

# *Having the Courage to Change*

*A ministry of City Gospel Mission*

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## **Introduction & Overview - HTCTC Program**

Having the Courage to Change is a Christian-based transitional housing facility for women struggling with issues such as substance abuse, repeated incarceration, homelessness, prostitution, unhealthy domestic issues and stabilized mental health issues. Our goal is to transition the participant to an independent living status and assist them on their journey to wholeness and maturity. This is accomplished by having the participants develop an individual holistic plan to achieve their goals. Our onsite case managers/life coaches assist the participant in achieving those goals.

We offer a structured environment and services to help them in the maturation process in every area of their lives, i.e. mentally, physically, educationally, vocationally, spiritually, socially, and familial. Such services include: individual and group counseling, exercise and nutrition training, educational and vocational training, financial counseling, work therapy, parenting skills training, recreational activities, volunteer opportunities, substance abuse treatment, mental health referrals, Bible study, church involvement, and community service.

We are staffed 24 hours a day by professionals and paraprofessionals with credentials ranging from pastoral licensure, chemical dependency training, and, business administration degree, and program consultants with masters and bachelors in social work.

We believe in collaboration and work with other agencies offering services to meet the needs of our participants' individual holistic plan. We work with parole and probation officers by providing them monthly reports of the progress. We also work in conjunction with other case managers that a participant may have.

Participants who abscond from the ministry are immediately reported to their referral source. Immediate release from the program may result due to severe rule infractions. However, we will notify referral sources prior to release. We also conduct random and routine drug screens, alcohol screens with a Breathalyzer unit, and room searches. We require compliance with all prescribed medication to remain in the program.

A major differentiating factor in our program is that we are goal-driven not time-driven. After the forty- five (45) days – (60) days orientation, participants are asked to make Increments of sixty (60) – one hundred- twenty (120) days commitments toward completing their holistic plan. Their length of stay may be up to two years to make the transition to independent living.