



**JUDY'S HOUSE
GALVESTON**

RECOVERY

Chick

Welcome Home!

MEMBER HANDBOOK

**Judy's
House
Galveston**

CHRIST CENTERED RECOVERY
AND SOBER LIVING

RECOVERYCHICK.COM



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JUDY'S HOUSE Overview and FAQ

House Address: 4901 Avenue O 1/2 Galveston, TX 77551

Founder/Director: Pastor Cynthia Corder (409-795-1269)

House Manager: Amanda Wood (972-523-7545)

Admissions Coordinator: Brandy Hill (832-704-5801)

Application Process:

Submit application.

Online at <https://www.recoverychick.com/judys-house>

Email: Cynthia@recoverychick.com

Snail Mail: RecoveryChick, 527 21st Street, #332, Galveston, TX 77550

Pay \$200 *sober fee. (Call House Manager for payment options)

Applications will be reviewed by staff and voted on by current house members on Tuesday's. Approved applicants will be notified by phone number (if applicable) on application.

Cost:

\$700 a month payable via check, credit or debit card. Must be paid at intake.

Weekly payment can be arranged at \$175.00 a week.

Intake:

Accepted applicants Intake is scheduled on a case by case basis. It takes about 2 hours. Contact Director, Cynthia Corder, 409-795-1269, for your intake appointment.

For entry:

Acceptance of guidelines in RecoveryChick House 2 Handbook

30 days clean of all drugs and alcohol

Pass a 13 Panel urinalysis

Must obey all laws (vehicle if valid license and insurance)

All clothing and bedding dried in hot dryer for 20 minutes. (to prevent pests)

What is provided:

2 person bedroom, twin bed, full length mirror, lamp, linens, towels, coffee and supplies, kitchen, wifi, utilities, Bible, and a Recovery Coach

What to bring:

- Seasonal appropriate clothing and shoes
- Clothing Hangers (if needed)
- Personal photo's that will fit on bulletin board
- Hygiene products (no alcohol based)
- Hair Dryer and curling iron, flat iron, etc.
- Bible, big book, and other literature.
- Bathrobe
- Ear Buds
- Cell phone and charger
- Groceries for a week.
- Medication (no narcotics meds)
- Bicycle and Bike lock
- Car (if you have a valid license and car insurance)
- Laptop/Ipad Alarm Clock (if desired)
- Kindle or books (must fit in desk)

*****No furniture, wall hangings, or large items are allowed.**

How Long Can I stay?

It depends. Some women stay over a year, some stay a few months. We are a 3/4 way house where you plan your own life and recovery. We simply provide you safe guidelines, and a safe community to thrive in. Our program Phases will keep you on a growth track. You set your own goals, and your recovery support team will help you achieve them. You can stay as long as it's a good fit for all.

If you have a question about specific needs, please call **Cynthia Corder 409-795-1269**

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PHASE REQUIREMENTS

Phase 1: Requirements and conditions:

- Admit date through - 4 weeks
- Completing Steps w/ sponsor
- Timeliness to house meetings/programs
- Curfew met consistently: Every day, 10:00 pm
- Minimum of (5) AA/NA meetings; Celebrate Recovery (Bring Signed Meeting Sheet)
- No overnight offsite passes
- 100% attendance to PHP/IOP programming and aftercare (sign off)
- No romantic relationships

Phase 2: Requirements and conditions:

- > 4 weeks from admit date
- Completing Steps w/ sponsor
- Timeliness to house meetings/programs
- Curfew met consistently: Sunday- Thursday: 11:00 pm / Friday- Saturday: Midnight
- Working, School, and/or Volunteer work 20+ hours per week
- Minimum of (4) AA/NA meetings and Celebrate Recovery\ (Bring Signed Meeting Sheet)
- Overnight offsite passes per month: 1 (Bring to house mtg for vote before you leave)
- No romantic relationships

Phase 3: Requirements and conditions:

- > 12 weeks from admit date
- Completing Steps w/ sponsor
- Timeliness to house meetings/programs
- Curfew met consistently: Sunday -Thursday: 11:00 pm / Friday - Saturday: Midnight
- Working, School, and/or Volunteer work 20+ hours per week
- Minimum of (3) AA/NA meetings and Celebrate Recovery (Bring Signed Meeting Sheet)
- Overnight offsite passes per month: 2 (Bring to house mtg for vote before you leave)
- Limited involvement in romantic relationships

Individualized case management goals, personal development, job search, and volunteer time can also be scheduled during your free time. Quiet time begins at 9:00 p.m. Lights out from 10:00pm-6:00am Daily. Your individual schedule will depend on your work schedule, etc.

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JUDY'S HOUSE RULES

1. Absolutely No alcohol or drugs will be permitted while you are a Member of Judy's House. This applies at all times including when you are away from the house. Violations of this will result in immediate Discharge and possible prosecution according to the Law.
2. Members are subject to random UA at any time. Failure of a test or refusal to submit will result in immediate Discharge.
3. The Director and Staff reserve the right to perform a room search at any time to insure the serenity and security of Judy's House Members. This includes personal items and vehicles if appropriate.
4. Threats or acts of violence toward the Staff or other Members will not be tolerated and will result in immediate Discharge and prosecution according to the Law. Always remember, Love and Tolerance is our code (page 84 Big Book).
5. No Firearms, hunting knives or other weapons are permitted by Members of Judy's House.
6. Smoking or vaping in Judy's House is not allowed.
7. Visitors are not permitted on the property.
8. Diet pills, energy pills, and steroids, are prohibited. All prescription and over-the-counter medications must be kept in your drawer or out of sight. No sharing of medications at any time.
9. All food & snack items will be eaten in the kitchen area. No eating in the bedrooms. Food cannot be stored in rooms. You are allowed to drink coffee in your room. We don't want pests!
10. All Members should label their personal items in the fridge, freezer, and pantry. Members will honor each other's food items and ask before using something that belongs to another Member.
11. All members are expected to attend scheduled group meetings at Judy's House. Anyone needing to miss a scheduled group at Judy's House must have Staff's permission.
12. If a Member is discharged or leaves Judy's House, all sums of money paid to Judy's House shall be forfeited. When discharged from Judy's House, all personal effects must be removed in a timely manner. Judy's House will not accept responsibility for items that have been left. But we will do our best to keep it safe.
13. Always remember you are valuable, you are loved and Jesus thought that you were so important He laid down His Life and died for you, so you can live for Him. Live well.

**—THOSE—
WHO LEAVE
EVERYTHING
IN GOD'S HAND**

—WILL—

eventually

—SEE—

**GOD'S HAND IN
EVERYTHING.**

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Welcome to Judy's House Discipleship Home

We are a Christ-centered residence for women who want to grow in intimacy with God and experience the transformation of faith-based recovery. Our home is a safe and welcoming place for you to thrive in your recovery! Welcome!

You have agreed to the following criteria in the Judy's House application:

- o I have a sincere desire to develop a relationship with Jesus Christ and allow Him to work in me, for me and through me.
- o I fully intend to reach the goals set forth in my individualized recovery care plan
- o I desire to seek godly counsel and hold myself accountable to the Executive Director, Recovery Coach, staff and mentors.
- o I fully intend to allow God to transform me into the Woman He wants me to be by participating in the discipleship courses with a good attitude.
- o I desire to live in a family atmosphere and take responsibility for myself as a productive citizen honoring God, and contributing my gifts and talents to the good of all.
- o I will sincerely work my program of recovery by following the schedule, house rules, and recovery plan.

Conceptual Basis of Our Program

- 1. Christ-centered/Bible Based**
- 2. Evidence based**
- 3. Female responsive**
- 4. Individualized Care Planning**

Christ Centered

A discipleship home is modeled after the first century church and the glory of God is the focus and goal of each of the residents and the ministry as a whole. We live in a single family residence as a family and cultivate a sober environment. We are believers in recovery. The community of Galveston is supportive of Judy's House and local churches are praying for you regularly and will visit often. Your success in this environment makes a positive impact for the recovery movement. Volunteers from local churches, organizations and Judy's House alumni volunteer their time and are representing Jesus. These ministers should be honored with thanksgiving when they come.

Bible Based

We teach you to live as a new creation in Christ Jesus (2 Corinthians 5:17). We focus on the 8000 promises found in the Word of God. We celebrate all God has done in, for, and through your life. We don't "future trip", but we also don't live in regret. Attitude is everything. Living in Judy's House is a privilege and a wonderful opportunity to help you achieve long term recovery through transformation of the renewing of your mind (Romans 12:2). Members should focus on the strengths and gifts of the staff, guest ministers, and other house mates with thanksgiving. It connects us to the promises of God. Judy's House is a negative free zone. We don't turn a blind eye to issues but we address them and move on. Love and tolerance is our code. Focus on your own program, what God is saying to you, and what you have accomplished through your relationship with Him.

Evidence Based:

The design of the program is individualized client-centered case management with group programming, targeting women of moderate to medium criminogenic risk/need. Members must enter Judy's House by completing an online or paper application and submit to Executive Director. The leadership team prayerfully considers each application and then submit it to the other members of the house for a group vote. Each woman has a voice and the majority vote rules. Approved applicants move in on Monday's (unless extenuating circumstances are involved). All members must pass a drug test before moving in.

Female Responsive:

Social support systems in healthy environments are encouraged and fostered. Family relationships, including those with adult children are encouraged and supported. Time to "nest" in the home is encouraged upon arrival, and each person is allowed to begin career development in the first phase or as recommended by the Executive Director.

Staff is trained to be trauma responsive. We foster a collaborative atmosphere where women's voices are heard. Peace, safety, respect, and dignity are key to the culture of honor being built at Judy's House. We will learn new communication skills and be open to understanding our own responses, and the responses of others. Through love and tolerance of one another, hearts will be healed and made whole.

Target Population consists of women who:

- Do not have minor children in their custody
- Have high self-efficacy
- Career-focused intend to find their God-given purpose in their lives
- May need to increase earning capacity through vocational training or higher education

General Guidelines**Sozo**

The Greek word Sozo is in the New Testament over 100 times. It describes what happens at salvation. She will give birth to a son, and you are to give Him the name Jesus, because He will save His people from their sins. Matthew 1:21

While translators use the word save for this particular passage, sozo's full definition implies much more. Jesus was not sent just to save, heal or deliver. He was commissioned to do all three. At Judy's House we minister to the triune being; spirit, soul and body. Members will receive an inner healing in the Entry Phase to heal the soul, weekly Crossfit workouts to strengthen the body, and dynamic discipleship classes to grow the spirit.

Recovery

Members of Judy's House are women actively working a program of recovery. We attend women's Alcoholics Anonymous and Narcotics meetings in the Galveston County Area. We also do service work and host an NA meeting at our facility led by house members. On Saturday nights you help lead a Christ Centered Recovery meeting called We Had To Have God's Help, which includes worship, fellowship (food) and a meeting. You will be provided a Christ-Centered step study book as part of Judy's House curriculum. In our experience women are completely transformed through this process. You are also encouraged to work the traditional program steps with a sponsor

Certified Peer Recovery Specialist (Recovery Coach)

Each woman is afforded a Recovery Coach upon entry. Certified Peer Recovery Specialists help others on the path to recovery from mental health or substance abuse. Recovery means different things to all of us. The Substance Abuse and Mental Health Services Administration (SAMSHA) recognizes there are many different pathways to recovery and each individual determines her own way. SAMSHA defines recovery from mental health disorders and/or substance use disorders as: A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. Certified Peer Recovery Specialist are peers. They have first hand experience with substance abuse and can offer support and understanding to help. They promote self-determination, personal responsibility, and empowerment. Their certification allows them to talk about God but it goes so much deeper than that as CHRIST centered PRS. The faith based coach allows them to talk about Jesus. The two things peers have most in common is addiction and recovery. It gives great comfort and reassurance to know that women don't have to do this alone. Being an encouragement, using the Word of God, prayer and the passion to see you succeed is unparalleled. Each woman has her very own recovery plan. For once in your life, you get to decide what your plan should look like. With the Word of God we get you dreaming again.



Visitations

Family and positive prosocial friends and sponsors are encouraged to visit. All visits must be agreed by everyone in the house and must take place in the Serenity Room. Only spouse, son, or brother male visitors are allowed. Dating and engagement or romantic relationships while residing at Judy's House is strongly discouraged and not allowed on site. This is a time to focus on your relationship with God.

Home Maintenance

Amenities in the home are a blessing for your convenience. Please respect the property staff and other members of Judy's House. Objects in the home are for your use in the home and not to be removed or hoarded by a single resident. All furniture and decorative and functional objects are owned by Judy's House or the Executive Director and cannot be sold, given away, or taken to another location.

Daily Chores

Every resident is a vital part of the Judy's House Family. You will work together to maintain a clean, sanitary, clutter free home. Everyone is expected to do their daily and weekly chores. They will be checked M-F by 8:30am by the House Manager. If you break something you are responsible for repairs and or replacement of the broken item. You will be billed the appraised item. We ask that you do not attempt to remodel the rooms or hang anything on the walls. If you damage the walls or furniture you will be responsible for repairs.

Schedules

We are a family concerned about the welfare of others. You agree to remain accountable to your fellow housemates and staff. Each resident will post her weekly calendar on the back of her door or the refrigerator and update weekly. Your schedule should include all offsite activities and planned free time. Curfew varies according to Phase Levels.

The house manager will give you a weekly schedule at the Healthy House Meeting. All schedules will be posted by Sunday at the 8:00pm Stand up. Although everyone's schedule will vary we attend planned activities together each day. Please keep this in mind and plan accordingly. Although you purchase your own food, shared meals reduce the cost of food, and create a time of casual conversation, thanksgiving and community building.

Conflict Resolution

Environment is critical to recovery development, and every member has an opportunity to improve the environment that we live in. You will learn valuable communication skills by addressing conflicting opinions with the goal of understanding one another, maintaining safety and respect. Judy's House is for adult disciples of Christ. Childish or bad attitudes, consistent irritability, gossip, and slander will be addressed. If guidelines are disrespected and another resident is aware of it and does not bring it to the House Manager, all those aware of the infraction are equally accountable. We will restore one another in a spirit of gentleness.

All conflict resolution is based on Biblical Principles.

Do not gather troops before you have addressed your sister for any perceived infraction. Do not attempt to bring division or false accusations against a sister, and therefore rob her of the freedom that Christ has won for her. Check your assumptions instead of making judgments. If anyone is caught in sin those of you who are spiritual should restore in her a spirit of gentleness. (Galatians 6:1)

"Moreover if your brother sins against you, go and tell him his fault between you and him alone. If he hears you, you have gained your brother. 16 But if he will not hear, take with you one or two or more, that by the mouth of two or three witnesses every word may be established. them. Matthew 18: 15-16

Blessings (Disciplinary Action)

The women who live at Judy's House are thriving in Christ because they are teachable; being willing to live a new way of life. When rules are not kept there has to be consequences. We call this blessing's because God disciplines those He Loves and it is a blessing. Blessing's may be individual or group led and must be accepted with a good attitude. If there is a continuing breaking of rules there may be loss of privileges, level down or dismissal.

Cause for Dismissal from Residency

- No use of tobacco or illegal drugs will be tolerated. Random testing will be conducted and any positive test results will result in immediate dismissal. Not tobacco in car or house.
- Smoking any substance is prohibited inside and outside of the home or neighborhood
- Disruptive behavior, stealing, outbursts of anger and argumentative behavior.
- Allowing unauthorized visitors or not reporting those allowed by other members
- Consistent failure to participate in regularly scheduled activities
- Refusal to contribute volunteer hours
- Refusal to participate in household chores, including cleaning your room, common areas, yard maintenance, and preparing meals
- Non-payment of required financial contribution within 3 days of receiving income
- Aiding and abetting unauthorized or criminal activity of another resident such as stealing, lying, or breaking the terms of the contract. Not reporting such activities to leadership is considered aiding and abetting and has the same consequences as committing the offense.
- At Judy's House we believe in kindness, repentance toward God, grace, and change. Boundaries will be kept to maintain the safety and the peace of all the members and staff. All above violations will be discussed with resident and proper action at the discretion of management in some cases. Judy's House can assist in obtaining alternative housing for dismissed members.

Written Write-Up Procedure

When a member breaks rules they will be given three opportunities to adjust their behavior and make better, healthier choices to follow rules. The write up procedure is as follows:

- First Written Write up is a warning with a recovery plan action to help address the underlying issue. Members will be required to accept the plan to the best of their ability.
- Second Written Write Up will result in a recovery plan of action adjustment including restrictions on schedules etc.
- Third Written Write Up will be the final attempt to change behaviors. The member will be asked to move out.
- All written write-up's will be kept in the members case file.

Judy's House Required Activities

- Daily Bible reading, discussion, and prayer as per schedule
- Freedom Friday book Study
- Healthy House Meeting Wednesday Nights from 5:30pm-7:00pm
- Regular church attendance. We attend Celebrate Recovery every Tuesday, "We Had To Have God's Help" every Saturday and Church of the Living God on Wednesday Nights and Sunday morning's together.
- Adherence to Your Individual Phase Schedule
- Substance Abuse Classes as per the schedule (outpatient, etc)
- Volunteer Community Work as per schedule
- Discipleship Classes as per schedule
- Inner Healing Prayer Session

*Subject to change

Each member will be given an attendance sheet to keep track of meetings (if applicable)

Transportation

Transportation to **required** activities (church, drug court, probation, etc.) will be provided, if available, by the House Manager. Other methods of transportation are available and include bicycle, bus, trolley, and Uber /Lyft.

Other Available Programming

- Volunteer led groups
- Gathering, conferences and concerts
- Career Development Classes including resume's and coaching
- Anger Management
- Smoking cessation

Giving Back to the Community

Christian service is a mark of transformation. As part of your acclimation to the community, you will be given the opportunity for service work..

- Members are expected to participate in volunteer opportunities
- Members are expected to volunteer without interfering with their care plan goals and schedule activities
- Members are expected to give of their time for service work

Journaling the Journey

On the 25th of each month members will write an essay stating what they have gained from living at Judy's House and how it has helped them reach their personal goals. Members must request continued residency monthly or state why they are now ready to transition to the next leg of their journey. When members are ready to transition out of Judy's House they will request a meeting with leadership team. If members are blessed out, which is an agreement of staff that you are making a healthy choice and leaving on good terms you will receive a financial gift of \$25 from each week of dues paid to the house (not exceeding \$500). This will be provided to you in a check form. If you leave without being blessed out you will not receive this incentive.

Financial Responsibilities

Food and Supplies

Cleaning supplies, paper products, coffee and creamers are provided by the ministry on a monthly basis. It is the responsibility of the members to purchase their own food, personal hygiene products and laundry supplies.

We expect you to not be wasteful of the supplies. We are trusted with ministry funds and we want to be responsible with what God provides for us. If monthly supplies are depleted each member is responsible for her own until the next months shopping cycle.

Dues

RecoveryChick.com rents Judy's House from the landlord. Individual members pay weekly dues to the ministry which provides you with a shared room, utilities, bed, linens, and discipleship materials. All residents share a kitchen and members will be assigned a portion of the refrigerator, pantry space, and use of kitchen utensils. House membership dues are paid monthly in advance. \$700.00 a month, paid monthly or \$175.00/week if paid weekly. During intake you will be assigned a payment portal to pay your monthly/weekly dues. You will need an email address and a bank account. (If you don't have one you can pay cash until we help you set one up.) Dues will be paid on the first of the month or every Friday. You will get a substantial discount if you pay monthly.

Officers

- Judy's House strives to empower members by teaching leadership responsibilities. We take inspiration from the Oxford House model and use a democratic basis which involves elected officers. Judy's House has the following elected officers:
- President
- Secretary
- Job Coordinator
- Hospitality Coordinator

The election of house officers is necessary because they provide the structure for the house to function well.

The officers can serve continuously for only three months in any particular office, i.e. after an intervening 3-month period an individual can be re-elected to an office in which he or she has already served. Officers lead the weekly Health House Meeting. Seniority- the longer you are at Judy's House the more seniority you have. If a 2 bedroom becomes available or a food drawer you want, you are welcome to it first come first serve.

Ministry Tracks

Our goal at Judy's House is to get you dreaming again. God has a beautiful plan for your life and our mission is to help you achieve your fullest potential. Members are eligible for vocational preparedness, ministry training, or college preparedness according to their care plan. We have resume assistance, mentors and work programs available to you. Members who are gainfully employed are still required to attend discipleship class, meetings, church and groups with the house if they are home during these scheduled activities. Upon completion of program members will have a structured job search focusing on a particular career direction. A spending and savings plan will be collaboratively developed as part of your case management.

Discipleship is Our Mission

You will thrive as you participate in our dynamic discipleship classes. This is the difference between our house and other sober living homes. We have seen tremendous success with the women because when we know better, we do better. Discipleship classes are mandatory if they are on your schedule. As you progress in the classes you will receive certificates of completion and move up in Phase Levels. When you feel that you are ready to transition to independent living, schedule an interview with the Executive Director. The planning can start as soon as you have income. Graduations will be held for honorably departing members and you will be sent out with a monetary blessing and a celebration ceremony! We are here to increase your capacity for a successful God-honoring life. YOU ARE WORTH IT!

Discipleship Phases

You have an opportunity to stay as long as you like until you get on your feet and it is a healthy fit for you and the house (follow rules, less than three write-ups, etc.). There is no mandatory length for you to stay. When you find someplace to live and it's time for you to move on, simply communicate that with us and we will help you transition onto the next leg of your journey. Many women who have preceded you in Judy's House are living healthy, happy lives and are experiencing long term recovery.

"She is clothed with strength and dignity, and she laughs without fear of the future."

Proverbs 31:25