



2041 Route 105

Sheffield, NB

E3A8H8

Telephone: (506) 357-9596

Fax: (506) 357-9668

Dear Friend,

Thank you for your interest in our program at Samaria House. While it is our desire to give you as much information as possible in our packages, we understand that there may be further questions or explanations that we have not considered. Please feel free to contact us with any further questions or concerns that may arise.

We are developing and upgrading our program on a consistent basis to give you the best assistance that we can in your personal recovery. We pray that when you leave our facility your life will be changed forever.

It is our pleasure to serve you and your family. Our ministry works in the community as well to assist you with the transition from being in the facility to beginning a new life in society.

You may contact us for any further information at the address below.

Sincerely,

Olive Raymond
President
God is Able Ministries Inc.

2041 Route 105

Sheffield, NB

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Telephone: (506) 357-9596

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....whoever drinks of the water I give shall never thirst, indeed, the water I give him
will become in him a spring of water welling up to eternal life. John 4:13.



INTRODUCTION

Samaria House is a twelve month residential program for women choosing to overcome various addictions and/or other negative, life altering behaviors. It is located on 175 acres of prime farmland fronting on the beautiful Saint John River, approximately 20 minutes south of Fredericton, New Brunswick.

Although we are first and foremost a Christian based organization, our program offers a very holistic approach in teaching women to learn and develop healthier lifestyles. Spiritual, physical, emotional, intellectual, social and educational needs are encompassed during the program. The women live in a renovated farm house that has capacity for eight women, with the idea of creating an atmosphere where they learn to be part of a healthy, functional family.

Supervision is provided on a 24 hour basis by either a house parent(s), staff member or approved volunteer. It is the duty of the house parent(s) to oversee the in-house, evening and weekend activities. Programs are delivered by a social worker with a number of approved volunteers.

During the week, days are structured to incorporate devotions, class studies, exercise, animal therapy, mission work, life skills and self care. The majority of the program work is done in the class room, which is one of the annex buildings. Mission work may be done either on the property or in the community dependent upon the stage of the program in which the participant is and her personal development at that point.

No resident is ever permitted to leave the premises unescorted during her first nine months. If she chooses to do so, even for a brief time, we assume that she has chosen to leave the program and is not allowed to re-apply for 60 days. This is for the safety and protection of our community, the resident herself, as well as the other residents.

It is not required of a woman entering the program to be of the Christian faith; however she must agree to participate in all activities including prayer, Bible study and Church services as part of the curriculum. We are non-denominational, therefore a woman may go to any Christian faith based church providing we have an approved volunteer of that church to transport and supervise her.

Our goal is to equip these women to return to society as healthy individuals, ready to be an asset rather than a detriment. As we prepared to open our facility we visited like minded centers such as Teen Challenge (a worldwide organization) and Walter Hoving Home (Garrison NY). These facilities have both been in operation for over 40 years and operate with a very high success rate. We have implemented much of their program structure but developed our own holistic approach. Recognizing that every individual comes with different needs, the development of our program is an ongoing process as we are striving to determine the best approach for each individual while maintaining structure and continuity. While we understand that our program is not for every woman, we believe that if the desire to change is evident, this program will be successful for those who choose it.

PHILOSOPHY

If women are to be successful in their addiction recovery it is necessary for them to remove themselves totally from the unhealthy environment and unhealthy relationships that contributed to their addictive lifestyle. They need to completely change their thinking, surroundings and lifestyle. This means unlearning old habits and learning, developing and implementing new ones. Because of the total lifestyle change that is required it is essential that they have time to make the necessary changes. Through our Outreach Work and Prison Ministry we have found evidence that short term (four months and under) rehabilitation is inadequate in providing women with the time to learn and develop the skills they need to live independently from their social realities. It is for this reason that we have developed the 12 month program and in some instances a longer term may be necessary. If we feel that an individual needs a few months longer before they are ready to go out into the community we will allow them to stay for a longer period. This period is not usually longer than 6 months as they can then become "dependant" upon the program.

Important to this change is the significant connection between addiction recovery and wellness of mind, body and spirit. In addition to learning to live well is the importance of dealing with the impact of their addiction on their lives through twelve step work.

Essential to the whole process is learning to know and trust God and to depend on Him. Because knowing and trusting God is essential to Spiritual Wellness it is important to schedule time to develop the habit of individual Bible Study and prayer time in their daily schedules. To further grow in their faith and connect with a positive group which will be part of their support system in society, the women are required to attend two church services on Sunday. To maintain structure and continuity, important to recovering addicts, women are required to attend the same church for the morning service but can choose different churches for the evening service.

During the week the women attend 12 Step for women and/or other group meetings such as ALPHA in the community. All such groups are attended with supervision from our home. The women are NEVER left alone in these groups. Community groups are important to ensure that the women remain connected with the community for reintegration.

TEACHING PHILOSOPHY

We have adopted Dr. William Glasser's Reality Therapy theory that all human behaviour is driven by five basic needs:

1. Love and Belonging
2. Freedom
3. Power
4. Fun
5. Survival

If the individual's five basic needs continue to be unmet the imbalance in his/her life areas will become even more skewed, increasing the need to relieve the discomfort of these unmet needs. At this point the individual is at risk to turn to potentially addictive substances and/or behaviours. Once they choose the addictive behaviour and/or substance they compound their inability to meet their basic needs. Their social relationships and environment adjust to meet the needs of their addiction and

they become entrapped in a vicious cycle of addiction, unhealthy relationships, unhealthy social environment and increasing levels of unmet needs.

Adults learn better when they use as many senses as possible in the learning process. Recovering addicts have the additional challenge of memory and focus. Therefore, it is important to use variety in the teaching process and to create as many experiential learning opportunities as possible.

Equally important to helping recovering addicts adjust to structured study is creating a comfortable learning environment that is not structured in the traditional way. The transition from chaotic life of addiction to classroom is not conducive to a structured five days of classroom study. It is necessary to create a natural break that still allows learning to take place. By implementing a self care afternoon in the middle of the week, learning continues but is more relaxed and more manageable. Learning and discovering habits that nurture their bodies will increase their experience of physical well being. Learning and exploring ways to spend their leisure time increases their ability to handle leisure time without drugs. Spa activities such as massage for example, address the need to release tense muscles. It also is very healing for women that have experienced abuse to experience healthy touch. It helps break down trust barriers and helps them believe that the program is designed to meet their needs.

As important as self care, is learning to switch focus from self to others. Focusing the program exclusively on the individual's issues can become overwhelming and can lead to depression. To create a natural switch the program schedule includes time slots for the purpose of maintaining the premises, caring for farm animals or helping with the food bank, furniture bank or flea market. Addiction robs people of their self respect, sense of shared responsibility for their family, friends and community, ability to maintain a job and establish good work ethics. These mini projects have the potential to address these needs and to prepare them to be more productive citizens in the community.

Admittance is ongoing, meaning each woman will likely have a different start and end date. To accommodate this difference, group work covers general addiction and life skill issues. Individual work deals with individual twelve step work, social and emotional issues. Individual work is done through assigned readings, personal time, and one counseling session per week. Group work is done through videos, lectures, discussions and role playing. One afternoon a week is devoted to teaching self care through lectures, discussions, spa and leisure activities.

Although our work with the women covers a magnitude of areas a certificate is not provided upon completion of any particular course or skill. Instead we attempt to instill the implementation of the learned skill or behaviour rather than focusing on the credential. There are no written examinations but women are required to submit book reports and open paper/book questionnaires after some teachings. All of these materials are kept in their personal binder. This gives them an opportunity to reflect on the materials they have learned as well as a sense of accomplishment.

ADMITTANCE PROCEDURE

Admittance must be a personal choice. Referral can come from any source but must be requested by the woman herself. We do not accept court mandated clients unless the woman requests that Samaria House be a part of her sentence.

Upon completion of an Application for Admittance and Medical Form an interview will be set up with the individual to assess whether or not she understands the program and the suitability to her needs. Although we do understand that it is difficult for anyone to commit to a twelve month program we don't want to waste valuable time and space for someone who needs and wants to be in the facility. Therefore, we ask that she commit to a 30 day assessment period which gives both the participant and the home a time to determine if each is suitable for the other. Assessment then will be every five to six weeks to determine goals, progress and any problems that need to be addressed.

All forms must be completed before entrance to the program. A monthly fee of \$350.00 is charged which covers room, board, and transportation to appointments, books and school supplies. Most women can apply for assistance through short term medical disability during their stay. This form must accompany other forms upon entrance if this is to be the method of payment. Other than emergency visits all doctor and dental appointments must be scheduled after the 30 day assessment period.

Our policy is to provide our clients with a drug free environment. Therefore we do not allow smoking patches, methadone or any mood/mind altering medications. Only medications such as those taken for heart, diabetes, thyroid, etc. are permitted. If a woman is using a medication for depression for example and decides she wants to enter the program, she must provide a letter from her doctor stating that it would be safe for her to stop taking this medication. This is for her safety as well as the other women in the program. All addictive substances (other than cigarettes) must be detoxed for 10 days before entering our facility.

Personal items may accompany the individual, however, since rooms are shared with another resident space is limited. Inquiries as to what and how much to bring will be covered during the interview process.

If an individual is interested in applying to our program she may contact us by the following methods:

Write to us at:
God Is Able Ministries
2041 Route 105
Sheffield, NB
E3A 8H8
Attn: Admittance

Or email: olive@godisableministries.com
Telephone: 506-357-9596
Fax: 506-357-9668

Program Phases

There are four phases in this program. The shortest phase is the first thirty days of residency. The second phase is of three month duration and the following two phases are four months each. The purpose of these divisions is to group women into different levels of healing, minimizing the division between women that are entering and leaving the program. Topics for general group discussion in each phase will be delivered on a continuum basis. A number of books are assigned to each phase. Individual reading assignments will be based on individual need. For example, some women will have been married or in a relationship with children while others may be single with no children. Some may be confident, others not so confident. It takes approximately five weeks to complete one book of study materials. There are no tests however a short book report is required at the end of each book. Occasionally there will be an open book questionnaire on a book or topic where resource material is supplied. Book discussions regularly follow book reading.

PHASE I: EMPHASIS IS ON STABILITY AND ASSESSMENT

ASSESSMENT

The first phase is for one month. In this phase a woman is asked to evaluate what the program has to offer and decide if the program is a good fit for her needs. It is also a time for staff to assess if the woman is appropriate for the program. Appropriateness is based on the woman's readiness for change, willingness to follow the program, and ability to cooperate and live with other women in the home. The women will also be assessed for emotional wellness to do the program, suicidal ideation, acknowledgement and understandings of their level of addiction and for their recovery goal plans.

STABILITY

Stability is achieved through regular meal times; designated times for getting up and going to bed; through scheduled programming; and through participating in meal planning, meal preparation, and general household duties. Teaching and supervision is provided as required. For women who wait until the last minute to quit smoking before entering our program, counseling is available for dealing with any withdrawal symptoms and understanding triggers. A smoking cessation survival kit is also provided. We do not allow women to use any medicinal patches to quit smoking. Relaxation, nutrition and stress management are taught in the classroom. Women are required to participate in daily scheduled exercise activities from Monday to Friday. They are also required to attend one counseling session per week.

PHASE II: EMPHASIS IS ON PHYSICAL, INTELLECTUAL AND EMOTIONAL WELLNESS

The second phase consists of months 2, 3 & 4. Second and first phase women are grouped together. Stability and adjusting to schedules and routine continue into the second phase.

Topics covered in Phase I and Phase II are:

- Addiction Recovery
- Nutrition
- Relaxation
- Good Sleep Habits
- Abuse/Rejection /Victimization

- The Power of Self Talk
- Anger Management
- Stress & Anxiety Management
- Problem Solving
- Learning the Importance of Spiritual Wellness

Ladies must complete all topics before leaving phase two.

Phase I & II Resource Books

1. Beauty For Ashes
2. Battlefield of the Mind
3. Managing Your Emotions
4. Be Anxious for Nothing
5. True Identity Bible: Today's New International Version
6. Health Hazards of White Sugar
7. Pamphlets/Papers:
 - (a) A Matter of Fat
 - (b) Canada Food Guide
 - (c) Carbohydrates
 - (d) Quitting Without Gaining
 - (e) Nutrition Tips for Ex-Smokers
 - (f) Try to Shake the Salt Habit

PHASE III : EMPHASIS IS ON PHYSICAL & SOCIAL WELLNESS

Phase three consists of months 5, 6, 7 & 8.

Topics covered in Phase III are:

- Nutrition
- Exercise
- Relaxation
- Communications Styles: Assertiveness/Bullying/Power of Words
- Boundaries
- Evaluate Personal Relationships
- Control Issues
- Conflict Resolution
- Giving and Receiving Love
- Healthy Versus Unhealthy Relationships

Roles We Play: rescuer/victim/ bully/nurturer/supporter/clown/controller /mediator

Resource Books for Phase III:

1. Approval Addiction
2. Boundaries in Marriage
3. Boundaries: When to Say Yes, When to Say No to Take Control of Your Life
4. Bringing Up Kids Without Tearing Them Down
5. Me and My Big Mouth
6. Teenagers Are People Too
7. The Control Freak: Coping With Those Around You
8. Reduce Me to Love
9. What to Expect: The Toddler Years

PHASE IV: EMPHASIS IS ON SELF ESTEEM, CONFIDENCE & READINESS FOR COMMUNITY

This phase is months 9, 10, 11 & 12.

Topics covered are:

- Self Esteem
- Self Confidence
- Goal Planning
- Accessing Community
- Decision Making Skills
- Ending and/or Rebuilding Relationships
- Responsibility for Self and Others
- Defining Self

Resource Books for Phase IV:

1. Fight Like A Girl
2. How to Succeed at Being Yourself
3. Look Good Feel Great: 12 Keys to Enjoying Healthy Living
4. Secrets to Exceptional Living
5. The Power of Being a Woman

Throughout all phases the following books supplement participation in support groups and home devotions:

1. The Twelve Steps: A Working Guide for Healing Damaged Emotion: Revised Addition RPI Publishing Inc. 1988, 1994
2. A Daily Choice: Overcoming Life-Controlling Problems Charles and Sharon Burton 2000
3. The Twelve Steps For Christians - Friends in Recovery 1994
4. God's Way Day by Day - Dr. Charles Stanley 2004
5. From Faith to Faith: A Daily Guide to Victory - Kenneth & Gloria Copeland 1992.

Application for Residency to Samaria House

Instructions: Please Print

- Please read and complete each question in full. If questions are not applicable please enter N/A. Incomplete or misleading information may result in rejection of your application and/or dismissal from our program.
- Upon completion of the questions please read and sign the Statement of Agreement, then forward your application by fax or mail.

First Name

Middle

Last

Current Address

Emergency Contact

Their Address

Telephone

(Home)

(Business)

Medicare or Health Card No

Province of Card

Are you a Canadian Citizen?

Place of Birth

Do you fluently read and write English?

Height

Weight

Eye colour

D.O.B.

Marital Status

Do you have any children?

How Many?

Why are you applying to Samaria House for help?

Who referred you to us?

Phone No.

Describe your lifestyle concerning drugs and alcohol during the past three years:

Are you currently on any medications?

If so, why? Please give details

Do you have or have you ever had a psychiatric condition?

Do you have a history of violence?

Are you currently incarcerated? Why, and what is your release date?

Do you have any outstanding warrants for your arrest? If so, for what?

Do you have any pending court cases? If yes, what for and when?

Are there any restraining orders against you?

Do you have any physical disabilities that would prevent you from participating in the entire program?

Statement of Agreement

I _____ have read the Samaria House Family Guideline Booklet and hereby acknowledge my full understanding and commitment to co-operate with the rules of this residential facility. I further understand that a breach of these rules and/or principles will subject me to disciplinary action and/or loss of privileges and/or dismissal from the program.

Dated at _____ this _____ day of _____/_____

Witness Signature

Applicant Signature

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Samaria House Family Member Guidelines



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FAMILY VALUES

It is our desire that our home be a place that is characterized by Christian principles and values, not rules. As family members we must love one another, demonstrate respect and cooperation, and meet the requirements, which are critical to our progress and effectiveness of the home.

These are our family values at Samaria Home:

- We will treat everyone with dignity and respect.
- We will not complain.
- We will always be part of a solution, not the problem.
- Our relationship will be guided by Corinthians 12: 12-27.
- We will support each one's potential and giftedness.
- We will give service and do everything with excellence.

ACCEPTENCE COMMITTEE

A prospective family member is a guest at the home for her first 30 days. Her acceptance into the program of our family is contingent on what is observed during this period. At the end of the month staff will evaluate with the woman if she is appropriate for the program and if it is appropriate for her. During this time she will also be able to evaluate if she wishes to continue.

BEDTIME

Ladies should be in their individual rooms by 10PM and lights should be out by 10:30 PM on Sunday through Thursday. On Friday and Saturday ladies are permitted

to stay up until midnight on Friday and 11PM on Saturday. Bedroom lights may be kept on later if both women in a room agree to it. You should not be in anyone else's room **at any time** since each group of ladies need their private space.

MONEY

For security purposes, all money in your possession should be kept in an account in the Business Office. The home is not responsible for money that is stolen or misplaced if it is not kept in an account in the office.

To have a cheque cashed, sign the back of the cheque, put it in an envelope, and write your name and the amount on the envelope. Leave this envelope with the Executive Director during designated times. Women may have their own bank account and have a choice of keeping small amounts of money in their room, **however the home is not responsible for any money lost or stolen from the woman's room.**

CHURCH

Attending church service is part of our family life in God. You will be required to attend a morning and an evening church service. You may attend the church of your choice provided your escort and transportation has been approved and arranged by the director.

CHRISTIAN SERVICES

As part of our family responsibilities, each family member is expected to do some house chores as needed. These requests are made on a rotating basis, and you cannot refuse house chores. If you are asked more than once in a day, it is because the person went down the list and had to ask you again; The house mother is responsible to pick family members for house chores. If there are schedule conflicts, each woman is responsible for arranging to switch with someone for another clean up that day. Each family member must let the house mother know of any switches. When being asked to do a house chore, remember, "BE NICE". Think about the response you give. It should be one you would like to receive.

COUNSELLING

It is our goal that instead of developing a dependence on an individual you will learn through our program a deep trust and dependence on Jesus Christ.

However, staff will be available for spiritual guidance and some counselling will be available to assist you with relapse prevention information, and to assist you to deal with personal issues and to make healthier life choices.

OUTSIDE APPOINTMENTS

All appointments are coordinated through the Business Office. For the purpose of arranging volunteer transportation and escort support, please notify the Director in writing at least one week in advance. There is a calendar on the wall which denotes all appointments and you should make sure that your appointment is written there.

DEVOTIONS

As a family member, you are required to participate, from Monday to Friday, in morning prayer with the house parents, volunteers and staff. Individual evening devotions will be done in your room.

DISMISSAL

The family can only be effective through the cooperation of all members. Sadly, on occasion, a woman may be asked to leave. If you are dismissed from the program, or if you decide to leave, you are to take all your belongings upon departure. Items left will become the property of Samaria House and will be placed with garage sale items in the garage sale building. The house mother is to be present in the room when a woman is packing to leave the program. You may reapply to the program after 60 days. Reasons for dismissal may include but are not limited to:

1. Smoking
2. Drug use
3. Physical altercations
4. Non compliance with case plan

PERSONAL BELONGINGS

All clothing items except coats must be stored in assigned dresser and/or in storage container under your respective bed. Outer wear clothing ie. boots, coats, shoes must be kept neatly in respective bedroom.

DOCTOR AND DENTIST APPOINTMENT

For the first three months there will be no doctor or dentist visits, unless it is a specialist appointment, or an emergency. All doctor appointments are made through the office. After you have completed three months, there is a limit of one appointment per month unless otherwise approved. You must have Medicare Card for your visits and health card for prescriptions. Medical files must be transferred to a doctor within the local area unless special arrangements are made with the approval of the Executive Director.

DRESS CODE

The dress code of all family members should be modest, feminine, clean and neat. You may wear a modest amount of jewellery. No body piercing allowed. When dresses, skirts, or shorts are worn, they should be knee length or below. No hoods or hats are to be worn in the house or classroom. Hair cuts and colors should be limited to every six weeks.

FINANCES

The monthly fee for staying at Samaria House is \$350.00. This money is non-refundable regardless of the reason for leaving. Please do not lend money to other ladies in the Home. It is a policy of Samaria House that no member of the staff is allowed to loan money to any resident. The Bible states the borrower becomes a slave to the lender. (See Proverbs 22:7).

FIRE SAFETY PROCEDURES

Fire Drills will be held every three months. In a fire drill or actual fire, these procedures must be followed to ensure your safety and that of other family members.

1. Walk; do not run to nearest exit.
2. If you are unable to exit via the hallway, close your door and exit using your window fire ladder.
3. Assemble in front of the Learning Centre and line up with your roommate.
4. Remain outside until instructed to return to the building.
5. Everyone must exit the building during the alarm.

No candles, matches, or lighters are to be in your room.

CHILDREN VISITATION

Children visitation is provided to give mothers an opportunity to re-establish their relationship with their children. These visitations will be evaluated on an individual basis and accommodations will be made with consideration to individual time completed in the home, individual situation and on the home's ability to accommodate the individual situation. Arrangements will be coordinated through the office. The office must be notified in writing one week prior to anticipated visit. Each mother will need to make arrangements through her social worker or the children's care giver to have the child / children brought to the home.

FAMILY VISITATION

Family visits ie. parents, husbands or other family members other than children under the age of twelve are not permitted during the first 30 days. This allows each lady to adjust to her new surroundings without influence from family members and helps her to decide if the program is right for her. This includes telephone calls other than emergencies. After the thirty day period these visitations will be evaluated on an individual basis and accommodations will be made with consideration to individual time completed in the home, individual situation, and on the home's ability to accommodate the individual situation.

LAUNDRY GUIDELINES

Each family member is responsible for her own laundry. Clothing left in the laundry room after your scheduled day will be taken for the home's garage sale building. Laundry is to be done during free time and according to the Home Laundry Schedule unless an exception is allowed by the house parent. See Home Bulletin Board for Laundry Schedule.

MEALS

Women must be present for meals Monday through Friday and Sunday. Being present during the first 15 minutes of meals is mandatory. Saturday is the only optional day in the regular day. No food or drinks, with the exception of water is to

be taken to your rooms. Only decaffeinated tea and coffee are permissible. Fasting is not permitted without approval.

MEDICATION

When you enter the program, your medication will be checked to ensure program acceptability. Only non-drowsy medications are permitted. All medications will be held in a secure place by the house parent(s) and made available when needed. The house parent will supervise you taking your medications.

MUSIC AND ENTERTAINMENT

You may listen to Christian music on your Walkman only during your free time. If you do not currently have Christian CDs or tapes please check with the staff and some may be available. If it is not to your liking you may purchase some on your next shopping day. All music must be approved. Please adjust the volumes to a level that does not disturb those around you, and so that you can hear others speaking to you.

TELEVISION/MOVIES

Television is available from 6PM to 10PM Sunday to Thursday. Any programs that you would like to watch that are not during these hours can be taped by the staff for viewing on the following night or weekend. An additional television is located in the laundry room area for taped programs that a family member may want to watch during regular TV time when others are using the main TV. All programs and/or videos must be approved by staff. Those containing bad language, sexual scenes or violence are not acceptable.

READING MATERIALS

All reading material must be approved. Only Christian materials or appropriate books may be purchased. Non-appropriate materials may include but are not limited to such things as horror, murder, pornography, etc.

PASSES

There will be no visits in a woman's first thirty days at Samaria House. Day passes and weekend or holiday passes are not permitted before the five month period. A pass request must be put in to the office at least two weeks prior to anticipated leave. Passes are approved on a case by case basis.

PUNCTUALITY

Times for all Samaria Home activities will be set by the clock in Samaria House kitchen. Please set your watches and clocks accordingly. Being on time is an important step in preparing you for life outside the program, and it enables other family members to count on you.

ROOMS

There are some simple guidelines for your room. **Ladies are not allowed in each other's rooms.** Each lady needs privacy and private time. Rooms are to be kept

need and clean, with beds made when not in use. Dressing or changing is not permitted in rooms if you have a room mate. This should be done in the bathroom during your allotted time. House Parents are responsible to do daily room checks.

SICKNESS

Residents must be in appropriate health conditions to attend all classes on a consistent basis. If you are sick, please notify the Home Parent prior to morning prayer time. She will check with you later in the morning. Definition of sick-vomiting, fever, a severe cold.

SMOKING

Smoking, use of drugs and alcohol is not permitted while you are in the Samaria Family Program, whether you are on or off the premises. Any action you take which violates this hurts you and hurts us as a family. Any person smoking will be dismissed immediately. A session on helping you deal with your craving from quitting smoking and a relapse prevention survival kit will be made available to you. You may be requested to take a drug, alcohol or smoking test to indicate whether or not you have used these substances. Refusal to comply with testing may result in your dismissal. Smoking patches are **not** permitted.

TELEPHONE USE

Telephone calls are permitted after the first 30 day assessment period unless there is an emergency. No long distance is permitted from the home. If you wish to make long distance calls it can be arranged through the office. Personal telephone calls are limited to Friday after 6PM and Saturday and Sunday during appropriate times. Exceptions are made for women with children under the age of twelve. All calls are to be a maximum of 15 minutes to ensure that each person has an opportunity to use the telephone.

LEAVING THE PROPERTY

All family members are required to stay within our property boundaries unless accompanied by staff or volunteers. This is to ensure safety of the family members as well as promoting a good relationship with our community. If a family member leaves the property without supervision it is understood that she has chosen to leave the program and is not allowed to return to the property. After completing nine months in the program women are allowed to go off property without supervision during free time.

UNDERSTANDING THE GUIDELINES

When entering the home each woman is required to read the foregoing guidelines. It is then her responsibility to ask questions about anything that she does not understand. If there is an issue that is not dealt with under these guidelines, please write your question on the back of this sheet and present it to the interviewer. The interviewer will then respond to your question in writing, on the back of this sheet (or other of these pages if required) and both question and answer should be initialed by both the interviewer and the person being interviewed

Samaria House Medical Form

First Name:	Middle Name:	Last Name:
Current Address:	City/Town	Province/ Postal Code
Medicare #		
Dr. Name:	Address:	Phone #
List any medications this person has been on in the past year		
List current medications		
If on psychotropic medication is it ok for her to come of it.		Yes No
Comments:		
Does this person have any physical limitations?		Yes No
Comments:		
Does this person have any dietary restrictions?		Yes No
Comments:		

Please check current medical status :

- ADD/ADHD
- PSYCHIATRIC
- HIV
- HEPATITIS
- HEART/BLOOD PRESSURE PROBLEMS
- CANCER
- DIABETES
- ASTHMA
- EPILEPSY
- BACK PROBLEMS

Any other health problems we should know about?

Doctor's Signature

Date

Program Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 – 8:00	Prepare for Day	Prepare for Day	Prepare for Day	Prepare for Day	Prepare for Day
8:00 – 8:30	Grace & Breakfast	Grace & Breakfast	Grace & Breakfast	Grace & Breakfast	Grace & Breakfast
8:30 –9:00	Family Meeting	Family Meeting	Family Meeting	Family Meeting	Family Meeting
9:00-9:30	Devotions	Devotions	Devotions	Devotions	Devotions
9:30-9:45	Exercise Circuit	Exercise Circuit	Exercise Circuit	Exercise Circuit	Exercise Circuit
9:45 -10:45	Bible Study	Bible Study	Bible Study	Bible Study	Bible Study
10:45-11:00	Snack Break	Snack Break	Snack Break	Snack Break	Snack B.
11:00-11:50	Exercise *****	Exercise *****	Assigned Reading ½ hr. Questions on Readings 20 min ***	Exercise *****	Exercise *****
11:50 -1:00	Lunch	Lunch	Lunch	Lunch	Lunch
1:00 – 1:50	Talk & Discussion	Assigned Reading ½ hr. Questions on Reading 20 min. *****	Talk & Discussion	Assigned Reading ½ hr. Questions on Reading 20 min. *****	Talk & Discussion
1:50-2:00	Break	Break	Break	Break	Break
2:00 – 2:50	Time Line Or Counselling *****	Mission Work Or Counselling *****	Spa or Outing or Leisure Activity	Mission Work Or Counselling *****	Time Line Or Counselling *****

2:50-3:00	Snack Break	Snack Break	Snack Break	Snack Break	Snack Break
3:00- 3:50	Time Line Or Counselling * * * * *	Mission Work or Counselling * * * * *	Spa Leisure Activity or	Mission Work or Counselling * * * * *	Week End Debriefing
3:50-4:00	Break	Break	Break	Break	Break
4:00-4:50 scheduled and supervised as needed by House Mother	House Chore can include Meal Prep. or Individual Laundry	House Chore can include Meal Prep. or Individual Laundry	House Chore can be Meal Prep. or Individual Laundry	House Chore can include Meal Prep. or Individual Laundry	House Chore can include Meal Prep. Individual Laundry

To ensure women receive equal allotted time for mission work and Time Line Work, counseling appointments will rotate. Rotation will mean that if a woman has an appointment for 2pm during a Time Line session one week, the next week her appointment will be 2 pm during Mission Work. To ensure her appointment is as close as possible to one week apart she will move from either a Monday to a Tuesday, or Tuesday to Monday or Thursday to a Friday or a Friday to a Thursday. All women will have in common morning Devotion, Bible Study, Exercise, afternoon Talk & Discussion and Wednesday afternoon Hump Day (Spa, Leisure, Outings) Activities. Tuesday and Thursday discussions will focus on recovery, emotional and Intellectual Wellness, and Wednesday will focus on Physical Self Care/ Leisure and Social Needs.

Resource Materials

- [Beauty For Ashes](#) - Joyce Meyer 1992
- [Battlefield of the Mind](#) - Joyce Meyer 1995
- [Managing Your Emotions](#) - Joyce Meyer 1997
- [Be Anxious for Nothing](#) - Joyce Meyer 1998
- [True Identity Bible: Today's New International Version](#) - Zonvervan Publishing 2005
- [Health Hazards of White Sugar](#) - Lynne Mecombe 2000
- [Pamphlets/ Papers:](#)
- [A Matter of Fat](#) - Health Canada 1991
- [Canada Food Guide](#) - Health Canada
- [Carbohydrates](#) - www.dotcomwomen.com/fitness/carbohydrates.shtml
- [Quitting Without Gaining](#) – (author/date unknown)
- [Nutrition Tips for Ex-Smokers](#) - Dieticians of Canada (date unknown)
- [Try to Shake the Salt Habit](#) - (author/date unknown)
- [Approval Addiction](#) - Joyce Meyer 2005
- [Boundaries in Marriage](#) - Dr. Henry Cloud & Dr. John Townsend 1999
- [Boundaries: When to Say Yes, When to Say No to Take Control of Your Life](#) - Dr. Henry Cloud & Dr. John Townsend 1992
- [Bringing UP Kids Without Tearing Them Down](#) - Dr. Kevin Leman 1993
- [Me and My Big Mouth](#) - Joyce Meyer 1987
- [Teenagers Are People Too](#) - Joyce Meyer 1992
- [The Control Freak: Coping With Those Around You](#) - Les Parrott III Ph.D. 2000
- [Reduce Me to Love](#) - Joyce Meyer 1987
- [What to Expect: The Toddler Years](#) - Arlene Eisenberg, Heidi E. Murkoff Sandee E. Hathway, B.S.N., 1994
- [The Twelve Steps For Christians](#) - Friends in Recovery 1994
- [God's Way Day by Day](#) - Dr. Charles Stanley 2004
- [From Faith to Faith: A Daily Guide to Victory](#) - Kenneth & Gloria Copeland 1992
- [The Twelve Steps: A Working Guide for Healing Damaged Emotion: Revised Addition](#) RPI Publishing Inc. 1988 1994
- [A Daily Choice: Overcoming Life-Controlling Problems](#) Charles and Sharon Burton 2000

Supplementary Resources

- The Anxiety & Phobia Workbook - Edmund J. Bourne Ph. D. 1995
- From Panic To Power - Lucinda Bassett 1995
- Life Without Limits - Lucinda Bassett 2001
- Crisis Management & Brief Treatment - Albert R. Roberts 1996
- The First 120 Minutes: A Guide to Crisis Management in Education - Dick Dobbs and Donna Swiniarski 1994
- Personal Strategies for Living With Less Stress - Richard A. Stein M.D. 1983
- Post Traumatic Stress Disorder (PTSD) and War Related Stress - Government of Canada (date unknown)
- How To Get A Good Night's Sleep - Vida Heard 1977
- Good Grief - Granger E. Westberg 1962
- Grief Counselling & Grief Therapy - J. William Worden 1991
- Addiction Counselling Training Manual - Addiction Research Foundation of Ontario 1987

- Addiction Counselling: A Practical and Comprehensive Guide for Counselling People with Addictions - Dianne Doyle Pita 2004
- How to Combat Alcoholism and Addiction - Dr. Robert Lefever 1988
- How to Combat Anorexia Bulimia and Compulsive Overeating - Dr. Robert Lefever 1988
- How to Identify Addictive Behaviour - Dr. Robert Lefever 1988
- In Pursuit of Happiness: Knowing What You Want Getting to Know What You Need – E Perry Good 1987
- My Recovery: A Personal Plan For Healing - Charles L. Whitefield M.D. 2003
- Positive Addiction - William Glasser M.D. 1976
- Transforming Body Image: Learning to Love the Body You Have - Marcia Germaine Hutchinson Ed.D. 1985
- The Wellness Recovery Connection - John Newport Ph.D. 2004
- Willpower Not Enough: Recovering from Addicts of Every Kind - Arnold Washton Ph.D. 1989
- Learned Optimism - Martin E. P. Seligman Ph.D. 1991
- The Assertiveness Option: Your Rights & Options - Patricia Jakubowski & Arthur J. Lange 1978