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Pre & Post Release Planning

Manual

A Ministry of Chaplain Art Lyons

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RPJM Staff

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Class One ~ Pre-Release Resources

How To Use The Re-Entry Web Site

The following is a brief summary of how the database on the Re-Entry site can guide you to the information you need, regardless of who you are or where you're located at the time of your search, or if you're incarcerated and on a "time budget" using the only computer in the prison library, checking out what's available to you when you are released.

This is as comprehensive a guide as 3 pages will allow. We hope it is clear and helpful. Although some of you may be new to computer use and Internet access, in the interest of time and space, we will assume you know how to use a mouse to "point and click your left mouse button."

LOGGING ONTO RE-ENTRY

1. When you get to the Internet, type <http://www.reentry.org> This is what is known as a URL or the Internet address.
2. The screen will open up to Re-Entry's front page & ask you if you would like "Frames" or "No Frames". You will have to point your mouse to either one of these choices. You will notice that your mouse cursor will turn into a hand with a pointed index finger where there are hyper link choices. For the "newcomer" to the Internet, it may be easier to use "frames". Either selection will get you the same results. I personally prefer to use "no frames". "No frames" gives you more desktop viewing space, and for me, has the appearance of being less cluttered. Appearance also depends on the computer you are using.

For now, **CLICK FRAMES** and let's proceed. The left side of the FRAME screen shows an index to the site.

3. The index to your left consists of a Quick Index, Vision, Sponsors, Newsletter, Testimonies, Email & Home Page icons. The same information is available with blue-worded hyperlinks in the dialog in the middle of your computer screen. Pointing and left-clicking on any icon or underlined blue words will take you to the desired location.

Point & left click the **Quick Index Icon**. It will take you to **Services Quick Index**.

You can see several additional links for more information about RPJM's services. For now we will be concentrating on using the Resource Listing feature.

4. Point & left click your mouse to **Resource Listing**.

There are 5 sections on this page. You will see a short description on each section and a link to take you to the section you desire to use.

There are three different search sections for viewing the available resources.

- **Section 1:** Use this section for viewing *all* resources in a specific category, sorted alphabetically.
- **Section 2:** Use this section for viewing *all* resources in *all* categories by country or state.
- **Section 3:** Use this section to search one or more categories using keywords and specialized search options.

Section four and five are for submitting and updating resources.

- **Section 4:** Use this section to submit a new resource.
- **Section 5:** Use this section to update information in an existing resource.

For our initial search, we will try to construct our own search using specific information. We want to keep the search simple, focused and fast! Go to section 3 to **Construct Your Own Search**.

At present, there are 20 categories under which to search for **resources**. You may have to search more than one category in order to find the target. There are different ways to search. More than likely, you will be looking for a specific topic. Maybe you're a pastor wanting to find a short-term residence for a middle-aged man about to be released from Vista (California) Detention Facility. Let's say you are looking for an alcohol and drug rehabilitation program. Here's how we do the search:

Check the boxes of the categories you think will contain the information you want to find, such as:

Alcohol & Drug Residential Programs
Jail & Prison Ministries
Residential Programs (Misc.)

Scroll down to "Choose a Country" and choose USA if you want to restrict your search to the USA. Scroll down a little further to **Sort Results By** and point your mouse to the down arrow highlighting city & state.

Point & left click **Submit Search**. You will be taken to an alphabetical listing of states, and the names of related residential rehabilitation programs.

5. At this time, we are trying to locate a residential treatment center in the Vista, CA area for a male. If you will scroll down the page to California, and then to Vista, you will see there are some ministries listed. Hopefully, one of these organizations will be able to assist you and our search is successfully ended!
6. There are other ways to conduct a customized search. You can type in a description such as "Residential Program". The search engine looks through the Organization Names and Description fields for your criteria. The search results may be more limited but you will know that this organization specifically uses the terminology, which you were looking.
7. In addition, you can search by a single zip code or a range of zip codes. The parole department in the past has held to the rule that an inmate has to parole back to the county where he was sentenced. This feature is helpful for these kinds of searches. We have also included for you a zip code resource for finding a range of zips in a particular county. You can access this by clicking on the Jay Computer Services link or visiting their web site at <http://www.jcsm.com/county1.asp>. Once you access their site you may choose the state, and then the county. You will now have a listing of all the zip codes in that county.

We wish you much success in your future searches and thank you for the opportunity to be of service through this site, in His Name.

Chaplain Art Lyons

Inmate Location Services

San Diego County Web Site: <http://www.co.san-diego.ca.us/cnty/cntydepts/safety/sheriff/bookings.html>

Penal Code Website: <http://www.leginfo.ca.gov/calaw.html>

Info Line Website: <http://www.informsandiego.com>

National Directory

2005 National Re-entry Directory - Book

2005 National Re-entry Directory - CD-ROM

San Diego Resources

2005 San Diego Re-Entry Resource Directory - Book

2005 San Diego Re-Entry Resource Directory - CD ROM

Pre-Release Questionnaire

Please answer all questions to the best of your ability and print your information neatly.

Your Name: _____ Race: _____ Age: _____ Sex: _____

Institution: _____

Booking #: _____

Address: _____

Date of release: _____

1. Where do you stand with the Lord? Give a brief report on your current spiritual life.

2. Will you commit to a long-term recovery program of 9 - 12 months? _____

If not, how long? _____

Check the answer that best fits the type of program structure you think you need.

- a. ___ Christian, Very Structured
- b. ___ Christian, Lightly Structured
- c. ___ Non-Christian, Very Structured
- d. ___ Non-Christian, Lightly Structured

3. Do you have a geographic restriction as to where the residential program is located? _____

If so, what county and state? _____

4. Do you have to work immediately after release? _____

5. Do you have any finances? _____ What is the source of this income? _____
(Most programs require you to pay some room, or room-and-board costs.)

If yes, what can you afford to pay a month for room-and-board? _____

6. Will you receive any gate money upon your release? _____ If so, how much? _____

7. Do you smoke? _____ Are you willing to give up smoking if accepted into a recovery home? _____

8. Do you have any disabilities? _____ If yes, please explain: _____

9. Are you currently under medical care? _____ If yes, for what? _____

10. Are you now taking any doctor-prescribed medications? _____

If yes, what? _____

11. What were you arrested for? _____
12. Do you have any restraining orders on you? _____ If yes, against whom? _____
13. Are you or will you be, a registered sex offender when released? _____
14. What is the name, address, and phone number of your Public Defender or Attorney?

 Name Phone number

 Address City State Zip

15. Are you on probation? _____ Parole? _____ If so, what is your PO's name, address, phone number?

 Name Phone number

 Address City State Zip

16. Are you working with your chaplain concerning your re-entry needs? _____

What is your chaplain's name, address, phone number?

 Name Phone number

 Address City State Zip

17. Do you have a pastor, parent or friend on the outside that we can contact for a personal reference if needed? _____ What is this persons relationship to you? _____

Name, address, and phone number of reference:

 Name Phone number

 Address City State Zip

After completing this form, please mail to the address below.

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Class Two ~ Family Coping Strategies

Family Coping Strategies Questionnaire

This course is designed to answer your questions of concern in dealing with a loved one or friend that is incarcerated. One of the first steps to finding the answers is identifying the questions. It is our goal to help you with this. In order to help us help you, please take time to fill out the below form. We encourage you to take a look back at your questions periodically to assess the progress of this class and your success in finding the answers you need. Feel free to add questions that come to your mind during the course of the class and check the "RESOLVED" boxes of answered questions as they are discovered.

1. _____
_____ Resolved
2. _____
_____ Resolved
3. _____
_____ Resolved
4. _____
_____ Resolved
5. _____
_____ Resolved
6. _____
_____ Resolved

We want to continue to help you find the information you need on any unresolved issues. To do this, we will ask you at the end of the class to please turn in your work sheet. We will make a copy of it and return your original to you. We then will continue to follow up with you on any information we can gather for you to help with any unanswered questions.

Ten Family Coping Strategies

Parents who have had a son or daughter in prison developed this list of family coping strategies. Their most important piece of advice to any family member or friend is "*You cannot take care of anyone else if you don't take care of yourself first.*" Other suggestions include:

- ❖ First and foremost, don't blame yourself. You are not responsible for the actions of your loved one.
- ❖ Follow through on your own personal goals. Don't put your personal well being on hold. Even though it is hard to do, your life has to go on.
- ❖ Find a balance in your care giving and family responsibilities. Don't focus all of your energy on the incarcerated family member.
- ❖ Set financial and emotional limits with your loved one and set them early. Phone calls, visits and financial support for your loved one can easily get out of hand. Decide what you have time and the finances to do and stick to those limits.
- ❖ Find close friends or other family members to whom you can turn for support and understanding. Choose people you can talk to in safety.
- ❖ Take advantage of community support groups such as Al-Anon or Families Anonymous to gain support from others and learn ways of coping.
- ❖ Continue with family routines and traditions. Celebrate holidays and find creative ways to involve your loved one.
- ❖ Don't hold on to unnecessary obligations or responsibilities for your incarcerated loved one. If it's something that can be replaced later and adds undo burden on you, let it go.
- ❖ If you are feeling controlled or manipulated by your loved one, understand that he is acting out of fear of losing you. Talk about these fears and provide reassurance.
- ❖ Some of the most stressful times for your family will be right after arrest, transfer to a new facility, parole interviews and release. Be prepared. Talk about your concerns and fears openly and honestly. Try to have a back up plan in case things don't work out the way you would like.
- ❖ Media images of prison life can cause unwarranted fear for the well being of your loved one. Generally, life is only dangerous for those inmates who continue to make poor decisions for themselves and with whom they associate on the inside.

Three Dynamics to Recovery

Spirituality - Education - Community - these dynamics are intricately linked.

I. Spirituality - The closer to truth the better.

Step 1. Admit we are powerless.

AA / NA has a semblance of this but is not the true article. They are good stepping-stones but not the rock we need to stand on. Bill Wilson started running the race well but then got off course, so will his followers.

James 4:8, Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded.

Any good that comes from AA actually is coming from God. **John 15:5** - Without me you can do nothing.

Without a changed nature, we will still be enslaved to a destructive nature. We'll continue to destroy ourselves while we are clean and sober.

All are born into foolishness & sin.

(Proverbs 22:15 KJV) Foolishness *is* bound in the heart of a child; *but* the rod of correction shall drive it far from him.

(Jeremiah 17:9 KJV) The heart *is* deceitful above all *things*, and desperately wicked: who can know it?

Steps to Salvation

God is using all things in our life to bring us to salvation.

(Step 2 & 3). Came to believe a power greater than myself could restore my sanity.

How many times did Jesus tell people they were not far from salvation?

Empowerment

True rehabilitation can only take place in a new creature.

(2 Corinthians 5:17-18 KJV) Therefore if any man *be* in Christ, *he is* a new creature: old things are passed away; behold, all things are become new. And all things *are* of God, who hath reconciled us to himself by Jesus Christ, and hath given to us the ministry of reconciliation;

2 Peter 1:3-11 God will give us all things that pertain to life and godliness.

How does this apply in your life? In your loved ones life?

Forgiveness

Loving someone and forgiving someone is not the same thing.

What is forgiveness? - Restoration - Galatians 6:1

Forgiveness A. They repent, you forgive - Luke 17:3-4

So watch yourselves. "If your brother sins, rebuke him, and if he repents, forgive him. {4} If he sins against you seven times in a day, and seven times comes back to you and says, 'I repent,' forgive him."

Complete restoration can only take place after complete repentance.

The Bible always teaches repentance before salvation. God sent John the Baptist before He sent Jesus. (Steps 4 & 5)

If God expects us to repent and ask for forgiveness before He grants salvation and restoration, why should we think we deserve any less treatment? It's part of the healing process.

Remember God still loved us when we did not love him but His love never cancels out our responsibility to repent. Mature Christians walk in repentance continually.

True repentance is measurable. How? Unsolicited restitution. Restitution is always a good indicator of repentance. Part of John the Baptist's message was "Show me the fruit of your Repentance". (Steps 8 & 9)

Zacchaeus 19:1-10

(2 Corinthians 7:10 NIV) Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.

Forgiveness B. They don't repent, you release - Romans 12:18-21

If it is possible, as far as it depends on you, live at peace with everyone. Do not take revenge, my friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord. On the contrary: "If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head." Do not be overcome by evil, but overcome evil with good.

II. Education - We can't teach what we don't know. Entering the Time Machine

Stepping back to the past to achieve the future. Romans 12:1-2

"Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God--this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is--his good, pleasing and perfect will."

There is a direct correlation between these seasons in a person's life:

The Terrible Twos
Adolescence
Mid Life Crisis

If we don't learn good coping and problem solving skills in each of these phases of life, we will never learn the fundamentals to making mature decisions to move successfully into the next season. There is only one way to resolve this: go back and start the learning process now.

Most issues that need to be addressed are centered in the lack of Social Skills.

1. Poor Communication Skills: If people have not learned to communicate as children, they will not be able to communicate as adults.
2. Relationship Skills: Developing close friendships.
3. Work Ethic: Being a giver and not a taker.

All drug and alcohol use stunt emotional growth. Substance abuse at an early age is a sign that the damage is already done. It will probably take 20-30 years before a child recognizes he has a problem. By then, poor coping skills have taken root. It's a tough road back, but it can be walked out. I have traveled it.

God has given parents the responsibility to raise up a child in the way he should go and a promise that if this is done, God will use the training to sanctify the child. Parents need to be honest with themselves and God if they see the inability in themselves to train a child properly. They need not condemn themselves but realize they need to seek help from God and others to strengthen their own life skills. Ignoring this will only come back to be a major issue in a family's life.

Co-dependency

Facing the truth - Romans 12:3

"For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the measure of faith God has given you."

A co-dependent person often has a messiah complex (in the best light).

A co-dependent person is a person who is manipulated by themselves or someone else, to absorb the pain, consequences and responsibilities of other's misbehaviors. The co-dependent person does this to cope with fears of rejection and loneliness. A person stays in a co-dependent environment because of ignorance, or because it is less painful to stay there than to face one's own issues. The way out of co-dependency is to pursue the education that addresses these issues, and to apply the knowledge received to develop a true perception of one's self worth.

The Golden Rule – Don't do what they should do. Don't work harder at their program than they are. II Thessalonians 3:10 - "For even when we were with you, we gave you this rule: 'If a man will not work, he shall not eat. ' "

In other words, everyone is to be responsible to provide for his or her own personal needs. God gives no exception; we should not either.

Abuse

Webster's Definition of Abuse: To attack in words, revile, deceive; To put to a wrong or improper use; To use as to injure or damage; A corrupt custom or practice.

Abuse is a multifunctional or a multi-participatory sin. It can't work without the participation of the abused.

Most people who are affected by abuse will be involved in abuse in many different areas. It's a multilevel fix. You can't escape right away; you have to deal with each level.

Recovery home experiences.

I have noticed a recurring theme in recovery homes and ex-offenders: They either love or hate the director. Those who appreciate the director always make it. Those who fail usually feel abused. Same home, same director, different attitudes. My response: Get out and find a better place. Most won't change but still whine and complain.

Don't be foolish – know the signs, believe the signs.

Caution signs;
One-way signs;
Stop signs.

What is your responsibility if you feel abused? Get out!

1 Corinthians 7:10-11 NIV *"To the married I give this command (not I, but the Lord): A wife must not separate from her husband. But if she does, she must remain unmarried or else be reconciled to her husband. And a husband must not divorce his wife."*

God has called us to peace. He will provide for you. (For more on this please see my Peace Study in Volume Three of "Our lives in Recovery")

1Corithinans 10:21 *"Were you a slave when you were called? Don't let it trouble you-- although if you can gain your freedom, do so."*

If you married a bad apple, remember you chose the apple and made the vow. God has made provision for peace.

Anger Management

Anger management problems are usually a significant issue in the lives of inmates, chemical abusers and their families. There are many issues that need to be discussed over a significant amount of time and usually domestic violence classes are necessary. Most court appointed classes last for 52 weeks. The majority of the organizations that teach these classes are secular. However there are more and more Christian-based anger management classes being developed and approved by the court.

My personal philosophy is Christian-based classes are better only if the real specific issues are addressed.

Below you will find three Christian-based anger management agencies for counseling and domestic violence classes available in San Diego, CA:

Domestic Violence Class

Instructor Gardner Farwell

Email: gwfcada@aol.com

In His Steps Christian Recovery Home

(760) 788-4716

San Diego Center for Families

680 Telegraph Canyon Road, Ste 104

Chula Vista, CA 91910-6552

(619) 421-4440

Contact: Ron Rowe, Ph.D., MFT

Christ-based Domestic Violence Classes available conducted by Dennis Harris

On the following page is a list of "Signals of Rage". If you can identify with any of these signals we suggest you seek out godly professional help for you or your loved one.

Signals of Rage

Signals That A Relationship Is Dominated By Rage And Is Likely To Become Violent

1. Your mate is jealous of your time with others: co-workers, friends, or other family members.
2. Your mate shows **CONTROLLING BEHAVIOR**: Tries to monitor and influence what you do with your time, money and insists upon "helping" you make personal decisions.
3. Your mate tends to **ISOLATE** you from supportive resources such as telephone pals, colleagues at work, close family members, and long-time friends.
4. Your mate blames others for his or her problems: Unemployment, family quarrels, or tends to see everything as "your fault".
5. Your mate shows **HYPERSENSITIVITY**: Is easily upset by annoyances that are part of regular daily life, such as being asked to work overtime, criticism of any kind, being asked to help with chores such as child care, or to clean up a mess made by someone else.
6. Your mate tends to be overly aggressive in dealing with children or animals, and may show "cruelty" or an insensitivity to their pain and suffering. He/she may "tease" them a lot.
7. Rage-driven males often show "**PLAYFUL**" use of force in sex. He may throw his partner down and hold her during sex. May start to have sex with her when she is sleeping or demand sex when she is ill or exhausted.
8. Your mate is often verbally abusive. (Says cruel and hurtful things, degrades and humiliates you, wakes you up and keeps you awake to scold and berate you.)
9. Your mate shows a Dr. Jekyll and Mr. Hyde personality, showing sudden mood swings and unpredictable behavior-one minute loving, the next minute angry and punitive.
10. Your mate has a past history of battering, but has a long list of excuses for having been "pushed over the edge to make" him/her lash out in violence.
11. Your mate often threatens violence: says "I'll slap you", "I'll kill you" or "I'll break your neck".
12. Your mate breaks things, especially your possessions, and often throws objects in your general direction or at you.
13. Your mate uses force to keep "in your face" during an argument, such as holds you against a wall or floor, pushes and shoves you, slaps or kicks you. This type of behavior can easily escalate into choking, stabbing or shooting.

If you have experienced any of these you need to seek out help for yourself and your spouse.

Communication, Respect and Candidness

Discuss the various roadblocks to communication in the family.

Sharing the right words but at the wrong time. Or worse, speaking the wrong words at the wrong time. Also, overstating a valid point, in other words, nagging or badgering a person over and over again. In addition, mind reading or being presumptuous, not letting a person speak his or her own mind. Other roadblocks to good communication are speaking accusations, blame shifting, finger pointing, and gossiping, belittling and being condescending.

Communicating in truth is a part of spiritual maturity.

Ephesians 4:14-15 NIV *"Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of men in their deceitful scheming. Instead, speaking the truth in love, we will in all things grow up into him who is the Head, that is, Christ."*

Ephesians 4:25-32

In this portion of scripture we are told to speak the truth and not lie. We are to communicate our frustrations without sinning. We are to communicate honestly and benevolently with those around us. We are to avoid speaking anything that is not beneficial to the building up of an individual. We are to be sensitive to the Holy Spirit's ministry of comfort, and communicate the same comfort to those around us. We are to work at laying aside all bitterness, rage, anger, brawling, slander and maliciousness but instead communicate kindness and forgiveness.

Communicating and learning to speak the truth in love - Ephesians 4:25-32.

List some of the proper ways to communicate you can find in these scriptures in Ephesians.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

One of the major steps to recovery is learning how to communicate properly. Good communication skills usually are not present in the life of a chemical or physical abuser.

Communication Techniques

By Dr. Stan DeKoven - Taken from: Family Violence: Patterns Of Destruction pages 95 & 96

Communication is basic to the survival of all organisms. Skill is needed to send information and to receive and interpret the data. One of the primary goals for marital therapy is to build the couples' communication skills, to make their desires known, to understand the other's requests, and to gain a common understanding. Especially with highly dysfunctional families, and most definitely with domestic violence cases, communication enhancement and adjustment are vital. A five-step program to help achieve these goals is:

1. **The Ability to Listen.** Good listeners are able to separate their emotions from the other's words. Effective listening requires considerable effort. Good listeners are fully committed to listening, are physically and mentally ready to listen, wait for the other to complete the message before expressing their own ideas, and use analytic skills to supplement listening and not replace it. These skills give the listener the ability to help the speaker feel accepted and understood.
2. **Constructive Request-Making.** Couples have a tendency to be quite indirect with their requests from spouses. Their requests are not openly expressed. They are disguised in sweet suggestions or questions and accusations with much manipulation. Appropriate phrasing of their requests must be taught, as well as when to express their requests. In most families, the members have learned to say please, but they often have not learned how to read the cues of the other's readiness to hear, let alone grant requests.
3. **Selective, Specific and Timely Feedback.** The way in which the couple express their reaction to one another's behavior helps to improve the quality of their communication. It reduces uncertainty. Feedback is necessary in order to adequately perform any kind of social or physical task. Direct and honest feedback in families in general is very rare, nearly non-existent in the violent family system. Positive feedback rather than negative feedback brings change. It is possible to stimulate better outcomes, positive risk-taking, and higher performance result, with positive feedback.
4. **Clarification.** This is simply to clarify the message that has been received. Pseudo-communication is an illusion of understanding in which both spouses think they have shared an understanding of a given situation but each has grossly misunderstood the other. Training in how to clarify speech is taught in most communication programs. Validation or confirming/clarifying are terms often used in teaching these techniques. The couples practice a two-phase clarification process, instigating them to ask for meaning and then to restate the message received. The listener should probe the speaker for additional data until he/she can accurately paraphrase the speaker's message. This process is quite tedious for the participants, as spontaneous emission of thought is the norm. Yet, with practice and positive reinforcement, which comes through encouragement by the counselor, these skills can be learned.

5. **Self-expression.** Self-expressive statements help partners orient themselves to each other and to help each person make sense of his or her own experience by putting that experience into words. Clients in communication programs are taught the use of self-statement, including:
- a. The "I" rule (I feel, I think, versus "you" statements, which causes defensiveness).
 - b. The "statement" rule, (make clear and precise statements directive rather than inquisitive).
 - c. The "say-ask" rule (say what you are thinking and then ask your partner if they understood).
 - d. The "how" rule (such as, "how do you see this?" rather the more defensive, "why did you do this or that" statement).
 - e. The "two-questions" rule (rather than overwhelming with a dozen shotgun questions).
 - f. The "now" rule (versus the, "you did something 7 years ago and I am going to beat you over the head and shoulders today with it" statement).
 - g. The "simplicity speaks-the-truth rule" (or again, be direct rather than convoluted in dialogue, or better yet monologue).

Each of these rules, judiciously followed can assist the most dysfunctional couple or families learn to communicate effectively.

Conflict Resolution Techniques

The following is an excerpt from Too Close, Too Soon by Jim Talley and Bobbie Reed
(pages 57-62)

Withdraw

Sally withdraws. At the first sign of conflict, she turns on the television, changes the subject, or goes for a drive. Even though withdrawing temporarily to sort out one's thoughts and feelings may be a valuable technique, continued use of withdrawal as a response to conflict is destructive to a relationship.

Withdrawal says, "Our relationship isn't worth, or can't withstand, a confrontation." Consistent withdrawal indicates a giving up on the relationship and predicts an eventual turning to other relationships for the affirming interaction we all need.

So, the payoff of withdrawal is avoidance of confrontation, but the price is loss of the relationship.

Win

Pete must always win! Whether playing a game, making a bet, or stating an argument, he must not lose! In the heat of the contest, Pete loses sight of people and relationships as his desire to win takes over. On those rare occasions when Pete does not win, he is a poor loser, often sulking or pouting.

Winners usually appear to be successful in life because they do achieve. But their relationships tend to be superficial or short-lived, because their victories are often at the expense of the ideas, opinions, values, feelings, and rights of others.

The payoff is victory; the price is lost relationships.

Yield

Patty's style is to give in to Eric's ideas rather than to argue or discuss issues. Yielding stops the conflict, but it does not build mutual trust and respect if one partner does most of the yielding. The person who does the yielding does not feel valued by his or her partner, whose victories are always at the yielder's expense.

The payoff is a continued relationship, but the price is a one-sided interaction in which one partner's self-esteem is diminished.

Compromise

In a compromise, neither partner wins or loses. Both make some concessions to the other's point of view or desires, because the relationship is considered more important than the confrontation.

The payoff is a working relationship and an acceptable solution, but the price is *always* settling for less than one's goals.

Resolve

The resolve (or consensus) style of problem solving is the ideal but also the one that requires the most work to achieve. Partners acknowledge the conflict and work together to find a solution. As Christians, we have heavenly resources available to help us resolve our earthly conflicts. James told those who lack wisdom to ask God who gives it generously (see James 1:5). Jesus said, "...the Counselor, the *Holy Spirit*, whom the Father will send in my name, will teach you all things. . . ." (John 14:26 NIV), and "But when he, the Spirit of truth, comes, he will guide you into all truth" (John 16:13 NIV; see also 1 Cor. 2:10-16).

As alternatives for resolving the conflict are brought to mind, they are explored and evaluated. Together the best alternative is selected. The difference between *compromise* and *resolve* is that in a compromise both people have a proposed solution to a problem even before they discuss the problem. Starting from two different points of view, they negotiate a settlement which is a combination of the two proposed solutions.

In the resolve style, the two partners discuss needs, problems, and many possible solutions. Because neither person starts with a specific alternative to be sold, defended, or sacrificed, there is no compromise. Finding the final solution is a joint effort. The resolve style acknowledges the value of both the relationship and the issues, because neither is sacrificed in the process.

This approach to problem solving requires a significant investment of time and emotional and mental energies, so it is not practical for solving every little conflict that arises. But it is the best method for the major issues.

The payoff is an improved relationship and a great solution; the price is the investment of time and self.

People will use each of these styles at different times in their lives with different people. But in a lasting relationship, the predominant style will be *resolve*. This style requires skills in listening, sharing, accepting, being flexible, and being creative—skills learned through frequent practice. The *resolve* style is not a natural style because all of us have innate desires for power and winning. (Sometimes "winning" is giving in because that results in control.) However, only by using the *resolve* style can a couple be winners in the best sense of the word.

Identifying areas of conflict may be as simple as waiting for differences in opinions, values, or desires to arise. Or a couple may develop a list of topics to discuss over a period of time for the specific purpose of determining where their ideas and values differ.

The important thing is for confrontation to occur in an attitude of love so that the couple can be drawn closer through resolving a problem. Conflict can be a wedge or a catalyst depending on how it is handled.

Love & Discipline

What do you think is more damaging to a child, excessive love or excessive discipline?

Answer: Discipline (from a study done by James Dobson's Focus on the Family)

We need to study this theme because in many inmates' lives this is an issue.

1Corinthians 13 - Does not mention anything connected to feelings.
Song of Solomon is almost totally focused on the emotional aspect of love.
Love is a balance of feelings and devotion. The Bible supports both.

Jesus displayed the perfect balance between compassion (love) and the law (discipline).

Matthew 10:16 - Learning to become wise as serpents and gentle as doves.

Jeremiah 29: 10-14 is a good example of how God loves, but disciplines. Here we see an illustration of a balance of long-suffering - grace - mercy – judgment - restoration. If this is ok with God, it should be ok for us.

True repentance sure helps this process work.

Matthew 3:8-9

I Corinthians 7:9-10

Good books to read:

Tough Love - James Dobson

Emotions: Can You Trust Them? - James Dobson

(Read intro story to Emotions: Can You Trust Them?)

Good Guilt vs Bad Guilt - Our consciences cannot be trusted - Martin Luther vs Adolph Hitler

The Word of God is what we need to trust for proper insight and wisdom.

The battle is in our flesh, the answer is in the Spirit.

Four Ingredients to Raising a Child

These must be given in their proper proportions: Love, Guidance, Nurture and Discipline.

Proverbs 22:6

III. Community – No one can stand alone.

Integration

God uses relationships to build godly character in us. Building proper relationships is paramount to recovery.

The Church - Hebrews 10:19-25

God created us to function best in a family unit. We need to have spiritual fathers, mothers, sisters, and brothers.

Support Groups - Proverbs 11:14

Along with regular church attendance, you may need a special support group with people who can identify with your particular struggle.

Personal Mentoring - Proverbs 17:17, Proverbs 27:6, 27:17

A personal mentor can make the difference in any situation. They are all around you. Find someone you connect with and pursue them.

Class Three ~ Mentoring Inmates & Ex-Offenders

Mentoring Questionnaire

This course is designed to answer your questions on mentoring an inmate or ex-offender. One of the first steps to finding the answers is identifying the questions. It is our goal to help you with this. In order to help us help you, please take time to fill out the below form. We encourage you to take a look back at your questions periodically to assess the progress of this class and your success in finding the answers you need. Feel free to add questions that come to your mind during the course of the class and check the "RESOLVED" boxes of answered questions as they are discovered.

7. _____
_____ Resolved

8. _____
_____ Resolved

9. _____
_____ Resolved

10. _____
_____ Resolved

11. _____
_____ Resolved

12. _____
_____ Resolved

We want to continue to help you find the information you need on any unresolved issues. To do this, we will ask you at the end of the class to please turn in your work sheet. We will make a copy of it and return your original to you. We then will continue to follow up with you on any information we can gather for you to help with any unanswered questions.

Types of Correctional Institutions in San Diego

1. Federal institutions:
 - a. Metropolitan Correctional Center
 - b. Western Regional Detention Facility

2. State institutions:
 - a. Donovan
 - b. Rainbow

3. San Diego Probation Department
 - a. Work camps/furlough
 - b. Juvenile hall

4. I.N.S.

5. County jails – San Diego Sheriff’s Department
There are 7 jails – two are like work camps
 - a. Central Detention Facility
 - b. Descanso Detention Facility
 - c. East Mesa Detention Facility
 - d. George Bailey Detention Facility
 - e. Los Colinas Detention Facility
 - f. South Bay Detention Facility
 - g. Vista Detention Facility

Each institution has unique rules and standards. This is often true even within each institution's particular facilities.

Mentoring is usually a separated ministry from other ministry expressions such as Worship Services, Bible Studies.

Inside Jail & Prison Ministry Contact Points

Metropolitan Correctional Institution ~ Chaplain Crespo (619) 232-4311
San Diego Probation Department ~ Chaplain Chuck Workman (858) 694-4600
San Diego Sheriff’s Department ~ Chaplain ?? (619) 258-3219
RJ Donovan State Prison ~ Chaplain Bill Brown (619) 661-6500 Ext. 6612
Western Regional Detention Facility ~ Chaplain ?? (619) 232-9221

Inmate & Ex-Offender Profile ~ Statistics & Background

You are ministering to a subculture. You are missionaries in a strange land. You need to study the environment, history, government and faith of this culture to help you understand how to communicate the Gospel effectively.

Special Problems Merit the Necessity of Properly Trained Religious Personnel

Note: Now that we are in the 21st Century, we are confronted by some alarming statistics which point out the need for specially trained religious personnel (both men and women) to serve in our correctional facilities.

According to the National Dept. of Criminal Justice, if the past is an indication of the future and if recent incarceration rates remain unchanged, we will see the following statistics in the 21st century:

-5 million people will be under the control of probation and parole departments.

-The United States Department of Corrections will have over 2.1 million incarcerated. The Texas Departments of Correctional Justice already has 120 penal institutions, with 800,000 people under its jurisdiction (p. 75, Effective Jail & Prison Ministries in the 21st Century).

-An estimated 1 out of every 20 persons (5.1%) will serve time in jail or prison during their lifetime.

-An estimated 40 to 80% of those released will be arrested and return to a jail or prison cell.

Studies show that:

-Today about 1/5 of all prisoners are married while more than half have never married.

-More than half of all prisoners did not live with both parents while growing up.

-About 1/4 had parents who abused drugs and/or alcohol. 80% of all jail & prison population are incarcerated because of drug and/or alcohol abuse.

Most violent crime is committed under the use of _____.
(See CASA Report)

-A little less than 1/3 had a brother with a prison or jail record.

-About 14% of all inmates have lived in homes with no parent and about 17% have lived in a foster family home or agency or other institution at one time or another.

-Research has shown that childhood abuse increases the odds of future delinquency and adult criminality overall by 40%. Being abused or neglected as a child increases the likelihood of arrest as a juvenile by 53%, as an adult by 38% and for violent crime by 38%.

-While the number of women in prison is only a fraction of the total population (5.8% in state prisons and 7.3% in federal prisons) in the last 20 years the number of women in prison quadrupled while the number of men tripled.

-About 80% of women in jail and prison are mothers and 6% are pregnant when they entered incarceration.

-We need to realize that as we teach and preach the word to the incarcerated that 65-75% have not completed high school, compared to 25% of the general population. As many as 80% are high school dropouts.

-A recent U.S. Department of Education survey shows that 65% of America's prison and jail population are functionally illiterate and the average IQ is 14 pts. below the national average. (Your church may want to help or teach inmates and their families how to read.)

1. More background on an inmate
 - a. Comes from an impoverished background
 - b. Comes from broken home or one that expresses little love
 - c. Usually not well-educated (average sixth grade level)
 - d. Very little vocational training
 - e. Has had many failed relationships (50% have never been married) *

2. Inmate's self-esteem
 - a. Has low self-esteem
 - b. Sees self as loser
 - c. Feels he has sunk too low, that he is un-redeemable
 - d. Feels lonely
 - e. Feels fearful
 - f. Usually has an anger problem
 - g. Feels victimized

3. If a Christian
 - a. God has let him down
 - b. Feels shame
 - c. Feels hopeless

4. If not a Christian
 - a. He has wrong ideas about God (he is harsh, angry) *
 - b. God is for the church – but not for him.

5. Inmate's need
 - a. Someone who shows genuine concern
 - b. Someone who will listen
 - c. Worthwhile relationships

The Inmate To Whom You Minister To

Those Who Are In Crisis

The Non-Sentenced And Sentenced.

Non-Believers And Believers

A Multitude Of Backsliders

A Mixed Multitude

What You Minister

Hope

Promises of the Word of God

Testimony - Your own success in Christ testimonies (not war stories)

Mercy Triumphs over Judgment

Help

Prayer

Directions not donations

Know what's available

Know the boundaries

How You Minister

Structure

Greet and depart with a handshake only

1-Hour Visit

Plan your agenda but be open to the Holy Spirit's leading

Stay in control

Know the rules. Every one will be more comfortable. Know your plan if an incident should happen

Technique

Preaching & teaching the Bible

Teach solid doctrine

If at all possible, avoid denominational distinctives until he's on the outside

Know the rules for spiritual rituals and sacraments

Laying of hands?

Anointing of oil?

Communion?

Remember the "Law of the Wall of Authority"

Begin and end on time

Chaplain's Reports

Have Resource Information Available

Chaplain's/Counselor's name

Church services

Bibles

Bible studies

Re-Entry resources

Inmate requests

Letter writing ministries

Your Commitment

Training

Don't do the minimum

Punctuality

Communication

Deadlines

Ask before you act

Guidelines For Mentor's Personal Conduct Inside a Facility

Security And Personal Decorum Guidelines

1. Remember you are guest of the correctional institution and the Lord's representative. Remain courteous at all times and act in love even if you are refused entrance to a correctional facility. The staff, correctional officers and inmates are watching us to see how we react in different circumstances.
2. Follow all instructions given by correctional officers. If they state that it is time for your visit time to end, respect their wishes. Do not argue with correctional officers in front of inmates. Contact a chaplain, or senior correctional staff for clarification at a time that is more appropriate to address any situations.
3. Mentors should be dressed appropriately. Mentors wearing shorts, tank tops or see through blouses or shirts will be refused entrance into the correctional facilities. Women are encouraged to wear flat or low-heeled shoes in the correctional facility for their own safety due to slick waxed floors. Spiked heels or any suggestive clothing for men or women is not permitted. Wearing denim jeans and shirts are usually discouraged, sometimes unacceptable. Refrain from wearing valuable or ostentatious jewelry, especially large belt buckles. Do not bring in any penknives like those that are found on key chains. All jewelry, key chains and even belts may not be allowed into a specific facility.
4. **Take nothing into the facility for an inmate and take nothing out of the facility for an inmate.** That includes contraband such as notes, messages, pens, cigarettes, narcotics, weapons, nail files, food, literature, paper, etc. Cameras and recording equipment are also considered contraband and are thus forbidden.
5. Be aware of all the rules before you do favors of any kind for inmates.
6. Maintain control of your visit time. Always be aware of how to communicate with correctional officers in the case of an emergency.
7. **Physical contact should be limited to shaking hands only.** Do not hug or lay hands on inmates to pray.
8. Ladies, keep your purses in the car. Do not let people in the correctional facility parking lot see you place your purses in the trunk of your cars. Place your purses in the trunk of your car before arriving at the correctional facility.
9. Keep all personal items such as car keys, Bibles, etc. under your control at all times while in the correctional facility.
10. During your first encounters with the inmate, you may want to pray with your eyes open.
11. Mentors should mentor someone of the same sex.
13. Never leave the area without being sure of the rules concerning this area of the correctional facility. If an escort is required, wait until you are escorted by a deputy, chaplain or monitor.
13. Never give inmates your home address or phone number. Give your church address and phone number.

14. All mentors entering the correctional facility are subject to screening for possible legal violation. Security checks are made, and anyone with an outstanding violation/warrant will be apprehended. Take care of warrants **before** going into the correctional facility!
 15. Mentors will complete any paperwork required by facility chaplains.
 16. Know the facility rule concerning fraternizing with inmate or family members out side the facility.
-

Inside Ministry Training Manuals

RPJM Chaplain's Training Manual - \$5.00

RPJM Security Training Manual - \$5.00

Harvestime Chaplain's Training Manual (105 Pages)

The text of the entire manual is available for downloading from the Internet at:

<http://www.apeco.org/general/harvestime> or you may obtain a copy of this manual on 3 1/2" computer disk in Word Perfect 6.1 for Windows 95/98 format by sending \$10 to:

Harvestime
3092 Sultana Dr.,
Madera, CA, USA, 93637.

(Also included in PDF on RPJM's latest CD ROM)

Suggestions When Working with Ex-offenders or Addicts.

1. Help them find the resources they need, but let them do the majority of the work. They have to learn how to follow through with what they really want. Don't fish for them, teach them how to fish. Inmates who want to succeed have to motivate themselves or it will never happen. Be the person who will encourage them during that process.

Matthew 7:7-8 - "Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened."

Give direction. You are to be a Cheer Leader not a player, stay off the field. God is faithful but He is expecting the inmate to give a sincere effort.

2. Encourage them to find a support group with people who can relate to their situation. This should be a group who is in **all** phases of walking out their own "rehabilitation program". Preferably this group should be Christian. Ex-offenders and addicts need a support group that will speak the truth to them in love.

Ephesians 4:11-15 - And he gave some, apostles; and some, prophets; and some, evangelists; and some, pastors and teachers; For the perfecting of the saints, for the work of the ministry, for the edifying of the body of Christ: Till we all come in the unity of the faith, and of the knowledge of the Son of God, unto a perfect man, unto the measure of the stature of the fulness of Christ: That we henceforth be no more children, tossed to and fro, and carried about with every wind of doctrine, by the sleight of men, and cunning craftiness, whereby they lie in wait to deceive; But speaking the truth in love, may grow up into him in all things, which is the head, even Christ."

It takes a multitude of personalities and giftedness to bring the proper balance of support. They need their "homeboys" but they also need mature role models who have successfully walked out their own recovery.

3. Most people will give ex-offenders a chance to succeed in employment or otherwise, providing:

They are up front and honest about where they are coming from;
They have some accountability in their lives.

Matthew 5: 42-47 - "Give to him that asketh thee, and from him that would borrow of thee turn not thou away. Ye have heard that it hath been said, Thou shalt love thy neighbour, and hate thine enemy But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you; That ye may be the children of your Father which is in heaven: for he maketh his sun to rise on the evil and on the good, and sendeth rain on the just and on the unjust. For if ye love them which love you, what reward have ye? do not even the publicans the same? And if ye salute your brethren only, what do ye more than others? do not even the publicans so?"

4. Most important is that they develop a heart for the Lord. If they are pursuing God, then God will pursue them and make it all work.

Matthew 6:33 - "But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."

Don't accept the poor-me-I-am-a-victim mentality.

Structure Brings Freedom

If we learn to discipline ourselves inwardly, we won't need to be disciplined externally.

1. Discuss the purpose of structure
2. Discuss how to gain Godly freedom
3. Discuss how to expel the fears of submission and calm the rebellion towards authority.

There is a deceptive belief that if we remove the rules there will be true freedom.

Our God is a God of order (the Trinity)

God is always moving to order, Satan to disorder.

Before God created life He created order: Genesis 1:2

Order in the heavens - planets, stars, seasons, gravity

Order in the angels

Order in creation on earth

Where the Spirit of the Lord is There is Liberty - II Corinthians 3:17

The Spirit will lead us to liberty by teaching us to work within certain structures such as:

Music

Sports

Work and Play

Body Appetites - 1 Corinthians 6:12

Civil Government - **All Authority is of God**

(Probation & Parole Officers are your friends. Romans 13:1-7)

Finances - Romans 13:8

Prayer and study of the Word of God

Ministry

Structure by itself brings death but structure led by the Spirit brings life.

Paul wrote to Timothy that the law (God's commandments) is good if used lawfully - 1 Timothy 1:8

We are to be living sacrifices not mechanical robots - God tells us he wants our hearts and wills to be for Him more than He wants us to keep the rules. This is difficult because we have rebellion in our minds and hearts. The Lord does not want us to be like the young boy who was told to sit down by his parents. He sat down, but he told his parents he was "sitting down on the outside but he was standing up on the inside."

1 Samuel 15:22-23 - Psalm 51:16-17

Re-Entry and Recovery Discipleship Course

Recovery takes a lot of time and support. The RPJM Discipleship Course is one tool to help accomplish this. It is generally a twelve week course. A Certificate of Completion is given when the homework assignments are completed and turned in to Art Lyons.

1. Our Emotions and Body Appetites.
2. Restoring Our Family Relationships
3. Establishing Our Church Family
4. Our Occupations - Bread Winning
5. Our Financial Lives -Where Is Our Treasure?
6. Our Social Lives- Being In The World
7. Submission and Servanthood

Overview and Introduction (Seven Studies - Twelve-Week Course.)

When God saves us, He has more in mind than just Eternal Life. God saves us to be His witnesses (Evangelism), and our effectiveness in the Kingdom of God is inter-linked with our stability and responsibility in the following areas:

- Weeks 1 +2** 1. Our Body Appetites and Emotions: Drinking, Eating, Drugs, Sex.
If we are not in control of these things , they will control us.
Rom. 12:1-2, 1 Cor. 6:15-20, 2 Pet. 1:1-11, 1 Cor. 4:1-2, Rom. 6:11-23, 1 Thess.4:1-8, Eph. 4:17-5:21, 1Cor 6:12, 1 Cor. 10:23-24, Rom. 14:11-23, Gal. 16-26.
- Weeks 3 +4** 2. Our Family Life: Wives, Husbands, Children, Moms, Dads, Brothers and Sisters.
Good relationships need to be established.
Eph. 5:22-6:4, Mk. 7:6-13, 1 Tim 5:8, Matt. 5:23-24
- Weeks 5 +6** 3. Our Church Family: Commitment to the Body of Christ in a local expression.
Accountability to Elders and Youngers, Submission one to another.
Eph. 4:12-16, 1Cor. 12:13, Heb. 11:24-25, 1 Pet. 5:1-5, Heb. 13:7
- Week 7** 4. Our Occupational Life: Bread winning: Even Paul was a tentmaker. Work Ethic, no one is exempt.
1 Thess. 4:11, 2 Thess. 3:6-15
- Week 8** 5. Our Financial Life: Paying our bills on time, not spending more money than we make, tithing and giving.
Rom. 13:5-8, 2 Cor. 9, 1 Tim 2:1-4, 1 Cor 11:1-16
- Weeks 9+10** 6. Our Social Life: Obeying the ordinances of man, cultural acceptance and hygiene.
Learning to have fun, clean and sober.
1 Pet. 2:11-17, 1 Tim. 2:1-4, 1 Cor. 11:1-16, 1 Cor. 6:17-20
- Weeks 11+12** 7. Submission and Serving: God's Purposes of Submission. Serving as Jesus did.
Eph 5:18-21, Hebrews 13:17, 1 Pet 5:5-6, Phil 2:3-8

If we are not maturing in these areas, our spiritual lives will not be mature.

(We have the outline for these classes available for \$10.00. We are in the process of putting the full twelve week course on video cassette. Please inquirer if interested.)

Contracts/Covenants

The Holy Spirit must lead you. Love must play into contracts. James 5:12, Mathew 5:33-37

A Covenant Agreement / Discipleship Contract

I _____ make a commitment to the following to maintain my residency at Re-Entry’s Recovery Center:

I will pay \$350.00 a month. I understand that if I violate any rule of this contract, and am asked to leave, there will be no reimbursement for rent.

I will obey a 9 P.M. curfew unless other prior arrangements are made with the House Leader.

I will keep my living areas clean and neat.

I will commit to daily/weekly chores as agreed upon with my House Leader.

I will abstain from alcohol and drug use. (Prescribed medications by a doctor and approved by Re-Entry Prison Ministry will be allowed).

I will strive to live my life according to the Holy Scriptures.

I will spend ½ to 1 hour a day in devotion of God. (This can be a combination of self-Bible study, meditation on God’s Word, and prayer, divided up through the day as time is available.)

I will keep a journal of my devotional time, documenting my achievements in the following areas:

What I choose for my devotional time (recorded daily).

What I think God spoke to me through this devotional time (recorded daily).

How I have applied what I believe God has spoken to me (recorded daily).

This journal will be reviewed weekly by assigned counselor or mentor.

I will commit to weekly mentoring sessions with designated leadership at Re-Entry’s Recovery Center.

I will commit to monthly evaluations of a consortium of counselors and mentors.

I will attend Monday Night Chapel Services, Thursday Night Chapel Services, and at least one Sunday morning service at a designated church (to be assigned). I will also attend other special designated services as agreed upon with assigned counselor or mentor.

I will spend one hour each week ministering to others. (This will be reviewed, so you will need to keep this ministry activity recorded in your journal.)

I understand that failure to comply with any of the above rules could result in my leaving the Recovery Center immediately.

I understand that all discussions with counselors and mentors are kept confidential, unless the content reveals subject matter that could be “harmful” to my-self or others. I understand that what is “harmful” is determined solely by my counselor or mentor. I also understand that anything I share with my counselor or mentor may be discussed with other staff members to determine how to help me in my recovery process.

Signature of Applicant

Date

Basic Rules and Regulations of a Recovery Home

1. No possession or use of drugs or alcohol.
2. Must submit to drug tests at any time.
3. No physical or verbal abuse to anyone will be tolerated. Profanity is not allowed.
4. No smoking on property.
5. Curfew is 9:00 P.M. Quiet time begins at 10:00 p.m. All lights out at 11:00 P.M.
6. House leader must know where you are at any time.
7. All rents must be in by the 3rd of the month.
8. All residents must be out of their beds by 8:00 A.M; naps between 4 and 5:30 PM are acceptable if chores and work assignments are completed.
9. Residents must bathe every two days, and wash clothes weekly.
10. All visitors must be approved by house leader prior to visit.
11. All residents will accept assigned chores joyfully.
12. All residents will attend assigned Chapel Services and Bible Studies, unless excused by House Leader.
13. Residents are required to make their beds and organize their rooms neatly each morning.
14. All residents are required to clean-up after preparing meals, attending meetings and at the end of any general leisure time.
15. There will be no sexual activity permitted on the premises.
16. Residents are not permitted to store personal belongings of non-participants.
17. Weapons of any kind are not allowed on the premises.
18. Stealing will not be tolerated.
19. No pets.
20. Residents will be expected to dress respectfully at all times. Shoes and shirts will be worn at all times in general living areas.
21. No food is allowed in bedrooms.
22. Television may be watched only at the approved times with the approved contents.
23. All residents are to use personal telephones or pay telephones.
24. No residents are allowed in another resident's room alone.
25. Visitors are to stay in assigned visitor areas. No visitors are allowed in resident's room.
26. Walkman radio/cassette/CD players are to be used only with headsets in bedrooms or outside the facility.

Penalty Policy

Minor Infractions: Step 1 – Resident comes up with an acceptable personal consequence.
 Step 2 – If resident cannot quickly and fairly decide what is an acceptable consequence for his infraction, the House Leader will make the decision.

Major Infraction: Incident will be brought before staff to determine consequences.

Book Referral: Working with Out of Control Youth by***

Mentoring Programs

Re-Entry Prison and Jail Ministry

Contact Person:

Program Coordinator: Art Lyons

Description:

M-2 stands for Match Two - matching two people together. The purpose of M-2 is to provide caring friends for forgotten inmates. The concept of M-2 is very simple: it is a one-to-one relationship between an inmate and a volunteer from the local community.

Prison Fellowship/Match Point

www.matchpointmentoring.org/

PO Box 97103

Washington, DC 20041-7103

(703-478-0100)

Description:

Match Point is a church-based Christian ministry whose mission is to restore youth at risk of becoming chronic offenders to productive relationships with their families, communities, and Creator. The primary intervention point is a one-to-one mentoring relationship.

Core Ministries

www.coreministries.com

coremin@mich.com

8857 Bennett Hill Rd.

Central Lake, Michigan 49622

800-967-0732

Contact Person:

CEO: Dave Ray

Description:

Core's Inside Outside Prison Program will better prepare the inmate for transition to the community and help him be successful after release. · Meets inmates right where they are and helps them develop a daily walk with God. · Educates inmates to take responsibility for their own lives with God's help, as they learn what God expects of them, both while incarcerated and after release. · Helps inmates learn how to make the right friends, and live the right kind of life. · Teaches self-evaluation and goal setting through the use of the program materials. This then prepares inmates for the problems and challenges they will face when released. Instructs inmates on how to seek and receive acceptance in the Christian community. · Equips inmates to find and keep a job. The price is right. Special subsidized pricing for prison and aftercare-related ministries.

COPE ~ Coalition of Prison Evangelists

<http://www.copeministries.org>

execdirector@copeministries.org

2400 Ludelle. St., Suite 10

Fort Worth , Texas 76105

1-888-256-2673

Description:

Mentoring Manual

Chaplain's Training Manual

Effective Jail & Prison Ministry of the 21st Century

CASA Report

The study is called Behind Bars: Substance Abuse and America's Prison Population. The study was conducted by Columbia University in New York City and published in 1998. This was three a-year study, which cost several million dollars and the publication contains about 300 pages of information.

Their report reveals that approximately 1.4 million of the 1.7 million Americans in federal, state and local correctional facilities have drug or alcohol addiction. The report also stated that out of the 38 billion dollars it costs every year to run our prisons, 30 billion is spent on the incarceration of individuals who have a history of drug and alcohol abuse. Using extensive research, the study showed how more effective was treatment than mere incarceration, citing if addiction problems could be treated (at cost of \$6,500/year) and only 10% of them could stay clean, it would provide a savings to taxpayers of 8 billion dollars/year.

The study revealed that religion was one of the most powerful change agents in an inmate's rehabilitation; that 32% of all prisoners attend religious gatherings while only 6 to 14% attend AA or NA programs. Their studies also revealed that if religious involvement were continued after release, it would greatly reduce recidivism. It cited several studies, including one at R. J. Donovan prison in California, where treatment reduced recidivism from 63% to 43%, but down to 26% where aftercare occurred. Even more significant results occurred in the Forever Free women's program in California, where recidivism was reduced from 62% to 10% for those who stayed in aftercare for 5 months or longer.

Another interesting fact was that the majority of violent crimes are linked to alcohol abuse.

The stunning finding of this analysis is that 80 percent of the men and women behind bars—some 1.4 million individuals—are seriously involved with drug and alcohol abuse and the crimes it spawns. These inmates number more than the individual populations of 12 of the 50 United States. Among these, 1.4 million inmates are the parents of 2.4 million children, many of them minors.

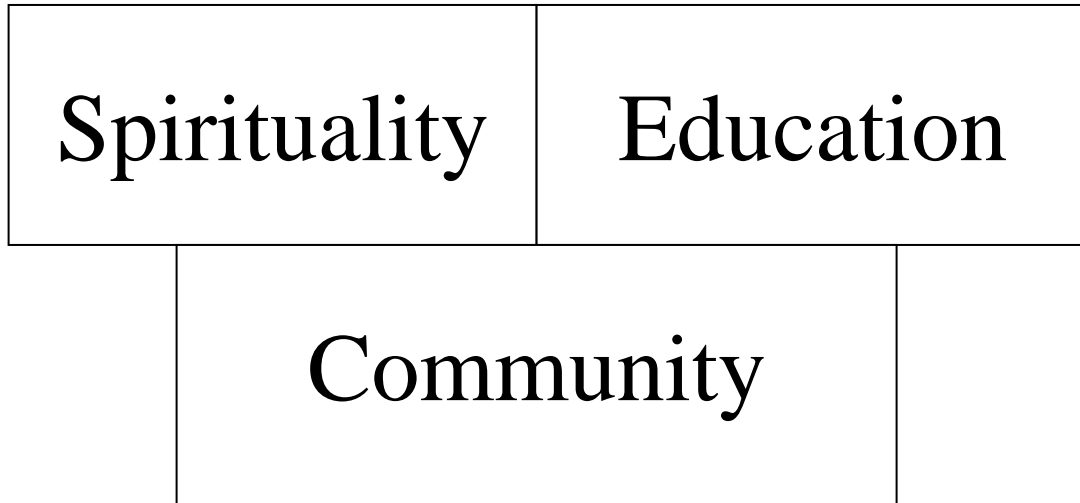
"Substance abuse and addiction have fundamentally changed the nature of America's prison population. As America approaches the 21st century, state and federal prisons and local jails are bursting at the bars with alcohol and drug abusers, addicts and those who sell illegal drugs. In America, crime and alcohol and drug abuses are joined at the hip. At the end of 1996, more than 1.7 million American adults were behind bars: 1,076,625 in state prisons, 105,544 in federal prisons and 518,492 in local jails—more than three times the number incarcerated just 15 years earlier. Of the 1.7 million inmates, only 130,430 or 7.7 percent are women, but the female prison population is growing at a faster rate than the male population. The surge in the number of Americans behind bars—now a population the size of Houston, Texas, the nation's fourth largest city—and the rapidly escalating costs of building and maintaining prisons are unprecedented. More and more Americans are becoming aware of this situation. What few understand is why". (Editor's Note: We know why.)

For information on obtaining a copy of this report you can contact The National Center on Addiction and Substance Abuse at Columbia University of New York:212-841-5200. The cost of the report is \$25.00. You can read a brief overview of the content of the report on the net at: <http://www.casacolumbia.org/pubs/index.htm>

Class Four ~ Three Dynamics Of Recovery

Three Dynamics Diagram

The Three Dynamics To Successful Rehabilitation



The three dynamics of rehabilitation rest on the foundation of:

Perseverance & Accountability

We all need accountability in our lives. No one can make a person accountable. Accountability works only if the person who wants to be accountable volunteers for the position. Over the many years of discipleship, I have determined the following *three interactions weekly are the minimum involvement* for a person to grow in maturity and establish an accountability network:

- ❖ Attending a Sunday service (general interaction with the Body of Christ)
- ❖ Attending a weekly small group (establishing deeper relationships)
- ❖ Meeting one-on-one with a spiritual mentor (being transparent with someone you trust)

You may have heard of the three-legged stool concept concerning keeping a person stable in various aspects of Christian life. If one leg of the stool is missing, the stool becomes unstable and will not function properly.

Three Dynamics For Re-Entry

Community

We all need family, if it's not the church it will be somewhere else. Below is a list of three ministries that will help an-offender find the social support he needs. Inmates need to be with others who can relate to their experiences, yet, they need to be with people who are mature now.

The Most Excellent Way (Christian drug/alcohol support groups)

Director Glen Wright

1177 Pacifica Pl.

Encinitas, CA 92024

Office - 760-635-3945

Office - 800-548-8854

NA /AA 12 Step Support Groups (Bridges Christianity with the traditional 12 step approach)

RPI Publishing, Inc.

Mr. Ron Halvorson

PO Box 44

Curtis, WA 98538

Delancey St. Foundation - "Each one teaches one". (Secular organization but very successful)

600 Embarcadero Street

San Francisco, CA 94107

(415) 512-5110

Education

You can't do it if you haven't learned it. We need to help ex-offenders gain the knowledge they need. When you've been a heroin addict for 40 years, you will need to step back in time to learn general principles that most people learned in childhood and teen years.

General Education

Vocational Training

Chemical Abuse Education

Bible Studies

Self-Confrontation Courses

Spirituality

Ultimately, we want everyone to come to a saving knowledge of Jesus Chris. However, the world has taken Godly principles, adapted them to their own system and have had a measure of success. If habitual criminals and addicts don't learn recovery principles from the Scriptures, they will learn them from another source.

Conversion

Prayer

Scripture

Meditation

Three Dynamics Worksheet

Mentee/Client _____ Date _____

Identify specific support areas in each dynamic area below.

Spiritual Support/Assessment

Accountability Person/Agency

1. _____

2. _____

3. _____

4. _____

5. _____

Educational Support/Assessment

Accountability Person/Agency

1. _____

2. _____

3. _____

4. _____

5. _____

Community Support/Assessment

Accountability Person/Agency

1. _____

2. _____

3. _____

4. _____

5. _____

Spiritual Worksheet

Spiritual Support Steps For Item ()

Accountability Steps/Expectations for mentee/client

- A. _____
- B. _____
- C. _____
- D. _____
- E. _____
- F. _____

Organization /Agency

Name of Director/Pastor/Contact Person

Address

Home Phone Number

Work Phone Number

Educational Worksheet

Educational Support Steps For Item ()

Accountability Steps/Expectations for mentee/client

- A. _____
- B. _____
- C. _____
- D. _____
- E. _____
- F. _____

Organization /Agency

Name of Director/Pastor/Contact Person

Address

Phone Number

Fax Number

Community Worksheet

Community Support Steps For Item ()

Accountability Steps/Expectations for mentee/client

- A. _____
- B. _____
- C. _____
- D. _____
- E. _____
- F. _____

Organization /Agency

Name of Director/Pastor/Contact Person

Address

Phone Number

Supplements

Introduction Letter to Pre-Release Program

Monday, October 5, 2007

Prison Minister
You're Home Town
Somewhere USA

Dear Friend in Ministry,

The following is a brief scenario of what happens when we receive a request to help an inmate.

1. We send the inmate three letters:
 - a. An introduction letter to our ministry
 - b. A pre-release form to be completed and returned to us
 - c. A four page document with around 40 helpful resources
2. Once we receive the pre-release form back we determine whether the inmate is paroling into San Diego, if so we let them know that we will try to assist them. If not, we can only direct them to their chaplain or counselor to access our website for some national resources. We also at the time will send them the first Bible Study from "Our Lives in Recovery" series. If they return the completed study to us we will send them the next one. There are eight studies in this series. After completing all eight studies they can make a request for additional studies from other ministries we work with. All these studies are designed to help them prepare for a successful transition back into society.
3. During the time prior to release, we expect the inmate to contact the ministries/agencies on the 4-page list of information we have sent them that appeal to the inmate and their needs. We ask the inmate to stay in contact with us on their progress so that we help stay in contact with ministries/agencies that appeal to them and help them find answers to questions or respond to concerns the ministry/agencies or inmate might have.
4. Upon release, and availability, we will further work with the now "ex-offender" with any additional help with their transitioning period.

Re-Entry Prison and Jail Ministry Pre-release Program

Inmate's Commitment

1. Complete pre-release form and returned it to RPJM.
2. Currently is working with a Chaplain or counselor on the inside.
3. Has been contacting organizations provided to them by RPJM.
4. Is keeping RPJM informed with his or her progress with contacted organizations.
5. Is sending us his attendance sheets for church services and Bible studies.
6. Is currently enrolled and active with RPJM Bible Study courses.

Re-Entry Prison and Jail Ministry's Commitment

1. Evaluate pre-release form and reply to inmate with suggestions of viable resources in San Diego that will potentially assist him.
2. Contact inmate's chaplain and counselor and establish a working relationship. with them to assist the inmate in their transitioning process.
3. Help inmate keep connected to organizations that he or she is working with to keep the inmate's release date and status updated for the case managers and transitional resource staff for contacted organizations.
4. Provide an accountability system for the inmate to develop the foundation needed to mature spiritually.
5. If resources allow, assist inmate in finding 3 to 5 day transitional housing to give inmate time to work with RPJM staff to establish long-term housing.

Interview with Inmates Family or Friend Reference

Hello, my name is _____. I am a volunteer for the Re-Entry Prison and Jail Ministry. We are an ex-offender referral organization and have been contacted by (client's name). Our main goal is to provide information and resources to inmates who are planning ahead for their prison release date. (client's name) has provided us with some information and we are calling wondering if we may ask some questions about (client's name)'s current status.

Are you able to confirm with us his/her official release date?

Does the client maintain a relationship with his family?

Does the family wish to be involved in client's re-entry process?

Does the client have any restraining orders against him/her?

Does the client have any substance abuse problems?

Is the family able to provide any housing(short term/long term), job placement, financial assistance?

Suggested Questions for Screening Clients for Recovery Program

Having worked with both populations, I think prison inmates have the greatest potential to work with but there are many factors that are qualifiers for the statements I make.

If the prison inmate has been incarcerated a long time they are most likely out of touch with much on the outside. It could take longer for them to get integrated back into society, while the jail inmate is already fairly familiar with the availability of resources and routines though they may be more apt to re-offend earlier.

Some of the questions you may want to consider when you are choosing an individual for a program etc that are critical factors of working with ex-offenders:

What has been the nature of their crimes?

How much history do they have incarcerated i.e. how many times?

Were they successfully working on the outside before they were incarcerated?

Where were they spiritually before they were incarcerated?

What has been the latest dramatic change in their lives?

Have they maintained good relationships inside and outside the institution since they have been incarcerated?

How to Start a Re-Entry Ministry

Pray, Pray, Pray

Lay your vision before the Lord and wait for His response.

Determine Where You're Cliental Will Come From

You need to establish where you're cliental will be coming from, the gender you will be working with and the types of issues they will be dealing with.

Institutions

Prison - Federal/State

Jail - County/City

Probation

County Youth Authority (Juveniles 16-24 years old)

Background Issues

Chemical Abusers

Mentally Ill

Dual Diagnosed

Those Who Are Not Chemical Abusers

Sex Offenders

Determine the Scope of Your Ministry

You need to determine what services are planning to provide.

Clothing, Emergency Aid, Job Referrals, Bus Tokens, Residential Program, Support Groups for Family, Alcohol Drug Counseling, Legal Advocacy, Life Skill Courses, Literacy Program, Bible Studies, 12 Step Programs, Long and Short Term Mentoring Programs, Vocational Training, Academic Programs, Financial Planning, Marital Counseling, Domestic Violence Programs

Identify Existing Resources

Investigate what is already available in your city and county – Network.

- Contact Churches
- Contact Par-Church Organizations
- Contact Social Services
- Contact Community Agencies
- Contact Chaplains of Local Institutions
- Contact Halfway Houses

Assemble a Team

Try to recruit people to volunteer for all the below positions.

- Recruit Resource Research People
- Recruit Mentors for Inmates and Ex-offenders
- Recruit Advisors
- Recruit Financial People
- Recruit Correspondence People
- Recruit Case Workers
- Recruit Life Skills Teachers

Organize Your Resources

Determine how you want to share your information with your staff and clients.

- Booklets
- Website
- Email

Begin to Build Your Financial Base

You can't do much without a financial base. When God guides God provides but he will need you to share the vision with people who have the money and entrepreneurial skills to support your ministry.

Talk to Individuals
Talk to Churches
Talk to Local Businesses
Contact Grant Providers

Establish a Non-profit Corporation to Work Under

You should do this as soon as possible. You don't have to start out with your own non-profit corporation, your church or a similar organization can offer your donors tax deductible receipts for free or a small administration fee until you establish your own non-profit status.

Determine Your Filtering System

You need to determine if you are going to accept anyone into your program or whether you will have some requirements they need to reach first.

Will They Have to Detoxify First?
What Will Be The Clean & Sober Period?
Are Prescription Medicines Allowed?
Are Smokers Allowed?
Do They Have to be of Christian Faith?
Will They Have to Pay a Program Fee?

Determine their level of Pre-Level of Commitment

Many potential clients have started programs before and self-terminated.

First Day Contact
Diligent Phone Calls and Letters
Church/Chapel Attendance

Determine the Non-Negotiables

You should not make up these rules as you go.
House Rules
Required Meetings
Curfews
Termination Criteria

Determine Your Curriculum

Bible Studies
12 Step Programs
Life Skill Materials

RPJM Recovery Center Outline

Our Mission Statement

Our Mission is two-fold. First, to evangelize and disciple people who have served time in correctional institutions. Second, to provide a safe and structured environment where ex-offenders can grow into Christian maturity.

Our Vision Statement

Our vision is to help ex-offenders mature in Christ. We take our model from Jesus as found in Luke 2:52, where it says, “*And Jesus increased in wisdom [intellectual life] and stature [physical life] and in favor with God [spiritual life] and man [social life]*”.

Goals to be Achieved in the Program

1. Help residents obtain the spiritual maturity they need to maintain a healthy relationship with God, and the Church.
2. Help residents grow in social maturity to become viable to the society around them.
3. Help residents obtain the educational skills they need to work with, and communicate to those around them.
4. Accomplish the goals above in one year or less so that the residents can transition into successful independent livings.

Our Three-Phase Model to Accomplish Our Goals

Phase One — Intake Phase. Resident will be observed and orientated to the recovery center. This will last 3 to 10 days depending on the resident’s progress.

Phase Two — Apprentice Phase. Student has been considered ready to begin normal routine of Phase Two. This Phase will last three to six months.

Phase Three — Journeyman Phase. Residents have transitioned into this phase because they have shown spiritual and emotional maturity. This phase will be at least three months or more to prepare residents to be transitioned into independent living.

PRE-RELEASE QUESTIONNAIRE (FOR INMATE)

1. Where do you stand with the Lord? Give a brief report on your current spiritual life.

2. Will you commit to a long-tem recovery program of 9 — 12 months? _____
If not, why? _____
What is the date of your release? _____
Check the answer that best fits the type of program structure you think you need.
a) _____ Christian, Very Structured b) _____ Christian, Lightly Structured
c) _____ Non-Christian, Very Structured c) _____ Non-Christian, Lightly Structured
3. Do you have a geographic restriction as to where the residential program is located?

4. Do you have to work immediately after release? _____ If yes, why? _____

5. Do you have any finances presently? _____ If yes, can you afford to pay \$350.00 for the first month's room-and-board? _____
6. Will you receive any gate money upon your release? _____ If so, how much? _____
7. Are you now taking any doctor-prescribed medications? _____
If yes, what? _____
8. Was your crime a sex crime? _____
9. What is the name, address, and phone number of your Public Defender or Attorney?

10. Are you on probation or parole? _____ If so, what is your PO's name, address, phone number?

**Please Mail Completed form to:
Intake/Placement Director
Re-Entry Prison and Jail Ministry • P.O. Box 620 • Chula Vista, CA 91912 • (619) 426-4557**

INTAKE/PLACEMENT QUESTIONNAIRE

Name: _____ D.O.B.: ____/____/____ Age: _____
Last MI First Month – Day – Year

1. When did you want to become a resident of Re-Entry Recovery Center? _____

2. Where are you living now? _____
3. How can we contact you? _____

4. When are you free to meet for an interview? _____
5. Can you commit to a long-term recovery program of 9 — 12 months? _____
If not, why? _____
6. Check the answer that best fits the type of program structure you think you need.
a) _____ Christian, Very Structured b) _____ Christian, Lightly Structured
c) _____ Non-Christian, Very Structured c) _____ Non-Christian, Lightly Structured
7. Do you have a geographic restriction as to where the residential program is located? _____
If yes, why? _____
8. Are you taking any doctor-prescribed medications? _____
If yes, what? _____
9. Have you ever been convicted of a sex crime? _____ Are you a registered sex offender? _____
10. Are you on probation or parole? _____ If yes, what is your PO's name, address, phone number?

11. Are you in counseling with someone currently? _____ If yes, with whom? _____
How often do you see this counselor? _____
What is this counseling focusing on? (Goals) _____

12. Have you ever been accepted into another recovery home? _____. If yes, how many other homes?
_____ (If you answered yes, please fill out our "Previous Recovery Homes" form. (Page 7.)
Can you afford to pay \$350.00 a month for room-and-board? _____ If not, how much? _____
13. Do you have to work immediately if accepted at Re-Entry's Recovery Center? _____

FINANCIAL/VOCATIONAL BACKGROUND

- 1. Occupation? _____ Are you presently employed? _____ Job Title: _____
Employer's name and phone number _____
- 2. Do you have any finances presently? _____ What is your present monthly income? _____
- 3. What is the source of this income? (Such as savings, SSI, SSDI, Welfare, Veterans Disability, etc.)

If you answered "no" to question #2 above, how do you plan to pay for your first month's room and board?

Do you have a valid California Drivers License? _____ If not, do you have a valid California ID? _____

What is your basic mode of transportation? _____

Educational Background

- 1. Did you graduate from high school? _____. If no, have you obtained a General Education Diploma (GED)? _____
- 2. Have you ever attended college? _____ Did you graduate? _____ Your degree? _____
- 3. Have you attended a vocational school? _____ Type? _____ Did you graduate? _____
- 4. Are you in school now? _____ What classes are you taking? _____
- 5. Have you been appointed by the court to be enrolled in any of the following classes?

Domestic Violence _____ Driving Under the Influence _____ Substance Abuse _____ Sexual Abuse _____

Other _____ If yes on any of these, please briefly explain why below.

Do you have any pending court cases? _____ If yes, please answer the following questions:

What are the charges? _____

When is your next court date? _____

Where will you be attending court? _____

SPIRITUAL BACKGROUND

- 1. Have you accepted Christ as your Savior? _____ When? ____/____/____
- 2. What does being a Christian mean to you? _____

- 3. What would you like to see God do in your life concerning the following:

Family? _____

Vocation? _____

Ministry? _____

- 4. What's the name of your home Church? _____
- 5. When do you attend services there? _____
- 6. What is the pastor's name? _____ Phone #: _____
- 7. If you had your heart's desire, what would you like to see happen in your life?

OTHER RECOVERY HOMES FORM

If you answered yes to question #12 (Page 3), please fill out this form for all previous recovery homes that you were a resident in. Please start with the most recent.

Name of previous recover center #1: _____

Address? _____

Director's name? _____ Phone #: _____

Month and Year you attended this program: _____

How long were you there? _____

Reason for leaving? _____

Name of previous recover center #2: _____

Address? _____

Director's name? _____ Phone #: _____

Month and Year you attended this program: _____

How long were you there? _____

Reason for leaving? _____

Name of previous recover center #3: _____

Address? _____

Director's name? _____ Phone #: _____

Month and Year you attended this program: _____

How long were you there? _____

Reason for leaving? _____

DISCIPLESHIP CONTRACT

Covenant agreement between the resident and the home:

I, _____, make a commitment to the following to maintain my residency at: Re-Entry's Recovery Center:

1. I will pay \$350.00 a month. I understand that if I violate any rule of this contract, and am asked to leave, there will be no reimbursement for rent.
2. I will obey a 9:00 P.M. curfew unless other prior arrangements are made with the house leader.
3. I will keep my living areas clean and neat.
4. I will commit to daily/weekly chores as agreed upon with my house leader.
5. I will abstain from alcohol and drug use. (Prescribed medications by a doctor and approved by Re-Entry Prison Ministry will be allowed.)
6. I will strive to live my life according to the Holy Scriptures.
7. I will spend ½ to 1 hour a day in devotion of God. (This can be a combination of self-Bible study, meditation on God's Word, and prayer divided up through the day, as time is available.)
8. I will keep a journal of my devotion time documenting my achievements in the following areas.
 - a) What I choose for my devotional time. (Recorded daily.)
 - b) What I think God spoke to me through this devotional time. (Recorded daily.)
 - c) How I have applied what I believe God has spoken to me. (Recorded daily.)(This journal will be reviewed weekly by assigned counselor or mentor.)
9. I will commit to weekly mentoring sessions with designated leadership at Re-Entry's Recovery Center.
10. I will commit to monthly evaluations of a consortium of counselors and mentors.
11. I will attend Monday Night Chapel Services, Thursday Night Chapel Services, and at least one Sunday morning service at a designated church (to be assigned). I will also attend other special designated services as agreed upon with assigned counselor or mentor.
12. I will spend one hour each week ministering to others. (This will be reviewed so you will need to keep this ministry activity recorded in your journal.)

I understand that failure to comply with any of the above rules could result in my leaving the recovery center immediately.

I understand that all discussions with counselors and mentors are kept confidential, unless the content reveals subject matter that will be "harmful" to myself or to others. I understand that what is "harmful" is determined solely by my counselor or mentor. I also understand that anything I share with my counselor or mentor may be discussed with other staff members to determine how to help me in my recovery process.

Signature of Applicant

Date

Signature of Re-Entry Representative

Date

Statement and qualifications for acceptance into the home:

1. Candidate must be male and at least 18 years of age.
2. Candidate must be willing to make a 9-12 month commitment.
3. Candidate must be a believer.
4. Candidate must be free from alcohol or drug use for at least 30 days.
5. Candidate must be able to pay \$350.00 of non-refundable rent. (If candidate does not have funds, the facility may have work available for earning room and board.)

Basic rules and regulations of the home:

1. No drug or alcohol use or possession.
2. Must submit to drug tests at any time.
3. No physical or verbal abuse to anyone will be tolerated. Profanity is not allowed.
4. No smoking on property.
5. Curfew is 9:00 P.M. Quiet time begins at 10:00 P.M. All lights out at 11:00 P.M.
6. House leader must know where you are at any time.
7. All rents must be in by the 3rd of the month.
8. All residents must be out of their beds by 8:00 A.M. (Naps between 4:00 P.M. and 5:30 P.M. are acceptable if chores and work assignments are completed.)
9. Residents must bathe every two days, and wash clothes weekly.
10. All visitors must be approved by house leader previous to visit.
11. All residents will accept chores joyfully.
12. All residents will attend assigned Chapel Services, and Bible Studies unless excused by house leader.
13. Residents are required to make their beds and organize their rooms neatly each morning.
14. All residents are required to clean-up after preparing meals, attending meetings, and at the end of any general leisure time.
15. There will be no sexual activity permitted on the premises.
16. Residents are not permitted to store personal belongings of non-participants.
17. Weapons of any kind are not allowed on the premises.
18. Stealing will not be tolerated.
19. No pets.
20. Residents will be expected to dress respectfully at all times. Shoes and shirts will be worn at all times in general living areas.
21. No food is allowed in bedrooms.
22. Television may be watched only at the approved times with the approved contents.
23. All residents are to use personal telephones or pay telephones.
24. No residents are allowed in another resident's room alone.
25. Visitors are to stay in assigned visitor areas. No visitors are allowed in resident's room.
26. Walkman radio/cassette/CD players are to be used only with headsets in bedrooms or outside the facility.

Penalty Policy

- Minor Infractions: Step 1 — Resident comes up with an acceptable personal consequence.
 Step 2 — If resident cannot quickly and fairly decide what is an acceptable consequence for his infraction, the house leader will make the decision.
- Major Infractions: Incident will be brought before staff to determine consequences.

A Daily Schedule for the Home (Phase Two)

Monday through Friday

6:30 a.m.	Wake Up/Clean Up/Personal Devotions
8:00 a.m.	Breakfast/Morning Chores
9:00 a.m.	Chapel Service
10:00 a.m.	Bible Study 1
11:00 a.m.	Life Skills
12:30 p.m.	Lunch
2:00 p.m.	Bible Study 2
3:00 p.m.	Daily Chores
4:00 p.m.	Rest
5:30 p.m.	Dinner/Evening Chores
7:00 p.m.	Evening Chapel Service
8:30 p.m.	Free time/Devotionals
10:00 p.m.	Quiet Time
11:00 p.m.	Lights out

Saturday

7:30 a.m.	Wake Up/Clean Up/Personal Devotions
8:30 a.m.	Breakfast/Morning Chores
9:30 a.m.	Assigned Work Tasks
12:00 p.m.	Lunch
1:00 p.m.	Assigned Work Tasks
4:00 p.m.	Rest
5:30 p.m.	Dinner/Evening Chores
7:00 p.m.	Worship and Praise Service/Communion
8:30 p.m.	Free time/Devotionals
10:00 p.m.	Quiet Time
11:00 p.m.	Lights out

Sunday

7:30 a.m.	Wake Up/Clean Up/Personal Devotions
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All residents must attend a morning church service at an approved and designated church. The rest of Sunday is to be spent in rest and relaxation.

9:00 p.m. Curfew/All residents must be back at the recovery home.

RE-ENTRY AND RECOVERY DISCIPLESHIP COURSE

1. *Our Emotions and
Body Appetites*
2. *Restoring Our Family
Relationships*
3. *Establishing our*

Overview and Introduction
(Seven Studies — Twelve Week Course)

When God saves us, He has more in mind than just Eternal Life. God saves us to be His witnesses (Evangelism), and our effectiveness in the Kingdom of God is inter-linked with our stability and responsibility in the following areas:

- Weeks 1 + 2** 1. *Our Body Appetites and Emotions:* Drinking, Eating, Drugs, Sex.
If we are not in control of these things, they will control us.
1 Cor. 6:12-20, 2 Pet. 1:1-11, Eph. 4:17-6:18, 1 Thess. 4:1-8, Rom. 6:11-23
- Weeks 3 + 4** 2. *Our Family Life:* Wives, Husbands, Children, Moms, Dads, Brothers and Sisters.
Good relationships need to be established.
Eph. 5:22-6:4, Mk. 7:6-13, 1 Tim 5:8, Matt. 5:23-24
- Weeks 5 + 6** 3. *Our Church Family:* Commitment to the Body of Christ in a local expression.
Accountability, to Elders and Youngers, submission one to another.
Eph. 4:12-16, 1 Cor. 12:13, Heb. 11:24-25, 1 Pet. 5:1-5, Heb. 13:7
- Week 7** 4. *Our Occupational Life:* Bread winning: Even Paul was a tentmaker. Work
Ethic, no one is exempt.
1 Thess. 4:11, 2 Thess. 2:6-15
- Week 8** 5. *Our Financial Life:* Paying our bills on time, not spending more money than
we make, tithing and giving.
Rom. 13:5-8, 2 Cor. 9, 1 Tim. 2:1-4, 1 Cor. 11:1-16
- Weeks 9 + 10** 6. *Our Social Life:* Obeying the ordinances of man, cultural acceptance and
Hygiene.
1 Pet. 2:11-17, 1 Tim. 2:1-4, 1 Cor. 11:1-16, 1 Cor. 6:17-20
- Weeks 11 + 12** *Our Ministry Life:* We need to be in ministry and exercising our gifts.
Rom. 12:3-16, 1 Pet. 4:10

If we are not maturing in these areas, our spiritual lives will not be mature.

MENTOR'S WORKSHEET

Mentor: _____

Resident: _____

Date: _____

Check days that resident has completed in his Journal:

_____ Monday _____ Tuesday _____ Wednesday _____ Thursday _____ Friday _____ Saturday

Completed this week's ministry task: _____ Yes _____ No

Comments:

This week's goal for resident:

Other Comments:

