

# *Chrysalis Women's Transitional Living, Inc.*

## LIFE-STYLE CHANGES- Pre-Application

*LIFE-STYLE CHANGES is a 6 to 18 month program, designed to assist women in living successful, independent lives. The classes, group interaction, structure and accountability requirements are designed to help women find a relationship with God, themselves, and others. Our goal is to provide a safe, loving Christian environment where women can learn to live free of destructive habits, behaviors and relationships while becoming self-supportive. LIFE-STYLE CHANGES is an 18 month program with 3 Stages. Each Stage is 6 months. Residents who enter the program will make a commitment to complete the first Stage and will receive a certificate of completion at that time. It will then be determined by the resident and staff whether or not the resident will continue and graduate. To graduate LIFE-STYLE CHANGES a resident will complete 18 months. At this time we cannot house children, but we are able to accept women who are expecting. Donated clothing, hygiene items and groceries are available upon entrance into the program.*

- All residents are expected to be employed, at a minimum of 30 hours a week, within 4 weeks of entrance into Life Style Changes. There is a Transitional Living Fee of \$400.00. We are BPA approved.
- The \$400.00 Transitional Living Fee will be waived for the first month. If at any time a resident is without employment while on the transitional program they must find employment within 3 weeks or they could be dismissed. A payment will be due by the beginning of the 2<sup>nd</sup> month, (\$200.00 every two weeks). Residents that do not pay their fee on time could be placed on 7:00 curfew until their fees are paid. **Residents will not be allowed to work a swing or night shift.**
- Residents will be tested for drugs or alcohol randomly while in Life Style Changes.
- All residents are required to attend a church service of their choice each week and turn in a bulletin and sermon notes.
- Residents are assigned a Transition Coach that will support and guide them through Life-Style Changes, assisting with goal-setting, budgeting, time management and personal growth.
- Residents are responsible to assist their children in understanding and obeying the rules and policies of the house. Children are welcome to spend the night.
- Mandatory classes and/or group and program meetings are on Sunday and Wednesday nights. Classes are designed to assist women to gain and keep employment, manage a household, and to have healthy relationships with God, self and others.
- A copy of the house rules, procedures and policies, will be given to each resident. Those residents who do not follow the house rules and procedures will be fined \$20.00 for each infraction. Residents who are having a difficult time fulfilling their responsibilities in transitional living or are not doing well with personal boundaries will be kept on, or put back on 7:00 curfew. If the resident is continually uncooperative they will be dismissed from Life-Style Changes.
- Residents will be required to take a budgeting class and budget all earning in accordance with their goal setting plan. Bills, Transitional Living fees, child support payments, car insurance, etc. will be included in their budget.
- The curfew time is 7 o'clock for the first three months. During this time approved escorts may accompany the resident to groups or classes. (Other exceptions are considered.) There will be requirements that must be completed before the 7:00 curfew is lifted. All residents have mandatory Life Skill and Bible classes on Sunday and Wednesday nights. After three months the curfew will be 9:00 weeknights and 10:30 weekends unless a special pass is granted. Treatment classes are of course the exception. **(May not leave the property before 6:00 a.m. without approval.) The curfew goes up with time.**
- All residents that will be driving or own a car will have proof of car insurance and a license to drive. A copy of both will be turned into the office before a car is permitted. Residents must have the approval of their Transition Coach to purchase a car or attend school, based on their income and participation.
- Each month there is a birthday party and a fun social. All holidays are celebrated with parties and dinners.

