



“FREEDOM FROM ADDICTIONS”



**WELCOME TO THE FIRST STEPS IN
YOUR JOURNEY TO RECOVERY!**

**PLEASE READ THIS INFORMATION CAREFULLY.
IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT:
KIM, INTAKE COORDINATOR
P: (03) 5852 3777
E: kycentre@teenchallenge.com.au**

BRINGING HOPE - RESTORING LIVES

Teen Challenge Victoria is NOT a Detox Facility/Service; therefore, if detoxification from alcohol and drugs is needed, it must be completed externally to our Residential Program.
The Intake Coordinator can provide contact information to detox services if required.

Teen Challenge Victoria is a fulltime residential program. We have been providing help for people with life controlling issues for over forty years. Our aim is to provide an effective and comprehensive solution for these life controlling issues. Our endeavor is to help people become mentally sound, emotionally balanced, socially adjusted, physically well, and spiritually alive. This is applied through mentoring, class work, and completing personal studies. It also includes work detail, learning new skills and good work ethics. The program is fully structured and supervised.

There are four phases in the rehabilitation program:

Phase 1 – Intake

This is prior to entering the program. This phase includes being interviewed and assessed by the Intake Coordinator having the program explained in detail and completing the necessary paperwork for admission. If needed, detoxification is also a part of this phase.

Phase 2 – Orientation (30 days)

This begins when a person enters into the program. Orientation lasts for 30 days. The aim of this phase is to help the person settle into the program by becoming familiar with the facilities and daily routine.

Phase 3 – Minimum 18 weeks

This phase works on laying the foundation in which the student is to build their recovery on in preparation for Phase 4.

Phase 4 – Minimum 30 weeks

This is a major part of the program and it focuses on developing character and learning new life principles that are practically applied in daily living. This includes directly learning through personal studies, group studies and indirectly learning from group co-operation and teamwork. In this phase we deal with the Emotional, Spiritual, Cognitive and Behavioural aspects of the human heart.

Graduation

Once the person has successfully completed Phases 1 to 4, they graduate from the Teen Challenge program and receive a graduation certificate.

Servant Leadership Training

This is an addition to the program for those wanting to further develop leadership skills. It is a further 12 month commitment of training and assessment. This is an opportunity for our standout students who have shown leadership abilities and proven commitment to the rehabilitation process. An application and interview process determines suitability.

Our Program

THE “JESUS FACTOR”

There are a couple of things that set us apart from traditional recovery centers. The biggest one is our focus on faith-based recovery to encourage healing and transformation. Students complete SOAP (Scripture, observation, Application, Prayer) bible studies and attend chapel and church services.

GROUP STUDIES

Group Studies for New Life in Christ (GSNC) is a series of 14 week-long classes developed by our International office. The classes are a core framework in Global Teen Challenge programs. These classes teach biblical principles that help students form a deeper relationship with Jesus.

PERSONAL STUDIES

Personal Studies for New Life in Christ (PSNC) is an individual study program developed by our International Office. Students and their mentors design an individual study program that addresses the unique needs, concerns, and issues that they struggle with. Students work through the items of their PSNC learning contract at their own pace.

PSNC learning contracts include elements like: Scripture memorization, reading assignments, topical studies, and applying these to each students' unique issues or circumstances.

PEER TO PEER GROUP SESSIONS

Peer to peer group sessions are a platform for students to develop communication skills in a safe and welcoming environment. Students are encouraged to share their triumphs and struggles with their peers and offer each other support in this process.

FITNESS PROGRAM

Students are involved in gym sessions, group fitness sessions and recreational sports. Students are also able to utilize our on-site gym in their free time.

DAILY ACTIVITIES

Our program is very structured. The day to day includes study components, work duties, cleaning duties, meal preparation and clean up. There are some fitness classes and gym time throughout the week. Night times include some free time, study time and group prayer time. Saturday nights and Sunday mornings all students attend church.

CONTACT WITH FRIENDS AND FAMILY

During Orientation for the first 30 days there is no contact with anyone outside of the rehab. This helps the student to settle in.

PHONE CALLS

After the first 30 days have been completed students are allowed 1 x 10 min phone call. Once orientation is fully completed each student is allowed weekly phone calls. Students are given 1 x 10 min phone call per week. If they have children they are allowed 2 per week and must phone the child as 1 of the calls.

VISITORS

Visits start after the 30 days of Orientation is completed. Visits happen each Saturday for approved people only between the hours of 10:00am – 4:00pm. Visits must be booked in by Thursday at 4:30pm at the latest by phoning the office.

END OF CONTRACT LEAVE

Students may be eligible for end of contract pass after the first 3 months.

DO I QUALIFY?

Males 18 years and above who struggle with addiction and substance abuse and have a sincere desire to change their life. Must be committed to following all Teen Challenge rules and guidelines.

- Must be on Centrelink. If not on Centrelink must have family support funding
- If on medication must be on appropriate medication for our facility. (No Methadone, Suboxone or any Heroin replacements).
- We are a quit smoking program. Smoking is allowed for the first 6 months. Each student is allowed a set amount of smokes per day and will slowly drop that amount throughout the 6 month period. At the 6 month mark they will no longer be allowed to smoke.

Contact us today to see if you qualify and if not, how can we help you get to where you need to be. Let us help you to make the change in your life!

WHILST IN THE TEEN CHALLENGE VIC PROGRAM

During your time in the program you will be required to pay for all your essential personal items, medications, snack foods, smokes and personal items from your Student Account Funds. Your account will be started with \$50 from your Admission fee to cover your first 2 weeks incidental costs. \$50 per week will be allocated to this account from your Centrelink payment and will be handled within our accounts department. You will not be permitted to overdraw your account so your ability to purchase items will be declined if you have insufficient funds.

HOW MUCH DOES THE PROGRAM COST?

1. ADMISSION FEES:

Admission costs are made up of a \$950 non-refundable processing fee. **\$1500 for bail clients.**

Admission fees are made up as follows:

\$ 900.00	Intake Fee
<u>\$ 50.00</u>	Student Account Funds (<i>see point 2 – 'WHILST IN THE TEEN CHALLENGE VIC PROGRAM'</i>)
<u>\$ 950.00</u>	TOTAL (non-refundable)

The \$950 admission fee must be receipted into the Teen Challenge Victoria bank account no later than 24 hours prior to your intake day (or cash on arrival). This will demonstrate your intention to join the program and will ensure your position is secure. If the funds are not received on time then entry into the program may be declined or postponed until the next available intake day. If this is not your first intake into the Teen Challenge Victoria program you will need to discuss any outstanding account fees you may have with your Intake Co-ordinator.

Teen Challenge Victoria is entirely funded through family support, donations, thrift stores and other fundraising. In light of this we ask all loved ones to consider how you can financially assist in supporting Teen Challenge as we continue to help more people be set free from the chains of addiction and life controlling issues.

2. ONGOING PROGRAM FEES

The ongoing cost of being in the Teen Challenge program is a weekly fee of \$900.00 which includes all meals, accommodation, activities and access to health services plus staffing of our 7 day per week program. It is calculated on a weekly basis from Monday to Sunday. Teen Challenge is prepared to cover \$270.00 a week per student

Students need to be on Centrelink. When a student comes into the program they assign Teen Challenge to be their Nominee for the time that they are in the program and we receive those payments on behalf of them to cover some of the cost of their stay here. \$50.00 a week of their Centrelink will be set aside in a personal account for them to cover canteen, clothing, smokes, medications etc. If they are not on Centrelink they need to have Family Sponsorship to cover the cost of the program.

Teen Challenge Victoria is entirely funded through family support, donations, thrift stores and other fundraising. In light of this we ask all loved ones and support networks to consider how you can financially assist in the sponsorship shortfall as we continue to help more people be set free from the chains of addiction.

Financial Breakdown:

Students on New Start: Centrelink	\$330.00 pw
Teen Challenge will cover	\$270.00 pw
Sponsorship	\$300.00 pw
Students on DSP: Centrelink	\$480.00 pw
Teen Challenge will cover	\$270.00 pw
Sponsorship	\$150.00 pw

***Note – If family sponsorship is an issue, please speak to our Intake Co-Ordinator as we understand not everyone has financial support and we will do everything we can to help you and not let that hold you back from getting help.**

OUR FACILITY

The Property



Lounge Room



Dining Room



Gym



Class Room



Veggie Patch



Chapel



ADMISSION REQUIREMENTS:

Due to the restriction of space, all residents must limit the amount of materials and clothing they can bring into the program. We also understand that not everyone has everything on the list, do not stress we can help you with what you will need.

CLOTHING

- **Shirts:** Shirts- at least 3. T-shirts - at least 2. Maximum of 10 shirts/T-shirts.
No see-through shirts (mesh, etc.), bike shorts, tights, tank tops or other tight fitting clothes. No T-shirts with offensive or questionable slogans. Singlets are not classed as shirts and can only be worn during work detail, free time and sport.
- **Pants:** Jeans - at least 2 pairs. Dress pants / slacks - at least 2 pairs. (Maximum of 6 pairs of pants)
- **Jumpers:** Maximum of 3.
- **Coats:** Maximum of 2.
- **Work Clothes:** Maximum 2 pairs of work clothes. Can be old jeans, shirts, overalls, etc. (in addition to above limits).
- **Sport Clothes:** Shorts or track suit; Maximum 2 pairs of either.
- **Swimwear:** 1 pair of bathers
- **Underwear:** At least 7 pairs of socks and underpants.
- **Night Wear:** Pyjamas maximum 2 pairs. 1 Dressing gown.
- **Shoes:** Runners – At least 1 pair.
Dress shoes – At least 1 pair.
Sandals – 1 pair (optional).
Work boots – 1 pair.
Thongs – 1 pair (optional).
Slippers – 1 pair (optional).
(Maximum of 5 pairs of shoes.)
- **Miscellaneous:** Sun hat, Sunglasses (optional).

You will need all personal items such as: towels, face washer, toothbrush, toothpaste, comb, brush, soap, deodorant, razors, shampoo, conditioner, creams and other such toiletries, etc.
(no alcohol based products).

ALARM CLOCK

Please bring an alarm clock and batteries with you. There must be no radio in the alarm clock.

Things to bring

- Debts, bills and payout slips for loans.
- At least three forms of identification.
- Medicare Card and any social welfare cards
- Writing paper, envelopes and stamps
- Pens and pencils
- Bible (if you have one)

ITEMS THAT ARE NOT PERMITTED

- Jewellery, apart from a wristwatch and one wedding ring (only if married according to Christian traditions). Students are not permitted to wear earrings, any studs or rings in body; piercings must be removed.
- Books, do not bring books with you, any books that you will need to use are available from our Library.
- CD's and Tapes – burnt CD's or copied tapes are not allowed, all music tapes and CD's will be subject to approval, however any non-Christian music is prohibited.
- No Newspapers or Magazines of any kind.
- Photos (apart from those of your spouse and immediate family).
- Personal equipment – no radios, walkmans, boom boxes, TV's, exercise equipment, etc. No MP3's, iPod's or similar players, (a small cassette or CD player which does not include a radio is permitted).
- Confectionary, Food or Dietary Supplements (Vitamins are allowed).

The past is written we cannot change it, but the future is untold and waiting for you to write it. Start your journey today and let recovery be a part of it!!

*Ben Watson
Program Director*

SPONSORSHIP / DONATION FORM

Part A: STUDENTS NAME

Full name: _____

Part B: SPONSORS DETAILS

Full name/s: _____

Postal address: _____

Suburb: _____ P/code: _____

Phone: _____ Email: _____

Is the student eligible for Centrelink payments?

Yes – Sponsorship (donation) is \$300 pw

No – Sponsorship (donation) is \$660 pw

Sponsorship will be paid:

In full by primary sponsor

Distributed across multiple parties (*please ensure all parties complete a separate form & direct debit request form*)

Amount contributed by Primary Sponsor per week: \$ _____

Date of first fortnightly Sponsorship (donation) _____ / _____ / _____ (*first payment due on entry date*)

Part C: CHECK LIST

1. If full payment cannot be made by the primary sponsor, it is the responsibility of the primary sponsor to ensure the sponsorship is made up in full by recruiting additional sponsors.
2. In the case of multiple sponsors, it is the responsibility of the primary sponsor to ensure money is paid in full by required date and all parties complete and submit a 'Sponsorship / Donation Form'.
3. It is the responsibility of the primary sponsor to contact Brian Hoskin at Teen Challenge Vic on (03) 58523777 to notify if full payment is unable to be met and to discuss payment options.

Part D: PAYMENT OPTIONS

BY CREDIT CARD

Card No: _____ / _____ / _____ Card holder name: _____

Signature: _____ Expiry date: _____ / _____

BY DIRECT DEBIT

Bank Account Name: Teen Challenge International Vic Inc. Acc #: 10007175 BSB: 063-516