Mighty To Save
ministries

The Program
Welcome!

The following are our rules and guidelines for our MtSM Transitional Living. This is what will be expected of you if you choose to live in one of our homes.

Getting Started:
The first seven days -

Take this opportunity to get accustomed to the home and the other participants.
Learn the program, the daily schedule and chores.
Work with the MtSM Leadership to write a custom plan for success that fits your individual needs, wants and desires and a strategy on how to accomplish those plans.
You may not leave the property unless going to a meeting, church or essential appointment, and you must be accompanied by a staff member, house leadership or approved resident. Complete the Blackout-Week Goal List sheet and review with House Leadership.

First month -

Attend weekly one-on-one meetings with MtSM Leadership.
Attend weekly house meetings & devotionals.
Look for a personal Christian mentor or 12-Step Sponsor to meet with weekly.
Attend weekly services with House Leadership.
Attend two 12-step or Self Help meetings a week.

After the first 30 days you will sit down with House Leadership to discuss if this program is working for you.
Do you want to stay?
Is this a good fit?
Are you willingly participating in the program?
This is the time for both parties to decide if continuing on is in your best interest.
Remember our goal is to launch you to success at the end of this program. If you are not comfortable or willing, this may not be the place for you.

Day to Day:

Daily Programming:

Main programming hours are Monday through Friday from 6:00am to 4:00pm.
Exceptions to these hours are:
* Weekly House Meetings
* Church services - one per week
* Self-Help Meetings - two per week (This includes CONNECT. No online meetings.)

Sleeping, TV, and gaming are not allowed during Program Hours.

During off Programming Hours, when these things are allowed, please practice moderation.
It is NEVER ok to sleep, watch TV or game the day away.

Exceptions to the above:
*Residents who work weekends may rest and go back to sleep after morning devotions.
*Residents who work weekends will be allowed to watch TV and game on their days off during programming hours. But NOT ALL DAY, within reason.

Your commitment to changing your life means learning to live differently than you were living. It means you are willing to deal with emotional issues that have been getting in your way. Often times sleeping all day and/or isolating in your room are other ways of numbing (escaping) and not dealing with your emotions.

Morning devotions - All house residents will gather together for a short devotional to start the day. Monday through Friday. Devotions are a mandatory part of programming. Please schedule your day around this requirement.

Weekly house meetings - Day and time to be determined.
What's going on in the house?
Are there any problems or issues that need to be dealt with?

Drug testing - Random or if there is suspected use of drugs or alcohol.
Three residents are selected by the roll of the dice three times each week in the morning. They have until 10:00pm to test. Testing is witnessed by at least one house leader and one other resident. Slips are signed confirming test was completed.

Curfew -
Everyone must be in by 10:00pm Sunday - Thursday. Midnight on Friday & Saturday. Quiet time begins at 10:00. Guest are asked to leave by 9:00pm Sunday through Thursday and by 11:00pm on Friday and Saturday nights.

Cigarette Smoking -
Smoking is allowed only in designated areas, this includes vaping.
Same rules apply to chewing tobacco.
*Tobacco use is another addiction and while you are in our program it is our hearts desire for you to quit using tobacco. However, we realize that this is something that you and God will work out together.
Vaping or smoking in the house will result in a $100. fine. If it continues, your residency will be at risk.
No smoking allowed on upstairs deck.

Moving In:
When you have been accepted into our program a move in time will be agreed upon.

What to bring -
Space is limited so bring only what you need such as clothes, shoes and personal items.

You will be sharing a room so keep that in mind as you prepare to come.
Please consult with House Leadership prior to hanging anything personal on the walls in your room.

If you are coming from jail, prison or rehab and do not have clothing, personal items, or hygiene products, we will assist you with obtaining these things.

Meals -
Each resident is responsible for their own meals with the exception of House Meeting nights. On those evenings, dinner will be provided.

Picking up after yourself is a must. Do not leave dirty dishes laying around or in the sink.
Use a dish - wash the dish.
Leave the area just as you found it or better.

Visiting -
No personal visits allowed during the first thirty days of entering the program.
Visitors are not allowed in bedrooms but must stay in general living areas.
There will be no overnight visits allowed in the MtSM home. Guests are subjected to UA's if there is suspicion of drug use. All visitors must be sober and abide by house rules and values. Guests must sign our Guest Visiting Forms.

Overnights are not allowed until a resident has been in the program for 90 days and have met all the programming requirements. One overnight a week will be allowed after six months of being in our program, then residents will be allowed two weekly overnights.
Resident must UA upon returning from an overnight.
You must fill out the Request Form and give a minimum of 24 hour notice. Each request must be approved by House Leadership.

You cannot miss the weekly House Meeting, so overnights should be planned around this time. UA's will be required upon return from overnight visits.

Children -
We are not set up to allow children to live in our MtSM Transitional Homes at this time. If you have visiting times set up by a court we will do our best to help accommodate or arrange for you to spend this time with your children. We are in support of family reconciliation and healing and realize how important this is to you and your children.

Meetings

Connect Night
These meetings are held on the 1st and 3rd Wednesdays of the month.
Residents are required to attend both meetings.

MtSM Quarterly Classes (Occasionally)
Residents will be expected to attend these events.

12-Step Meetings
Twice a week. Residents may choose to do more church sessions in place of 12-step meetings.

Rent & Program Fees

A $200.00 non-refundable deposit is required to move in.
$500.00 for a shared room in our Men's House
$600.00 for a single/private room in our Women's House.
Rent is due on the first of each month. If a resident is moving in mid-month, rent will be pro-rated.
If a resident has no funding, MtSM will help network with local agencies for rental assistance.
Program fees are non-refundable if you are asked to leave or if you leave without notice.

Chores & Contributions:

Bedrooms -
You and your roommate are required to keep your rooms clean. You must make your bed daily, vacuum once a week, put your things where they belong. No food or drinks, other than water, are allowed in the bedrooms.

Bathrooms -
Clean up after yourself. Each resident will be on a rotating schedule for cleaning the bathroom; tub, toilet, sink and floors.

Kitchen Duty and Living Room -
Daily picking up after yourself is part of the program. Do not leave your personal things laying around in the common living area.
Each resident will be on a rotating schedule for cleaning the kitchen: counters, sinks and floors.

Laundry -
Machines are made available to you for free. First come first serve basis.
Be mindful to not leave your laundry unattended or left in the machines for an extended amount of time. Finish what you started.
Washer and dryer are available to MtSM residents only.

Outdoors -

Seasonal maintenance will be expected by each resident in addition to regular household chores.

Phone, Internet and Cable:

There is a land line available for Resident's use.
Residents will be allowed to have a cell phone.
The house will have internet but not cable.
We do have a DVD player in the house for you to use. We encourage you to choose your movies wisely. We do not want to restrict movies. We want to empower you to choose movies that are appropriate and life giving to you and to others in the house. With that being said however, we will not allow pornographic or horror movies or other movies with obscene themes.

Pornography-

Pornography is NOT allowed in MtSM Housing at all. If it is discovered that pornography has been viewed by a resident, the resident will be required to download Covenant Eyes, or a similar app onto all of their devices at their own expense.
Refusal to do so may result in an immediate dismissal of our program.

Vehicles:

If you have a valid driver's license and insurance you can bring your vehicle to the home. The car must be maintained and car tabs and insurance must be current. No none working vehicles will be allowed. Proof of license and insurance must be provided.

Safety:

Outside doors are locked at 10:00pm.
No weapons, fireworks, or firearms allowed on property.
Small pocket knives and mulit-tools are allowed as long as the blade does not exceed 3 inches.
There is a zero-tolerance for drugs and alcohol.
No narcotic pain medications are allowed unless prescribed by a DR for a major surgery or situation.
Marijuana is not allowed in any form, i.e. smoking, pill form or in food.
If you are required to temporarily take medication for illness or other reasons, such as a surgery, please relay this to the House Leadership.
Choose over the counter medication wisely. If you fail a random drug test this will require you to go before the House Board and termination of residency could be at stake.

Staff searches of rooms or vehicles will be conducted if there is reasonable cause for suspicion that prohibited items, drugs or alcohol have been brought onto the property.

No candles in the house.

Bedrooms are not locked.
MtSM is not responsible for lost or stolen items.
You are responsible for the safety of your items. However we will do our best to ensure each of our homes are safe for you and your things. Residents can purchase renter's insurance at their own expense.

Medication:

If the resident enters the program with doctor prescribed medications, resident is responsible for and required to disclose the names and dosages of said medication.
Resident is responsible for and required to follow doctor's prescription instructions exactly and notify house leadership of any prescription changes.
Resident is responsible for keeping prescription medications in a safe and secure location.

Accountability:

The House Board - consists of one member of the MtSM Board of Directors, The House Director, one House Leader, and one house residents (peer).

You are responsible for YOU.
We empower you and encourage you to make decisions that honor you and God first and foremost in your life.

Each Resident is required to meet with the MtSM Leadership one-on-one every week.

You are also accountable to find a personal, Christian mentor or 12-Step Sponsor.
You share a room, so therefore you are accountable to your roommate.

It is our job and duty to maintain a substance free and safe home for all of our participants. If you violate our substance free policy this will require you to go before the House Board. They will make the decision as to the consequence of your behavior and choices. You may be asked to leave immediately depending on you and your attitude and willingness to change. We understand that sometimes mistakes are made and we will show grace when grace is needed. However, this does not give permission to go and sin knowingly with the idea that you will able to get away with it.

This is a sober-living transitional home and you are NOT covered under the WA State Landlord Tenant Laws.

Therefore if your residency is terminated you must leave immediately. You will not be refunded any program fees upon your exit.

Personal Property Agreement:

If you are asked to leave or chose to leave this program, a staff member must be present as you pack your things.

If you leave the program at Jake's House, for any reason, prior to completing the program, you are agreeing to the following conditions:

1. I will immediately pack up all of my personal belongings. If I leave prior to packing my personal belongings, I give MtSM leadership permission to do so.

2. If I am unable to take my belongings with me immediately, I agree that I have 3 days to come and pick up my belongings, and that I must schedule that time with house leadership.

3. If I do not come and get my belongings within the agreed upon time, I acknowledge that MtSM may dispose of them at their discretion.

Conflict:

We recognize that living in "community" can be difficult. Part of the healing process is learning how to live in peace with our neighbors, and working out our conflicts with respect and honor.
In this life you will have trouble, that is a fact. We must all learn to get along.

Disruptive behavior will not be tolerated. This includes physical or verbal aggression towards a resident or staff member.

How to settle one-on-one personality conflict with another resident.

1. Go to that person directly. Kindly state the truth of how the behavior is affecting you and state the changes you would like to see. This is a sit-down meeting. No personal attacks or sarcasm allowed.
2. If that does not work, ask for a mediated conversation with another person and one of the House Leadership.

Follow the **Successful Confrontation Checklist** provided to you upon entering our program.
For other conflicts, you will have opportunity to discuss issues at your weekly meetings with the MtSM Leadership. Together we can come up with different strategies and techniques to help you process through these problems.
It is our goal to teach and empower you to be able to handle tough, life issues without becoming triggered and angry.

The weekly house meetings will also give opportunity for working out community issues.

Finally:

By signing below you are agreeing to live in one of our MtSM Transformation Homes. This means you also agree to live by our rules and guidelines outlined in this pamphlet. You are agreeing to live life sober and with respect and honor for God, for yourself, the other residents and the staff.
You agree to abide by decisions made by the staff when it comes to discipline and consequences.
You understand this is a one-year program, and at the end of the year, you will need to move out unless you are asked to stay on as House Leadership. Under no circumstances can a resident live in our homes for more than two-years.
If asked to leave, you will leave immediately.

Confidentiality of other house members and staff will be respected.

Signing below says you have read this pamphlet completely through with a staff member and that you understand everything in it and what will be required of you to live in this home.

Resident signature: _____

Date:_____

Revised 05-07-2024