



MtSM Transformation Housing Outline of Phases:

Phase 1 - Self Care - First Month

Resident will find a Christian **mentor** to meet with weekly or a 12-step Sponsor. Someone to help hold them accountable. Someone to listen and give advice as issues arise. We can assist in finding a mentor if needed.

Resident is responsible for arranging weekly meetings with mentor.

Attend a church service weekly with house leadership.

Participate in household chores and meetings.

Resident will attend MtSM Connect Night and Quarterly Basic Life Skills class.

Attend two 12-step or Self Help meetings each week.

Resident will be expected to attend weekly inner healing sessions for the first month.

*During the first seven day, the resident is not allowed to leave the property unless going to church, a meeting, or essential appointment, and must be accompanied by a staff member or approved resident.

Learning to live life outside of addiction:

Self-care - nutrition, exercise, good sleep habits

Environment - taking care of the space around me

Taking care of Legal Obligations

Creating goals and dreams

Taking care of any health issues

Community Living & What is expected:

Personal responsibilities and team work

Attitude and outlook adjustments

Allow staff and housemates to speak into my life and hold me accountable

Work the program.

Attend weekly house meetings

By signing this document, I am agreeing to meet the commitments listed above as written out for Phase 1 of MtSM Transformational Living.
If I successfully complete these commitments, I will advance to Phase 2.

Completion Target Date: _____

Resident Signature & Date _____

Staff Signature & Date _____

Staff Member,
Use this space to make any notes to individual program adjustments and other thoughts.

Phase 2 - Stepping Out (Months 2 - 8)

In this phase of the program the resident will begin the process of “real life”. This is the opportunity to begin college classes if that is what they would like to do. Part-time or full-time employment becomes a reality. While the resident begins life on “the outs”, they still have the safety and boundaries that our program offers to help keep them on the right track.

What is expected of the resident:

- Continue meeting weekly with MtSM Leadership
- Continue meeting weekly with mentor
- Continue weekly church service of their choice
- Continued participation in household chores and activities
- Continued 12-step & Self Help meetings twice a week.
- Continued MtSM Connect Night (at least one a month) and Quarterly Life-Skills class

Life outside of addiction;

- Continue with routine of self-care, maintain good sleep habits, health maintenance, and legal obligations
- Environment - taking care of the space around me
- Evaluate Goals and Dreams created in Phase 1

Community Living: Continued from Phase 1

- Personal responsibilities and team work
- Attitude and outlook adjustments
- Allow staff and housemates to speak into my life and hold me accountable
- Work the program
- Attend weekly house meeting

New in Phase 2 - (MtSM has resources to assist you with the part of the program.)

- Begin and finish The Genesis Process
- Resume writing - Networked outside of ministry
- Mock Interviewing - class taught by Work Source
- Finding Employment - Networked outside of ministry
- Enrolling in school (personal choice)
- Budget Writing and begin paying off any outstanding debts - connect with financial counselor
- Establish a savings and checking account.
- Volunteering in your community or place of worship.
- Making wise choices of who to spend time with outside of the MtSM house
- Assist new residents entering into program
- Use the tools learned in Phase 1, Genesis Process & Healing Sessions
- Be aware of any substitute addictions or triggers and deal with accordingly

By signing this document, I am agreeing to meet the commitments listed above as written out for **Phase 2** of MtSM Transformational Living.

If I successfully complete these commitments, I will advance to Phase 3.

Completion Target Date: _____

Resident Signature & Date _____

Staff Signature & Date _____

Staff Member,

Use this space to make any notes to individual program adjustments and other thoughts.

Phase 3 - Preparing to Launch (Months 9-12)

In this phase of the program the resident begins planning their move out of the MtSM home.

At this point, the resident should be established in a job.

Resident should be living within their budget created in Phase 2.

Tools learned in Phase 1 & 2 should be habit.

New and healthy relationships, life-skills and habits should be formed.

It is our goal to launch the resident to success by their being prepared emotionally, spiritually, legally, financially and physically to live life successfully outside of the walls of MtSM.

It is our prayer that once the resident moves out, the schedule, routines and other useful tools learned in the home will remain part of the life-style of the former resident.

MtSM will assist the resident in securing a safe place to live if needed.

Until the resident moves out the resident shall...

Continue bi-weekly meetings with MtSM Leadership

Continue meeting weekly with mentor

Continue weekly church service

Continue weekly volunteer service

Continued participation in household chores and activities

Continued MtSM Connect Night (at least one a month) and Quarterly Life-Skills Class.

Continue once a week 12-Step Program

Life outside of addiction: Continued from Phase 1 & 2

Continue with routine of self-care, maintain good sleep habits, health maintenance, and legal obligations

Environment - taking care of the space around me.

Maintaining job and or school

Maintaining budget

Maintain saving and checking accounts

Making wise choices of who to spend time with outside of the MtSM Home

Continue goal setting conversations

New in Phase 3

Transitioning out of MtSM housing and looking for next residence.

Continued Community Living:

Personal responsibilities and team work

Attitude and outlook adjustments

Allow staff and housemates to speak into my life and hold me accountable

Work the program

Attend weekly house meetings

Assist new residents entering into program

Use the tools learned in Phase 1 & 2

Be aware of any substitute addictions or triggers and deal with accordingly

By signing this document, I am agreeing to meet the commitments listed above as written out for Phase 3 of MtSM Transformational Living.

If I successfully complete these commitments, I am ready to move out and live a life committed to honor God, myself and others.

Completion Target Date: _____

Resident Signature & Date _____

Staff Signature & Date _____

Staff Member,

Use this space to make any notes to individual program adjustments and other thoughts.

Revised May 17, 2018