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Christian Recovery Home

Kairos Hope INC. focuses on a person holistically. Therefore, the program is structured to address the person's spiritual, mental, physical, social, and educational needs. Everyone was made with a unique purpose by our creator, God. However, when sin entered the world we experienced pain, grief, and brokenness. Nevertheless, God provides for each of us a way to experience freedom and joy from all of that. At Kairos Hope, we take into our residential home women who have experienced the terrible pain of sexual trauma. While they are in the program they have the opportunity to find their true identity, experience lasting joy, and break free from all of the pain that has held them for far too long.

Intake

Orientation

Once an individual arrives at the home, they will be instructed to set their luggage in the staff office and then the Home Manager or a staff member will give everyone a tour of the home and answer any questions the resident or family may have. After the tour, the resident will have an orientation meeting with the home manager to review their case and rules (the resident can choose if they want family to join in on this meeting). After the meeting, or before if the family is not sitting in on the meeting, the resident is given some space to say goodbye to their family members.

Contact info:

Phone: 217-891-6662

Email: info@kairoshope.org



Intake Counselor

- Eryka McMillan
- Licensed Therapist
- PLPC
- Languages: English
- Certified in Trauma Therapy
- EMDR

Your Intake Counselor will work with you from the moment you apply until your graduation day. This will be your Counselor at Kairos Hope. Feel free to ask her any questions you have throughout your process.



Intake Cont.

Check in:

The first part of check-in is going through everything the resident has brought. Anything that is not allowed is placed in a safe spot in the staff office closet until the resident goes home or completes the program (this will include unapproved electronics and important documents). Also the resident's personal money will be collected and recorded. When the resident goes to the store, they can check out money as needed. Any money the resident does not use while in the program is returned to them in full when they leave the program or graduate. The resident will then meet with the medic who will check the resident for signs of lice, collect their medications, and discuss any medical concerns with the client.



Peer Partner

Residents will be assigned a peer partner who will walk them through all the procedures and rules of the house. They will help you get settled in and find your way around.



Holding Policy

At Kairos Hope, We hold some items for you to keep everything safe. Items That Kairos Hope holds are in a double locked location and are returned before the resident leaves.

- Each resident has unique needs regarding electronics. This will be discussed prior to admittance and evaluated throughout. Electronics that are held must be turned off prior to holding.
- All money will be placed in holding. This includes credit/debit cards and gift cards. This can be checked out for needs throughout the program.
- Tweezers, clippers, razors and other sharp items will be placed in holding. These items can occasionally be checked out when approved by the counselor.
- Important documents (IDs, medical documents, Social Security information, ect.)



Items that cannot be on the property

Any illegal item, weapons, drugs, or prescription pills not in your name, food, or beverages will be thrown out. Weapons and illegal items will be turned into local authorities and may be grounds for immediate dismissal.



Things To Bring

Necessities

- IDs
- SS Card
- Credit Cards
- Money in a ziplock bag (\$300 for personal spending)
- Prescription Medications (In ziplock bag, in original bottles)
- Reusable See-Through Water Bottle

Suggested Items

- Bible
- Wrist Watch
- Stamps
- Stationary (new/unopened)

Clothing

- Shirt/t-shirts/tops (25)
- Dresses/Skirts (5)
- Pants/Jeans/Shorts (15)
- Pajama Sets (4)
- Jackets/Coats (6)
- Sweaters (10)
- Shoes (6)
- Jewelry (20)
- Socks & Hosiery/Leggings (10)
- Underwear (20)
- Bras/Sports Bras (10)
- Slippers

Toiletries

- Shampoo/Conditioner
- Deodorant
- Toothpaste/ Toothbrush/ Floss
- Hairspray
- Hair dryer/ Curling iron/ Hair straightener
- Hair brush/comb, hair bands
- Loofah
- Electric or battery operated razor
- Tweezers/ Nail clippers
- Notebook (No metal spirals)
- Pens
- Pencils

Recommended/Optional Items

- Extra journal/notebooks (limit 3)
- Small bag/backpack/tote to carry journal, Bible, and pens
- Christian music CDs
- Christian books
- 3 Ring Binder
- Sunglasses
- Rain Jacket
- Photos
- Bathing Suit (modest)
- Stuffed Animals (limit 2)

Not Allowed

DO NOT BRING THESE ITEMS

- Ipod, Mp3 player, burned CDs, video games, movies
- Any products containing alcohol
- Food, candy, gum, snacks
- Picture frames with metal or glass
- Permanent markers
- Hair removal creams
- Laundry soap/ fabric softener
- Metal spiral notebooks
- Nail polish or polish remover
- Paint, markers, glue, glitter, stampers, ink pads, ect.
- No mirrors or glass objects
- Shaving razors or blades
- Wire hangers (hangers will be provided)
- Blankets
- Bath towels/ wash rags/ sheets
- Men's clothing, undergarments, or toiletries
- Clothing with offensive material or derogatory comments
- No nicotine/ drug step-down supplements





The Rules

Kairos Hope is committed to providing a safe and comfortable place for each resident to recover from their past trauma. To do so, the following rules have been established to encourage healing and protect the residents and staff.

1. All residents and staff members should treat all people and the house with respect, dignity, and value.
 2. Residents are to follow the instructions of staff members
 3. Residents are required to participate in all program expectations
 4. Physical violence towards staff, residents, or volunteers will be tolerated
 5. Residents are responsible for their actions and words
 6. Residents may not leave the property without staff permission. Doing so may result in termination from the program
 7. Residents are to report to the on call staff member on duty in case of a medical issue
 8. Residents are responsible for informing a staff member if they are struggling with thoughts of suicide
 9. Residents are to complete their assigned tasks in a timely manner
 10. Residents are not to form romantic or inappropriate relationships with any residents, staff, or volunteers of Kairos Hope.
 11. Residents are not to enter another residents' bedroom at any time without staff permission. Residents are expected to be in common areas except for designated times.
 12. Residents are to maintain good personal hygiene at all times
 13. Residents are not to change in their room. Residents use bathroom stalls or changing areas. Residents must be fully clothed at all times
 14. Residents are not to use profanity or display gang symbols
 15. Residents are to keep their rooms tidy and collect their belongings from the home each evening and store it in their designated areas.
 16. Residents are not to discuss their trauma and life-controlling issues with other residents. Your journey is your own.
 17. Residents are to respect Kairos Hope property at all times.
 18. Residents are not to partake in any drugs, alcohol, or any illegal activities while in the program, both at the home and on pass.
 19. Residents are not permitted to drive any vehicle owned by Kairos Hope
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Services

- Licensed Mental Health Counseling
- Educational Opportunities
- Mentorship
- Spiritual Integration
- Life Skills Training
- Family Advising
- Transitional Care

Individualization

Kairos Hope is designed to be an individualized program designed to help each resident's specific needs. Within the first week of one's program, they will meet with experts to design their plan. These plans may include the resident's goals, goals that the experts would like to see happen, restrictions that may help the resident reach their goals, nutritional guidance and exercise suggestions, and other helpful information.

Individualized Plan

Plans are made during your intake process and evaluated throughout your stay. Spiritual integration and participation in all program activities are required



Pass and Visits

At Kairos Hope, we allow residents to visit their families or friends once every 30 days as long as it is healthy and approved by the counselor. The following determines eligibility for pass and the rules regarding pass:

- Residents must be making tiers consistently in order to be eligible for a pass. Failure to make tier can result in the cancelation of the pass.
- Pass occurs Friday at noon until Sunday at 5 pm. During this time, residents may be picked up at the home by a healthy support and taken out.
- Residents must stay within a 60-mile radius of the home during pass. They may stay overnight with a healthy support during the allotted time.
- Residents must have their healthy support contact Kairos Hope to schedule a pass.
- Residents cannot drink or engage in any illegal activities while on pass. Failure to follow rules may result in being removed from the program.
- Visitors may tour the home during the allotted pass time. Visitors may not linger at the home. A staff member must be present for a visitor to enter the home.



Other Contact

Residents will have phone time to contact healthy supports and can send and receive letters while at Kairos Hope. Those with kids will have the opportunity to do facetime with their kids to build healthy relationships.





Accountability



RESPONSIBILITIES

Residents will have daily Responsibilities that will be reviewed at the weekly family meeting. Each resident's expectations may look different based on their needs. Our goal is that residents can live in harmony with one another and make strides towards their healing.

Exceed Responsibilities

Residents receive extra free time, receive a desired drink on Sunday, earn a prize, and earn a leadership badge.

Meeting Responsibilities

Residents have met the required expectations and no changes are made.

Unmet Responsibilities

Residents who fail to meet expectations can cause strife within the home and are not working towards growth. These residents may have an extra chores around the house, have reduced electronics, and may have limited privileges regarding house activities and time outside of the home. Residents who are not meeting expectations are not eligible for pass. Unmet expectations can lead to probation and program removal.



Discipline

Remediation

In the case of a resident acting in a way that is against our behavior standards, the resident may be referred to the remediation program. Remediation is overseen by the Review Team and is the residents last chance to turn things around before being required to leave the program. The Review Team and Counselor will work together to set a new standard of conduct specific for the individual to help guide them in a positive direction. Failure to comply will result in removal from the program.

All residents are on remediation for their first 14 days. During this time they are learning our process and seeing if Kairos Hope is a good fit for them

Program Dismissal

Program removal is decided on by the Board of Directors and Intake Committee. In the case of a resident who breaks a severe behavioral standard or breaks their probation.

A client may be given up to a 24 hour notice of termination

Graduation

TRANSITION TOOLS

Safe Housing

Job or Income

Accountability

Church

When Is Graduation?

Each resident has unique goals and experiences. Therefore, a set graduation is not made but rather residents work with their counselor to determine a healthy time to graduate. The graduation date will not be determined early on in the program. Residents are encouraged to focus on their journey.

Transitional Care Manager

After Graduation resident will have a transitional care manager that will check in on them, help them access resources, and guide them in their next steps.

Support from Kairos Hope is individualized to the needs of the individual and can be short term or life long.



Schedule

WEEKDAYS

7am: Wake Up
8am: Breakfast
9am: Morning Devotion
10:am: Family Meeting (Fridays)
11am: Chores
12pm: Lunch
1pm-4pm: Kairos Responsibilities
5pm: Dinner
6pm: Family Worship
7:30pm: Quiet Time
8pm: Evening Routine
8:30pm: Tea Time
9pm: Bedroom Time
10pm: Lights Out

Fridays

Bedtime is Pushed back to midnight

Saturday

Wakeup at 10am
Breakfast at 10:30am
Lunch at 2pm
Dinner at 6pm
All other time is free time outside of scheduled activities

Sunday

Church at 8:30am
Siesta from 2-3pm
Family Dinner at 5pm





Program Expectations

We are a home of stability and structure. We value individuals for whom God created them to be. In this home, we talk in feelings, not situations. We use "I" not "You." We create a safe space to experience the full range of emotions. We challenge one another and move forward together. We are responsible for what we say and do. This will never be a place of fear, scarcity, chaos, or isolation. We believe each individual is full of purpose, designed by the God of heaven, and set forth to do great things in His strength.

STABILITY AND STRUCTURE

- Lying, manipulation, and force will not be tolerated. Rules will not be bent for you.
- Do not be in the kitchen without permission. Residents may fill their water bottles up in the dining room sink which does have a filter.
- Never answer the Kairos phone or door
- Be at scheduled activities on time without a reminder.
- Only change in the shower dressing rooms or a stall.
- Naps are not permitted without permission and extenuating circumstances.
- The TV is a privilege and needs special permissions to be utilized outside of scheduled activities.

VALUE INDIVIDUALS

- Do not touch other resident's items or staff items
- Do not be in the counseling office, staff office, basement or staff bathroom without a staff member's permission.
- Clothing should always cover butt, boobs, and belly. No obscene clothing allowed.
- Residents are not to share their personal items with staff or other residents nor give their items to someone else. This often leads to unnecessary drama.

MOVE FORWARD TOGETHER

- Residents are to stay with their assigned partner when out in the community
 - Pets cannot be on the couch or furniture besides the library chair and the counseling furniture.
 - Pets are to always be on a leash when outside.
 - Residents are not to leave the group when in public
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Program Expectations Cont.

RESPONSIBILITY

- Bed must be made before breakfast and room clean throughout the day. Nothing should be left on the floor. Shelves and drawers should be orderly.
- Laundry needs to be done at designated times. The bedding needs to be washed once a month.
- Towels and washcloths given to you are your responsibility. Wash them with your laundry. They do not go into the house laundry.
- You must shower, brush your teeth, and use deodorant daily.
- Chores are to be done in the assigned timeframe and completely done according to the details list
- No personal items should be left unattended in the house. All things need put away before bed or before leaving the home.

NEVER FEAR, SCARCITY, CHAOS, OR ISOLATION

- Use respectful words. No Name calling or swearing will be tolerated.
- Residents are to follow one's nutrition plan as outlined.
- Food and drinks are not to be taken from the kitchen. The allowed snacks are placed in the bin.
- Only take the snacks you will eat at that time. No hoarding snacks in your bags or taking them upstairs. All food stays in the dining room.
- Do not be lingering in your room between wake-up and bedtime. Isolation breeds depression.
- Meals are prepared in the home. What is served is what is available. Residents are not to request something else or expect different food.

DESIGNED BY GOD

- Residents are to participate in Bible study and church. This includes staying awake, taking notes, and standing during worship.
 - Residents are not to take coffee or other items from the church. Do not ask church members for things.
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