



Women's Information & Application Packet

Teen Challenge Residential Recovery

Teen Challenge Adult Women's programs are minimum one-year residential recovery programs designed to assist individuals with life-controlling problems. Teen Challenge Adult Women's programs consists of two phases referred to as Induction and Training. A Re-entry phase is optional. Induction and Training phases are required for program completion. During the Re-entry phase, a student will obtain outside employment but will continue to live on campus, pay rent and be held accountable to program rules. Re-entry students will also have the opportunity to take high school courses and complete their GED.

Admission

Each student must complete the admissions process with our Regional Admissions Department. Students are required to complete a phone interview prior to acceptance into a program. Upon acceptance, students will be placed into a Women's Center according to available bed space. **Please be aware that no phone calls or letters will be allowed for at least the first 21 days of the student's enrollment. After the 21 days, communication will only be permitted with those verified and approved.** To contact the Regional Admissions Department, call **1-855-934-4673**.

Physical Health

We suggest that potential students have a physical exam prior to entering Teen Challenge.

We require that potential students be tested for the following before entering the program:

RPR, HIV, HEPATITIS A, B, C, PREGNANCY AND TUBERCULOSIS
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All set doctor appointments must be done before entry into the program. All dental issues should be addressed and taken care of before entry into the program. We recommend all pre-existing medical issues be resolved, if possible, before entry into the program. Students with serious medical conditions, i.e. COPD, uncontrolled BP, or any condition that requires constant medical care or monitoring will be evaluated on a case-by-case basis and may be referred to a program that can better facilitate their needs.

Identification

State issued picture identification upon entry.

The Teen Challenge Culture

A Message to Students

We are pleased that you are considering Teen Challenge to begin your recovery from addiction! Teen Challenge is one of the most successful faith-based recovery support programs in the world; we attribute our success to our foundation in faith. We believe that true change comes from what God can do on the inside of us. If you are interested in faith-based recovery, Teen Challenge is the place for you. **All of our classes, counsel, and environment are rooted in a belief in God and values found in the Bible.** We are serious about faith-based recovery because it has provided the most successful care available for overcoming addiction and beginning a new life.

Teen Challenge is a “Culture of Responsibility.” Our basic premise is that one must assume responsibility for his or her own life. You must own the responsibility for your thoughts, choices, and life patterns. Difficult experiences can contribute to life-controlling addiction but cannot be a reason for remaining in addiction. **At Teen Challenge you will take a responsible look at your life so healing can occur and important lessons can be learned.** Your negative experiences do not need to dictate your future.

Coming into Teen Challenge can be difficult at first. When drugs and alcohol wear off and you find yourself away from all that is familiar, a variety of emotions can be experienced. Feelings of anger, pain, guilt, homesickness, or even being trapped can creep in on you. As badly as you know you need to begin this journey, this “internal war” can be most difficult. Experience tells us that once an individual passes through this initial struggle they will adjust to the program.

You have probably had moments where you wanted things to be different but were unable to break the cycles of addiction. We are determined to help you get your life back. **No one can lead your life but you; we want to help you become that responsible leader!**

A Message to Families

Families will need to be strong. We must shut the door on every excuse to leave the program prematurely. As brave as the student may appear, fears of facing the challenge of changing their life are real. The family’s natural instinct is to relieve pain, but there is no growth without it. We need families to stand strong as we help the student take a hard look at their life. Teen Challenge must have the family’s support throughout the process

of change. Whenever they communicate pain, encourage them to stay the course and refuse to support a departure from the program. **You must not continue to assist your loved one in making poor decisions. That is not love; it is co-dependency.**

When you have questions about what is communicated to you from your student through phone calls or letters, **please contact us**. We want you to have proper perspective as we assist your loved one toward recovery from the devastation of addiction.

Teen Challenge Culture – a Culture of Responsibility

God wants us to know freedom from addiction and destructive behavior. While the world promises freedom outside of God's established boundaries, this road leads to entrapment and a life out of control. It is Teen Challenge's desire to help you take back that control. Regaining control begins when you allow God to change your heart and continues as you learn to live responsibly. There will be some pain in the change as we begin to assume responsibility for our thoughts, choices, the company we keep, the places we go, how we treat others, or react to mistreatment. In this "Culture of Responsibility," all of our excuses begin to go, but the internal adjustments we need to govern ourselves, honor God, and respect our fellow man will follow in their place.

Teen Challenge creates an environment where you can experience God. Seeing life as God sees it will begin the growth process. Here you will establish new boundaries and enjoy the freedom that comes from living within them. This is the time and the place where you can face your fears, your failures, and your disappointments. You can become all that God intended for you to be. The following are some of the outlines some of the components that make up a responsible culture.

Components of a Responsible Culture

1. **Reverence for God – Living out God's Word and gaining His perspective on all things.** This is where order begins to come into our lives. It all starts with learning God's Word. From God's word we learn:
 - **That God has a plan for our lives.** We're not on earth to just eat, drink, and be merry. God has a higher purpose for us than coping with our addiction. You will discover God's plan for your life as you journey through the program.
 - **How God feels about things.** When we see how God feels about things we begin feeling different about the way we've been living. This brings conviction into our lives and lets us know we are accountable for our behavior.

- **God can forgive anything that I've done.** God wants to remove the shame you feel from the things you've done. You haven't gone so far that God can't reach you.
2. **Respect for others – Honoring others' boundaries to establish meaningful relationships.** There can be no true relationship without respect. To respect is to feel or show honor or esteem for others. We can learn to respect the boundaries that others set and have meaningful relationships. We can also discover the value of respecting our leaders and remaining under the protection their counsel provides.
 3. **Repentance – Learning to admit, "I'm wrong" and having the desire to be changed.** Many of us work hard to stay in a state of denial when it comes to facing our problems. To admit being wrong would be to admit defeat. This is one battle you must lose. The refusal to face your "self" will mean the continuation of failure, disappointment, and broken relationships. The road to freedom will begin as you become painfully honest with yourself. When we are honest, the power of God comes to make things right.
 4. **Retribution-the reward for right behavior and correction for wrong.** There are always consequences for our behavior whether they are immediate or not. The good times should always be good and the bad times always bad. To cushion the consequences of our choices denies us vital self-governing information. We fully expect that you will have some negative behavior while at Teen Challenge. In the past, you may have had enabling relationships that allowed you to continue your negative behavior or a co-dependent relationship where someone else felt responsible for your addiction and refused to confront your behavior. In Teen Challenge's "Culture of Responsibility" you will be held responsible to face your actions. It is our belief that when you have no place to put the blame but yourself that you will see the need to ask God to help you change.
 5. **Restitution – Learning to make things right when you've been wrong.** This may involve returning property you have stolen or agreeing to repay someone for damages you have caused. Learning to confess to others and make things right is essential to clear our hearts and minds for a new way of living. Having to clean up after yourself helps to train the heart to do what's right in the future.
 6. **Restoration – Learning to ask for forgiveness, having a willingness to forgive others and the commitment to rebuild trusting relationships.** Where you have people, you will have differences. The program will provide opportunities to apply

restoration principles. Learning to grow through our differences will prepare us for lasting and meaningful relationships once we return to society.

7. **Rejoicing – Celebrating God’s favor that comes from living out these principles.** Once you embrace the culture, there will be plenty of reasons for celebrating. As you believe and embrace these principles you will discover God’s presence in your life. The evidence of God’s presence in your life will help you know that you belong to God. Knowing that you are not alone makes it easier to trust that you can become all that God has intended for you to be.

Program Narrative

Students have the opportunity to participate in:

- **Group & Personal Education Studies**
 - Character Development
 - Goal Setting & Time Management
 - Biblical Studies
 - Life Skills
- **Small Group and Pastoral Care**
- **Student Leadership Program**
 - Develop Leadership Skills
 - Master Supportive Roles
 - Learn Conflict Resolution
- **Job Skills Development**
- **Chapel Services and Church Attendance**
- **Internships**
- **Recreation**

Participation Will Result In:

- **Acquisition of knowledge**
- **Integrated changes in attitude, perspective, and values**
- **Behavioral changes evidenced by character development**
- **Relationship reconciliation**
- **Measurable academic growth**
- **Positive and productive work ethic**

What to Bring

Please have the following items available as you enter Teen Challenge:

1. Test results or money for blood work.
2. State issued picture ID
3. Positive attitude.
4. Personal money (if allowed) for personal needs.
5. Clothes hangers and a water bottle.
6. A Bible, notebook, paper, pens, pencils.
7. Postage stamps and envelopes.
8. Clothing for church, class, work duties, and leisure. **No visible backs, bellies, butts, breasts (cleavage included), or bras and underwear.** Ranges given below are specific requirements as well as limitations. You must bring the minimum amount and no more than the highest amount of each item below and items, including hygiene products, must not be masculine in nature:
 - 3 – 5 Dress shirts (1 Shirt must be white for Church Rally)
 - 2 – 4 Dress pants (1 pair must be black for Church Rallies)
 - 1 – 2 Dress skirts (must reach your kneecap when standing)
 - 1 – 2 Dresses (must reach your kneecap when standing)
 - 2 – 4 Camisoles or undershirts
 - 2 – 4 Pair of loose-fitting jeans
 - 1 – 3 Pair of loose-fitting shorts (no shorter than 2 inches above kneecap) or capris
 - 3 – 4 T-shirts (no secular musicians, foul language, suggestive or offensive images, i.e. skulls, etc.)
 - Appropriate numbers of socks, black dress socks, bras, underwear (**No Thongs**)
 - 1 Pair of black flats required for rallies
 - 1 Pair of flip-flops
 - 1-2 of each kind of shoe: sneakers, sandals, dress (heels must be 2 inches or less)
 - 2 Modest nightgowns or pajama sets (worn with bra unless robe is worn)
 - 1 One-piece swimsuit to be worn with swim shorts
 - 1 Pair of swim shorts (no low cut)
 - 2 – 3 Sweatshirts / sweaters (include at least 1 dress sweater)
 - 1 Warm jacket
9. Personal Hygiene items (soap, shampoo, toothpaste, deodorant, shaving cream, razors)
10. Laundry supplies (detergent, fabric softener sheets – no bleach or fabric softener liquid).

11. 2 of each: Towels, washcloths, bed linens (single), plus one pillow with case and comforter
12. Toiletries – toilet paper, feminine products
13. Medical and dental insurance information (if applicable)
14. Copy of marriage certificate (if married). This is required for visitation with spouse.
15. Court Orders (for students with legal proceedings).
16. Psychological and criminal profiles must be addressed prior to entry.

If any of the above items are unavailable to you, let us know. Teen Challenge may be able to provide them.

DO NOT BRING THE FOLLOWING ITEMS:

Food, drugs, iPods, mp3s, secular movies, literature or music, magazines/newspapers, radios, gum, tobacco, drugs, alcohol, weapons, cellular phones, pictures of adults of the opposite sex who are not immediate family members, products containing alcohol (unless it cannot be opened). **LEAVE THESE ITEMS AT HOME. ANY OF THESE ITEMS IN POSSESSION UPON ENTRY WILL BE CONFISCATED AND NOT RETURNED TO YOU.**

Family Day

Recovery is a family process; therefore, Family Day takes place on the **last Sunday** of every month. In order to be eligible for visitation or passes on Family Day, families must attend the scheduled morning events, which includes a worship service, family teaching(s) and scheduled graduations.

Procedure for Departing Students

Students deciding to leave during business hours:

- Will be processed between 9:00 AM – 5:00 PM.
- We are **NOT** required to give you a phone call.
- Will have a family member or designee contacted by Teen Challenge Southeast Region to inform them of the student's decision to leave the program.
- Will be transported by Teen Challenge Southeast Region to the bus station or local shelter.
- Are required to take all of their belongings at the time of departure. Teen Challenge Southeast Region will not send the belongings at a later time. Any item left behind becomes the property of Teen Challenge Southeast Region.

Students deciding to leave after business hours:

- Will be responsible to secure their own transportation.
- We are **NOT** required to give you a phone call.
- Will have a family member or designee contacted by Teen Challenge Southeast Region to inform them of the student's decision to leave the program. Teen Challenge Southeast Region chooses to communicate at the time of the departure when possible, but no later than the next business day.
- May remain until the next business day providing their attitude is cooperative.
- Those who are uncooperative will be asked to pack their belonging and depart the campus immediately. They will be responsible for their own transportation.
- Are required to take all of their belongings at the time of departure. Teen Challenge Southeast Region will not send the belongings at a later time. Any item left behind becomes the property of Teen Challenge Southeast Region.

Students refusing to leave:

- Any student refusing to leave the premises when dismissed will be removed by the local sheriff.

Teen Challenge Southeast Region makes every effort to accommodate a student's departure during office hours. We will not allow the student's choice to leave the program after hours alter the program schedule for other students or become the crisis of Teen Challenge Southeast Region.