(Acts 1:14)*

ALL residents are required to participate in a day's end prayer circle prior to lights out and going to bed. A house leader will call the final meeting for the day.

Residents are encouraged to briefly share specific challenges, victories, or needs they faced through the day so that the other residents may join with him in prayer and lift up the challenges, victories, or needs.

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PROPERTY BOUNDARIES:

Residents are required to remain within the property boundaries AT ALL TIMES unless participating in a planned event/activity or prior permission has been obtained from the Program Director or designee. Residents shall not walk out the front gate, hop over any fence line or go beyond the boundaries of the property.

- (*) Any resident that leaves the property boundaries without prior approval or proper authorization will be considered as an attempt to leave the program and may in turn be asked to leave the program as a result of this violation.

STORE SHOPPING:

Residents will be allowed to purchase snacks and personal items at local shopping and convenience stores.

A resident shall always be accompanied by a **staff member** while shopping and at check out. Staff shall observe and ensure at checkout that nothing is purchased by a resident which would violate existing program rules or in any way pose to be a stumbling block for another resident.

Other than simple snack items or drinks for a dollar or two, all other shopping receipts shall be turned into the Director or designee and placed in the resident's folder to properly account for his finances.

STAFF HOUSE:

The staff house is OFF LIMITS to all residents unless a specific invitation or direction to enter the house is presented by a staff member. Residents shall not use the staff house for personal quiet time or study time unless **invited and accompanied** by a staff member, thus avoiding residents being in the house without a staff person also present.

WORKOUT ROOM / WORK SHOP:

“SAFETY FIRST” is the preeminent message for all residents while in the workout room / work shop area!

Also, “LEAVE IT IN BETTER CONDITION THAN WHAT YOU FOUND IT!”

Workout Equipment:

- ❖ Residents shall use safe form and lifting techniques while using free weights and machines.
- ❖ No slamming or dropping of weights allowed.
- ❖ Residents shall demonstrate courtesy and respect for other residents by wiping off sweat and cleaning up weights and machines after use.

Work Shop:

- ❖ All tools, equipment and materials in the work shop are under the express control of the designated Shop Manager.
- ❖ Tools, equipment and materials **shall not** be taken out of the work shop unless permission has been obtained from the Shop Manager.
- ❖ Tools, equipment and materials **shall** be returned to their proper storage place after use.



FAMILY VISITATION / RESTORATION

Every man that enters the Oak Ridge Disciple House Christian Character Building Program brings his own personal and unique set of circumstances and issues concerning his family. Family restoration and visitation shall be assessed by the Director or Director's designee on a case-by-case basis. Keeping in mind at all times the best interest the resident himself, the resident's family members, other residents, and the ministry as a whole.

One of the biggest and most powerful lies of God's enemy (*John 8:44*), especially in the world of addictions is the basic message of, *"Hey, don't worry about other people; they can take care of themselves. You deserve to feel good. You don't need the pressure of having to do the 'right thing' all the time. Go ahead and ..."*

This message and line of thinking is concentrated self-centeredness! Unfortunately, the innocent victims who get hurt the most are often the family members who have to stand by powerless and watch their loved one slip into destruction.

It is the hope and prayer of the Oak Ridge Disciple House Christian Character Building Program to bring about repentance and turn this around through the power of the Holy Spirit. God himself is a RELATIONSHIP (Father/Son/Spirit) and it brings Him great joy and satisfaction to see human relationships restored and made new again. With this in mind, the Oak Ridge Disciple House Christian Character Building Program has established the following guidelines to encourage and facilitate restoration and reunification between the resident and family members.

"Care Packages" From Family Members:

Family members are encouraged to limit personal care packages being sent to residents to no more than one simple package per month. The vast majority of men who enter the Oak Ridge Disciple House Christian Character Building Program have brought emotional & spiritual injury, pain, and suffering to his family in the past. It is with deliberate intent, to a certain

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degree, of the program that the resident truly and deeply misses his loved ones and the family that he had previously injured.

First 30 Days – “Blackout”:

Resident will not be allowed any contact with family members as he adjusts to the structure of the program and begins to work on his own relationship with God first.

Phone Contact With Family Members:

- After initial 30 day “blackout”, residents will be allowed to contact family members via phone call on Wednesday and Saturdays at designated times.
- An approved family member contact list will be established by the Director or Director's designee. Phone calls may be made only to persons identified on the approved list.
- Phone calls will be made on the Oak Ridge Disciple House phone and scheduled by a ministry staff member or house leader.
- Phone calls shall be limited to 30 minutes per phone day.
- Phone call times are subject to change at anytime based on needs of the program or other projects being worked on.
- If a family member needs to relay critical information regarding any emergency issues to a resident outside of regular phone times. The family member is free to contact the Director or designee at any time under these circumstances. The Director or designee will in turn relay the message or information to the resident in a timely manner while maintaining a proper balance between the best interest of the resident and smoothly running program operations.

Thursday Evening – “Testify” Nights:

After 30 days in the program, family members are free to come out to the Oak Ridge Disciple House property and participate in “Testify” night supper and testimonial with the resident. Family members are encouraged to bring a pot-luck food item to share and contribute to the pot-luck meal.

Sunday Afternoon Visits:

After 30 days in the program, a resident may become eligible for Sunday afternoon visits with family members. These visits must be prearranged and specifically cleared with the Program Director or designee. The following aspects of the visit must be established in advance:

- WHO the visit will be with (*Immediate family members only. Friends or acquaintances will not be approved.*)
- WHAT activities are planned surrounding the visit
- WHERE the visit will be taking place
- WHEN the visit will end, and
- HOW the resident will be returned to the program at the designated place and time.

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Deviations or changes in the planned visit once approved by the Program Director or designee will not be allowed.

Three Month Weekend Family Visit:

After three months in the program, at the discretion of the Program Director, a resident may become eligible for a weekend visit with his family. If approved, the 3 month visit will abide by the following schedule:

Friday:

- (1) On the Friday morning of the scheduled visit, the family is expected to arrive at the Oak Ridge Disciple House property at 5:00 a.m. to participate in the morning's chapel service.
- (2) After chapel service, the resident may leave the property with his family.
- (3) Resident and family shall return to the property no later than 9:00 p.m. same day.
- (4) Upon return to the property, the resident **and** family members shall contact the Director or designee by phone to relay and questions, comments, or concerns with the day's visit.

Saturday:

- (5) Family is expected to arrive at the Oak Ridge Disciple House property at 9:15 a.m. to participate in the morning's "Testimony" chapel service.
- (6) After testimony service, the resident may leave the property with his family.
- (7) Resident and family shall return to the property no later than 9:00 p.m. same day.
- (8) Upon return to the property, the resident **and** family members shall contact the Director or Director's designee by phone to relay and questions, comments, or concerns with the day's visit.

Sunday:

- (9) Family is expected to arrive at the First Baptist Church, Georgetown, Texas at 9:45 a.m. to participate in the morning's Oak Ridge Disciple House Life Group & 11:00 a.m. main Worship service.
- (10) After main Worship service, the resident may leave with his family.
- (11) Resident and family shall return at designated time and designated place for Sunday evening church service.

Other Family Visits:

Additional family visitation other than these outlined already will be considered by the Director or designee on a case-by-case basis.

★ **IMPORTANT:** Any confrontational, argumentative and/or combative verbal or physical conduct on either the resident's part or a family member's part shall be grounds for immediate termination of the visit and return to Oak Ridge Disciple House property.

DAILY SCHEDULE

This schedule is subject to change by the Director or Director's Designee at any time to accomplish program goals or meet specific needs of others that this ministry serves.

MONDAY – THURSDAY

- | | | | |
|------------|---------------------------|------------|--|
| 04:45 a.m. | – Rise & Shine | 05:00 p.m. | – Clean Up / Dinner |
| 05:00 a.m. | – Chapel / Verses / Study | 06:00 p.m. | – Church / Class |
| | – Breakfast After Chapel | • Mon. | – Class on the Ridge |
| 08:00 a.m. | – Work Assignments | • Tues. | – Celebrate Recovery |
| 12:00 p.m. | – Lunch | • Wed. | – Church Worship |
| 12:45 p.m. | – Personal Study / Class | • Thurs. | – Testify on the Ridge |
| 01:30 p.m. | – House Chores | 09:00 p.m. | – Prayer Circle With <u>ALL</u> Residents Before Bed |
| 02:00 p.m. | – Free Time | | |
| 04:00 p.m. | – 12 Step Work | 10:00 p.m. | – Lights Out |

FRIDAY

- | | | | |
|------------|----------------------------|------------|--|
| 06:00 a.m. | – Rise & Shine | 05:00 p.m. | – Clean Up / Dinner |
| 06:30 a.m. | – Chapel / Verses | 06:00 p.m. | – Class on the Ridge |
| | – Breakfast After Chapel | 09:00 p.m. | – Prayer Circle With <u>ALL</u> Residents Before Bed |
| 09:00 a.m. | – Laundry / Personal Study | | |
| 12:00 p.m. | – Lunch | 12:00 p.m. | – Lights Out |
| | – House Chores After Lunch | | |
| | – Free Time After Chores | | |

SATURDAY

- | | | | |
|------------|---------------------------------|------------|--|
| 08:00 a.m. | – Rise & Shine | 01:00 p.m. | – Free Time |
| 09:30 a.m. | – Chapel / Individual Testimony | 09:00 p.m. | – Prayer Circle With <u>ALL</u> Residents Before Bed |
| | – Breakfast After Chapel | | |
| 11:00 a.m. | – Dust Buster Deep Clean | 12:00 p.m. | – Lights Out |

SUNDAY

- | | | | |
|------------|-----------------------------------|------------|--|
| 07:00 a.m. | – Rise & Shine | 06:15 p.m. | – Return / Evening Church Service |
| 08:00 a.m. | – Leave For Church | | – Prayer Circle With <u>ALL</u> Residents Before Bed |
| 12:00 p.m. | – Family Visitation / Restoration | | |
| | – Free Time on The Ridge | 10:00 p.m. | – Lights Out |

RELAPSE PREVENTION PLAN OVERVIEW

Within the fourth month of the program, every resident will receive a Transition / Relapse Prevention Plan where he will be expected to begin to document very specific thoughts about his future and what it will take in order to stay on the straight and narrow path that God has set before him. Topics addressed and covered in the plan include:

- **My Life Verse:** Documentation of your chosen life verse and how it relates to your ongoing sobriety.
- **Daily Affirmations on the Road to Recovery:** Based on Celebrate Recovery's eight (8) daily affirmations to start every day off properly.
- **Warning Signs – Pay Attention:** To keep your eyes and mind paying attention of slippery and dangerous conditions in your life which could lead to a relapse.
- **Stop & Go:** Things to not do (STOP) and things to do (GO).
- **Hiding the Word of God in My Heart:** Looking ahead to potential “open man hole covers” on your walk and specific verses to cover the dangerous conditions.
- **Remember The Pain:** Don't get caught up in the guilt and shame, but you must remember the pain of your former life.
- **Change or Die:** Evidence/researched based study on what it takes to maintain a changed pattern of living.
- **My Recovery From A – Z:** Personalized key phrases, words and concepts to help you stay focused on lessons learned.
- **The Reality of Our Current Situation:** Picture of and scripture describing the battle between the flesh and spirit.
- **Body – Mind – Spirit / Specific Tasks:** Documentation of specific tasks in order to maintain the proper balance in your life.
- **Weekly Recovery Goals:** Weekly schedule of specific tasks and responsibilities you must schedule and track.
- **Long Term Goals:** One (1) month, six (6) month, one (1) year, two (2) year, and five (5) year goals.
- **Accountability Partners:** No less than three (3) accountability partners directly available to you must be found and signed off on.

“Act as if everything depended on you! Pray and live as if everything depended on God”