



Opening a door to change at Victory House

Victory House is a temporary safe home offering encouragement and practical physical, spiritual, and emotional support to promote healthy life decisions. Life-controlling problems are addressed as residents interact in a supportive and loving community. You, as a resident should be prepared to invest approximately 10 hours a week in a unique hands- on experience that will help you learn new habits to make healthier life choices.

Days will be filled with joy and challenge as you learn and work through life-giving skills and practice a healthy and active lifestyle with a team of support workers. Monthly program evaluations with the support team are designed to keep you and the support workers engaged and committed to reaching your full potential while at Victory House.

I agree to the above:

Initial here: _____

Date:



Overview

Victory House is a Biblical and faith-based program which offers a 6 month (maximum) residential program for women 18 years and older. The Door to Change Program aims to address the outward behaviour as well as the inward issue. You, as a resident, must be willing to commit to participating in the full program.

The Door to Change Program

Life changing steps, the book STEPS helps you understand how life change happens. Exploring and working through the steps, addresses old habits and life controlling patterns, to learn new healthy patterns to move you forward.

Good nutrition, food preparation and cooking are essential for good physical health. They also contribute substantially to emotional well-being, budgeting and independence by building confidence, creativity, social and practical skills.

Devotional & Journaling provides an opportunity to explore the Bible and write your personal daily thoughts. Part of personal growth is understanding how much God loves us, and allowing His word to change our hearts.

Goal Setting allows time to explore new possibilities. Taking time to think about what gives you energy and what steals your energy is a good place to start. You will create your own Vision Board by bringing your ideas forward and creating a picture of your goals and dreams.

Financial planning helps you to understand your current financial situation better. We will help you set goals, working towards saving for permanent housing and living independently.

I acknowledge that the Door to Change Program may be subject to enhancement.

Structure of Opening the Door to Change Program

Support

You will be introduced to our team of support staff to meet with and engage in each area of the program. You are a participant in your healing and can expect approximately two hours per day to devote to your growth.

All of our support work is based on Biblical principles. We believe the Word of God is the foundation with which to impart wisdom and support, and that Jesus is the centre of the healing process. We understand that our residents come from backgrounds of abuse (physical, emotional, sexual or self-abuse) and that life is messy! Victory House is a place to explore, rest and learn how to make healthier life choices in a loving and encouraging environment.

Requirements for Acceptance in the Program

- You must be willing to participate in all the above (Opening the Door to Change) activities within the programs. (approximately 10 hours per week).
- Medical disclosure is required, and if applicable, all copies of reports from mental health professionals must accompany the signed program agreement. The **Medical Disclosure Form**, which will be presented at the interview, and required to be completed prior to acceptance into the program.
- You must be willing to share your personal financial information and be willing to receive financial coaching as it relates to the achievement of financial goals and self-sufficiency. The **Financial Intake Form** will be presented at the interview and required to be completed before acceptance into the program.

- You must complete and sign the **Victory House/ The Bridge Apartment Resident Agreement** prior to acceptance into the VH program. This document will be presented at the interview.

Financial Commitment

Individuals entering the program are responsible for a monthly program fee of \$500. We will work with individuals based on their financial capability.

Upon successful completion and graduation of the program, this amount will be gifted back to you for use towards future financial responsibilities.

Resident Privileges and Responsibilities

Visitors

Our visitor policy is outlined in the Victory House Resident Agreement.

Punctuality

Residents will be provided with a weekly schedule. You should expect to set time aside to meet with support staff each week. All residents are expected to be punctual and prepared for all activities and meals. This shows respect and care for yourself as well as staff.

Cell Phone Usage

Cell phones and other electronics are permitted however, it is mandatory that all cell phones are out of sight and turned off, during any meetings with staff. Our time together is for your benefit, and it is important that you are focused on personal growth.

Program Preparation

Our program is designed to promote personal growth in areas determined upon admission into Victory House. It is imperative that the resident has diligently prepared for each session with team members. Maintaining a positive attitude toward change and growth is essential for your success.

Dress Code

All clothing worn by staff and residents must be clean, modest and without offensive messages, images or symbols.

Tobacco, Drug and Alcohol Use

Drug and Alcohol use is strictly prohibited. Smoking must be in designated areas only.

Meals

Mealtime is a great chance to get to know one another in an informal and relaxed environment. These are great opportunities for fellowship. Efforts will be made to facilitate and incorporate a shared meal with residents during the week.

I understand and agree that my progress in the Opening the Door to Change Program will be reviewed each month. I also understand that my failure to comply in any part of the program is grounds for my immediate dismissal from the program, as well as my accommodations at Victory House.

Signature: _____

Dated: _____