



Hannah's House Recovery Program for Women

RESIDENT PHASES

Residential Program Overview

The **Hannah's House Residential Recovery Program** provides a safe, structured, and supportive living environment for women who are working toward stability, recovery, and personal growth. The program serves women who have experienced displacement due to abusive situations, release from the Department of Corrections, completion of addiction treatment, or those seeking a new beginning.

The residential program is designed as a **12-month commitment** that equips participants with the tools, skills, and support needed to become healthy, stable, and productive members of the Northeast Indiana community.

Program Eligibility

The Hannah's House Recovery Program serves women ages **18–65** who are motivated to pursue recovery and personal development. Ideal candidates may include:

- Women exiting substance abuse rehabilitation or treatment programs
- Women seeking structured recovery support and those seeking a fresh start
- Women transitioning from incarceration or Department of Corrections placement
- Women leaving unsafe or unstable living environments seeking long term sobriety

Program Purpose

The program is designed to help women address and overcome the barriers created by substance abuse and other life-controlling issues. Through structured programming and supportive services, residents develop the skills necessary for long-term recovery and independent living.

Program Structure

The residential program is a **three-phase, Christ-centered program** that incorporates the following components:

- 12-Step recovery programming
- Individualized goal setting
- Bible study and spiritual development
- Individual and group counseling
- Life skills and daily living development
- Vocational readiness and employment preparation
- Financial literacy and budgeting skills
- Mentorship and discipleship
- Group meetings and peer accountability
- Church attendance and faith-based support
- Parenting support and guidance when applicable

Phase 1 Overview

Phase 1 is the first and most structured phase of the residential program. This phase focuses on stabilization, recovery engagement, and establishing a strong foundation for personal growth.

Residents will:

- Participate in structured daily programming
- Meet with recovery house staff for individual assessments
- Develop an individualized recovery and life-skills plan
- Begin participating in program classes, recovery meetings, and house responsibilities

The **first 30 days** of the program are considered an **acclimation period**, allowing residents to:

- Adjust to the structured residential environment
- Become familiar with program expectations and routines
- Focus on personal recovery and emotional stabilization
- Begin building healthy habits and relationships within the house community

Phase 1 (Months 1-5) – Structured Residential Program

- **Weekly meetings with Program Staff**
 - Set and review personal goals
 - Discuss progress and address challenges
 - Coordinate any needed outside assistance
 - Continue developing healthy living habits, including healthcare and counseling support
- **Weekly in-home classes with homework assignments**, which may include:
 - 12-step recovery programming
 - Social and life-skill development
 - Physical health assessments and wellness programming
 - Healthy thought life and personal boundaries
- **Participation in 3–4 approved weekly recovery community programs or activities**
 - Attending and participating in programs or house activities is mandatory
- **Counseling and education participation expected**
 - Individual or group counseling
 - Life skills classes
 - Financial education
- **Daily spiritual development**
 - Daily house devotions
 - Personal daily devotions
- **Mentorship**
 - Each resident will be assigned a mentor or Life Skills Coach
- **Sobriety accountability**
 - Random drug and alcohol screenings
- **House movement guidelines**
 - Residents may not leave the house unless accompanied by a staff member or approved in pairs of two
 - Exceptions may include court appointed workshops, classes, or other approved group events
 - All outings require prior approval from Program staff
- **Visitation guidelines**
 - Visits with family, friends, spouses, and older children may begin after two weeks or after discussion with Program Staff
 - Approved visits may occur weekly or bi-weekly
 - Boyfriends are not permitted for visitation during a resident's stay or any property owned by Community Care
- **Phone usage; Cell and House Phone**
 - Personal cell phones are not permitted during Phase 1
 - The house phone is available for limited use
 - Personal calls may be made after 5:00 PM and are limited to up to 15 minutes
- **Church attendance**
 - In-person church attendance is mandatory

- Hannah's House attends several churches together as a group
- **Transportation**
 - Hannah's House provides transportation for residents when needed.
 - Any alternative transportation arrangements (such as for out-of-county court hearings or medical appointments) must be approved in advance by the Program Manager.
- **Volunteer service**
 - Weekly volunteerism is required as part of the program participation

Phase 2 (Months 5-9) – Job Readiness and Financial Accountability

- **Weekly meetings with Program Staff**
 - Set and review personal goals
 - Discuss progress and personal development
 - Coordinate any needed external assistance
 - Focus on job readiness and employment preparation
- **Counseling support**
 - Individual or group counseling available as needed
- **Sobriety accountability**
 - Random drug and alcohol screenings to ensure continued sobriety
- **Church attendance**
 - Mandatory in-person church attendance at a church of the resident's choice
- **Employment development**
 - Residents are required to actively search for and obtain employment
 - Work schedules must be approved by the Program Manager
 - Second shift employment may be permitted with approval
 - Third shift employment is not allowed
- **Financial accountability**
 - Residents must provide weekly pay stubs once employed
 - Maintain accountability for personal spending and savings
- **Program participation and responsibility**
 - Timely attendance and participation in all appointments, one-on-one meetings, meals, classes, and work is required
- **Cell phone use**
 - Cell phones may be permitted during work-related hours once approved by the Program Manager
 - Phones must be turned in nightly
 - Cell phones are not allowed during meals, meetings, or classes under any circumstances
- **Spiritual development**
 - Continue personal daily devotions
- **Life skills application**
 - Continue applying life skills, budgeting practices, and parenting skills developed throughout the pr
- **Accountability measures**
 - Random phone and/or text checks may occur at the discretion of the Program Manager
 - Residents will be required to use the Life360 phone app for accountability
- **Program activities**
 - Residents must attend and participate in 3–4 weekly activities or programs approved by Hannah's House Program Staff
 - These programs are mandatory and may include individual or house participation
- **Volunteer service**
 - Residents must complete a minimum of 10 volunteer hours per week until employment is obtained

Phase 3 (Months 9-12) – Increased Independence - Secure Housing

- **Monthly meetings with leadership**
 - Meet with the Program Staff to review progress
 - Continue setting goals for independent living
 - Focus on budgeting, financial planning, healthcare, and coordination with outside agencies as needed
- **Counseling support**
 - Individual or group counseling available as needed

- **Sobriety accountability**
 - Random drug and alcohol screenings to ensure continued sobriety
- **Church attendance**
 - Mandatory in-person church attendance at a church of the resident's choice
- **Employment expectations**
 - Maintain long-term employment
 - Work a minimum of 40+ hours per week
- **Program participation and responsibility**
 - Timely attendance and participation in all appointments, one-on-one meetings, meals, classes, and work
- **Cell phone guidelines**
 - Cell phones are not permitted during meals, meetings, or classes under any circumstances
 - Phones must be turned in nightly
- **Personal passes**
 - Residents may receive up to two-day passes per month
 - All passes require prior approval from the Program Manager
- **Spiritual development**
 - Continue personal daily devotions
- **Program activities**
 - Attend and participate in 2–3 weekly activities or programs
- **Housing preparation**
 - Actively seek and secure independent housing
- **Life skills application**
 - Continue applying life skills, budgeting practices, and parenting skills developed throughout the program
- **Transition planning**
 - Maintain ongoing communication with the Program Manager regarding next steps
 - Continue engagement with assigned mentor for guidance and support

GRADUATION – 12-Month Program Completion

- **Successful completion of all three phases** of the program will result in graduation.
- Through the progression of the program, the goal is for each resident to move toward **independent living**.
- Graduates are encouraged to transition into their own residence with **sufficient savings** to cover:
 - Security deposits, First month's rent, Additional financial savings for stability.

AFTERCARE is a 6-month phase of continued support for clients who have graduated from the program.

- Clients are encouraged to complete monthly progress reports with a program staff member.
- Give back to Grace & Mercy and Hannah's House as a volunteer in some area or through our thrift store.
- Encouraged to continue church attendance, Daily House Devotions, Etc.
- Encouraged to attend a local Bible Study/Small Group involvement.
- Invited to continue participating in activities, education classes, and gatherings or events with the staff and residents of Grace & Mercy/Hannah's House.
- May stay in touch with their Mentor.

Resident Name Print	Resident Signature	Date

Staff Name Print	Staff Signature	Da

Court-Referred Residents

Some individuals may enter the program through **court appointment, probation requirements, house arrest placement, or release from jail or prison**. In these cases:

- Program requirements or phase lengths may be adjusted to meet court obligations
- Individual progress and recovery needs will be assessed regularly
- Hannah's House will serve as the primary residential placement for individuals recovering from substance use