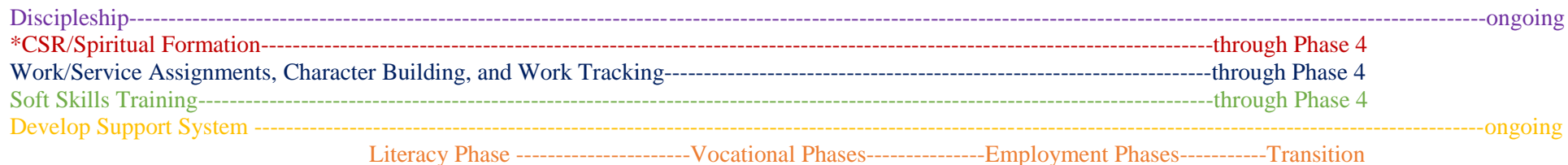


## Real Change Long-Term Program Time-line: Fort Wayne Rescue Mission

| Pre-Phase (Orientation/Assessment)          | Phase 1 (Discipleship/Recovery)       | Phase 2 (Growth)                     | Phase 3 (Vocational)                   | Phase 4 (Interdependence)            | Phase 5 (Transitional)  |
|---|---------------------------------------|--------------------------------------|--|--------------------------------------|---|
| Assessment (mental, physical, vocational)   | Exercise/Fitness                      | Exercise/Fitness                     | Exercise/Fitness                       | Continue step work/support mtgs.     | Volunteer weekly at TRM   |
| Orientation/Application                     | CSR Step Support Groups               | Literacy Assessment/classes          | Touchpoint                             | Begin employment                     | Continue wellness plan  |
| Alpha                                       | Small group therapy                   | Support groups                       | Life skill training (T.H.)             | Secure savings (3 months)            | Maintain stable employment  |
| 7 Habits (of Highly Effective People)       | Financial Literacy                    | Financial Literacy                   | Complete life story                    | Secure housing/transportation plan)  | 3 month of case management  |
| Touchpoint/Diamonds in the Ruff             | Redemption/Recovery Tools             | Redemption/Grief support             | Volunteerism                           |                                      | Support meetings in community   |
| Vocational training (TRM)                   | Vocational training (TRM)             | Vocational Training (T.H)            | Formal Vocational Training             |                                      |   |
| CSR (Intro. to 12 Steps)                    | Parenting (individualized)-ongoing    | Changes That Heal                    |  |                                      |   |
| <i>Move to Phase 1</i><br>(Approx. 1 month) | <i>Move to Phase 2</i><br>(4-6 weeks) | <i>Move to Phase 3</i><br>(4 months) | <i>Move to Phase 4</i><br>(2-4 months) | <i>Move to Phase 5</i><br>(3 months) | <i>Commencement Ceremony if desired</i><br>(3 months) <b>Total 14-18 months</b> |



The Long-Term Program of The Rescue Mission seeks to: 1) connect people to a saving relationship with Jesus Christ, 2) to renew healthy relationships with others and, 3) to renew a positive relationship with one's self. It does so by utilizing various tools, such as the Alpha course, 12-step recovery, Responsible Thinking, 7 Habits of Highly Effective People, Changes that Heal, problem solving, Bible studies, career preparation, and one on one, as well as group encounters where real-life issues are fleshed out.

\*The process of this program begins by enabling residents to understand the human problem from a Biblical worldview, thus bringing light to the fact that a spiritual problem needs a spiritual solution. Being separated from God is shown to be the core of our problem with the result of being in chains to self and every destructive way of life. Jesus Christ is the solution, and to yield our lives to Him (Step 3) is what brings us back into union with God. From there we seek to identify all the areas of life that are out of line with who God is and who He has called me to be (sin). Through speaking openly of these things with a step partner, one begins to understand that only God can remove these defects of character and heal the soul. The journey then continues to the process of making amends with those whom they have wronged, as residents learn to bear fruit worthy of repentance. The final phase seeks to help residents establish open relationships of accountability, a devotional life, a church home, daily work and ways to begin living in service to others.

### Timeline for Short-Term Program

#### Restoration House/Charis House (Approximately 3-6 months)

Month 1-2: Register at Work One, attend TRM vocational training, Blue Jacket, and/or LSSI, apply for childcare, provide documentation of searches to CM

Month 3-4: Continue job search/training, provide list of housing options/search to CM, secure transportation (**consider long-term referral if not successful**)

Month 5-6: Residents to secure finances for housing and transportation



\*CSR = Common Solutions Recovery