



Meadows
OF
Hope

RESTORING HOPE. TRANSFORMING LIVES.

Applicant Handbook

Updated April 2018

MEADOWS OF HOPE

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INTRODUCTION

Welcome

Congratulations! You and your teen girl are talking about and making important decisions, including the possibility of enrolling at Meadows of Hope. This handbook will help you understand the overall program, expectations, and policies of MOH. Please read carefully and direct all your questions to the program manager of MOH.

The first step is to thoroughly complete all three of the applications you received. As soon as we have all the applications processed, and, if your child is still an eligible candidate, then we will set up a date for an On Site Interview which takes lasts approximately six hours and introduces the parents, the teen girl, the home mentor, and the supporting ministry to all aspects of the program.

Purpose of the Applicant Handbook

This handbook will be a helpful tool to clarify who MOH is, what you can expect from MOH relative to your teen's journey with MOH, and what MOH expects from you as the parent/guardian or ministry partner.

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Meet the Staff



Marcus Beiler
Administrator



Jenni Wagler
Program Manager



Curt Weaver
Office Manager



Jewel Stoner
Girls' Care Supervisor



Janelle Herschberger
Registered Nurse
Phil Herschberger
PR Manager

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Daryl & Mary Martin
House Parents



Deb Strite
Mentor



Sue Stoltzfus
Mentor



Melissa Ticen
Counselor



BreeAnn Bryant
Equine Supervisor



Bettina Yoder
Education Supervisor
Creative Expression Supervisor

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History

The story of the beginnings of Meadows of Hope is a praise testimony to the love, goodness, and sovereignty of God working through His people to accomplish His purposes.

During the spring of 2009, a generous individual heard about a farm that was for sale across the road from Camp Andrews. After hearing the tremendous asset that this land would be to the expansion of ministry, he offered to provide a gift to purchase the 40 acres. The farm was purchased with this gift in July 2009.

The Board of Directors and the staff at Camp Andrews prayed and discussed what God's purpose was for the "miracle farm" across the road. Teresa Beachy, the camp program director, had previously spent several years in South Carolina at a residential camp for troubled teen girls. She brought a vision for starting a similar ministry in the Pennsylvania area. It soon became clear that there was an urgent need for such a ministry. Many urban teen girls came to Camp Andrews for summer camp, but had no place to go for continued healing and discipleship. In essence, Meadows of Hope began as an extension of Camp Andrews.

In a motion, approved by the Board of Directors of Camp Andrews on November 15, 2010, the Board decided to establish an exploratory subcommittee. This subcommittee had its first meeting at Faith Mennonite High School on January 14, 2011. The exploratory subcommittee of 10 members had four meetings in total. This exploratory subcommittee researched the possibility of creating a new program, specifically for troubled urban teen girls, on the newly acquired property.

On March 14, 2012, the Board unanimously approved the motion to open a residential girls' home. At this point, a steering committee was formed with 8 members. The steering committee had 21 meetings from March 2012-August 2014. This steering committee conducted

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plenty of research, visited and networked with similar ministries, developed vision and policy statements, and prepared the new property. This process also included an abundance of prayer. From the summer of 2013 through the winter of 2014, horses were acquired, the old barn was renovated, the new house was built, and the first staff members were hired. On August 26, 2014, our first teen girl entered the program at Meadows of Hope.

Organizational Structure

Meadows of Hope is an extension of Camp Andrews. Camp Andrews is the “parent” 501(c) 3 private, non-profit, Christian para-church ministry of Meadows of Hope. Meadows of Hope and Camp Andrews are governed by the same Board of Directors and currently operate under the umbrella organization of Silver Springs Ministries.

Both Camp Andrews and Meadows of Hope are governed by a Board of Directors who are responsible to: maintain legal control of the corporation, safeguard the assets of the corporation, approve all personnel policies prior to their implementation, evaluate the program annually for strategic planning and/or corrective action, reviews and approves the annual written budget, makes resources available for staff salaries, equipment, supplies, and facilities to ensure the program is capable of providing appropriate and adequate discipleship training services to Meadows of Hope students.

Nondiscrimination in Services Statement

Admissions, the provisions of services, and referrals of teen girls shall be made without regard to race, color, religion, disability, ancestry, national origin (including limited English proficiency), age or gender. Program services shall be made accessible to eligible persons with disabilities through the most practical and economically feasible methods available. These methods include, but are not limited to, equipment redesign, the provision of aides, and the use of alternative

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service delivery locations. Structural modifications shall be considered only as a last resort among available methods.

Any teen girl (and/or their parent/guardian) who believes they have been discriminated against, may file a complaint of discrimination with:

Meadows of Hope
Camp Andrews
1226 Silver Spring Road
Holtwood, PA 17532

U.S. Dept. of Health & Human Services
Office for Civil Rights
Suite 372, Public Ledger Building
150 South Independence Mall West
Philadelphia, PA 19106-9111

Department of Public Welfare
Bureau of Equal Opportunity
Room 223
Health & Welfare Building
625 Forster Street
Harrisburg, PA 17120

PA Human Relations Commission
Harrisburg Regional Office
Riverfront Office Center
1101 South Front Street
5th Floor
Harrisburg, PA 17104

PHILOSOPHY OF THE PROGRAM

Ministry Theme Verse: “This hope we have as an anchor of the soul, both sure and steadfast. It leads us through the curtain into God’s inner sanctuary” (Heb. 6:19).

Vision: Meadows of Hope exists to disciple teen girls into a healthy relationship with God and others and responsible life choices.

Mission: Meadows of Hope offers hope and redemption through a family environment, equine assisted learning, and individual counseling

Focus of ministry

- In partnership with Camp Andrews in their ministry to youth, we at Meadows of Hope serve teen girls who are struggling socially, emotionally, and spiritually.

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- We serve girls between the ages of 13-20.
- The teen girls who enter our program are not mandated to come to MOH; we help teen girls who are aware of their need to make a change, and who are willing to work on their problems.

Core Values

- Developing relationship with the Triune God as revealed in Scripture
- Partnering with sending ministries
- Fostering responsible stewardship of resources
- Honoring the unique and intrinsic value of each person
- Providing a nurturing environment

Christian Discipleship Training

Our goal at Meadows of Hope is deep heart transformation in every individual who enters our doors. Only God can do this and He has chosen people to be His Body, His hands, and feet. It is in the context of a loving community of staff who model that transforming relationship with a loving God that teens are invited into that same transforming relationship.

Teen girls will be discipled and mentored through grace-filled relationships and the truth of God's Word. This is the heart of our ministry and permeates every activity and relationship. Each teen that enters our program will be treated as an individual and have an individualized care plan. They will have the opportunity to live in a family setting with a house parent couple modeling the roles of Mom and Dad, single mentors who actively disciple and mentor them, and other teens who are also pursuing change, thus creating a loving atmosphere of incredible support for life change. This structured relational setting is a catalyst for learning and applying principles of forgiveness, conflict resolution, and caring. They will have the opportunity to speak with a trained counselor every week to resolve the wounds and sin of the past, be involved in sessions of equine-assisted learning where trust is developed between horse and girl thus providing ample opportunity for self-understanding, interpersonal skill building,

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and a more trusting relationship with God, learn life skills of responsibility and dependability in doing family chores and equine care, and learn life skills of cooking balanced meals, basic sewing skills, and balancing a budget by working alongside staff in the home. We are committed to our partnership with the sending ministry or church providing training and support, equipping them to walk with their teen and her family while she is at Meadows of Hope and especially after she graduates.

The individualized care plan for each teen will also include academics. Each student will be enrolled in Meadows of Hope Christian School, operating year-round, specifically designed to meet the individual educational needs of each student with a quality education. MOHCS is a registered nonpublic/non-licensed private school under the Dept. of Ed. in PA. MOHCS utilizes both an individualized and conventional approach, including several different curricula to best meet the needs of the each student.

In addition to being compliant with the compulsory school regulations in PA, relative to the traditional classroom classes, MOHCS also integrates “hands-on-learning” through equine, horticulture, culinary arts, and “artistic expression” sessions several times per week in which students derive school credit from these activities too. The student to teacher ratio is approximately 6:1, ensuring the individual attention each student needs. As a PA non-public/non-licensed Christian school, MOHCS can award diplomas to students who successfully complete their high school education. MOHCS’s staff will provide the same discipling, nurturing environment as the home, with each teen’s emotional and spiritual goals being the primary focus, providing the context within which the teens will have the best opportunity to excel academically.

Equine Assisted Learning

Vision: The equine aspect of the Meadows of Hope program aims to use partnerships with horses to help humans develop the mental, emotional

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and spiritual fitness needed to have a healthy relationship with God and with others.

Overview: Horses by their nature provide the opportunity for people to learn to form trust, grow in responsibility, increase emotional fitness and develop healthy relationships. Horses are both prey animals and herd animals. These characteristics make them both very different and very similar to humans. The prey animal characteristic means that they are instinctively fearful and sensitive to perceived threats. Being herd animals means that they are gregarious, seeking relationship.

Horses have a subtle but intricate way of communicating using body language. They use this language to establish a social structure in their herd. This social structure is very dynamic and is continually challenged and re-established.

As humans, we can take advantage of that social structure and language. We begin by observing and learning how horses feel, think, act and communicate. Then, we mimic the body language and psychology that horses use to become part of our horse's "herd", hopefully the leader. Later, we can use more advanced exercises to further develop this communication and deepen understanding. This is the process that the teen girls and equine staff will undertake.

Each session (and the program as a whole) has 2 major components: horsemanship development and personal development. Horsemanship is simply defined as the habits and skills that horses and humans each need in order to become partners. The personal development piece is where the themes learned in the horsemanship phase are applied to the context of mental, emotional or spiritual growth.

Equine assisted learning is a non-traditional therapy involving a qualified equine specialist working to facilitate a hands-on learning experience for students. Equine assisted learning does not attempt to diagnose a person's "problems" or provide "solutions" for them, and it does not

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matter what the teen girl knows or doesn't know about horses. The horses are an important part of the team as the horse's communication is non-verbal, feeling and mirroring where the teen girl is emotionally.

Horses can smell from as far as a mile away, identifying pheromones emitted of fear, stress, or anger. They can feel what the teen girl is feeling despite what the student is saying. Horses are 100% honest in their relationship with humans, not hiding anything. The teen girl often finds that their manipulation or bullying tactics don't work on the horses. The equine specialist provides structure and gives directives based on what the teen girl's needs are in that moment. The focus is on the constant non-verbal communication with the horses.

Questions are directed to the teen girl through the horses and what the team observed the horses doing rather than what the team saw the teen girl doing. Observations and language are kept as simple as possible, leaving it open for the teen girl to put their own interpretation on what was going on rather than putting the team's interpretation on what is happening. The team follows the teen girl's lead in regards to what words they use and what labels they give the horses. The horses then become symbolic, most often representing different relationships in the teen girl's life. Sometimes instead of a relationship, the horses are symbolic of something in the teen girl's life such as "Home" or "Addiction," feeling "Needy" or "Independent," for example. The teen girls in session come to powerful realizations of their own accord and often find answers through the realizations brought on by this process.

Equine assisted learning is popular with our teen girls. Most want to participate. Through the equine assisted learning program, the teen girls discover that horses are both great healers and teachers.

Counseling Sessions

Each girl at Meadows of Hope attends one 50 minute long, individual counseling session per week. Counseling services are provided by a professional, Master's-level Christian counselor. The counseling is distinctly Christian in that there is an emphasis on prayer, Scripture,

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development of Christian character, reliance on the Holy Spirit, and an acknowledgment of God as the ultimate Healer. Also, the girls learn about their particular problems or mental health diagnoses, how to identify and uproot unhealthy thinking patterns, and how to pursue healthy relationships.

Methods used include art therapy, Cognitive Behavioral Therapy, and lots of listening, encouragement, and exhortation! Common themes explored in counseling include trust, hope, pain, coping skills, honesty, personal boundaries, trauma, self-concept, wisdom, decision making, personal responsibility, comfort, overcoming temptations, identifying and managing emotions, relationships, healing from the past, and so much more! During Meadows of Hope counseling sessions, each girl is invited to pour out her thoughts and feelings, and then is offered feedback, encouragement, or sometimes loving confrontation. Additionally, practical learning exercises and/or homework may be utilized in order to assist in her healing and growth. Counseling at Meadows of Hope is viewed as just one more tool that God can use to bring transformation in the lives of His precious, hurting daughters!

UNDERSTANDING THE PROGRAM

Individualized Service Plan – In the process of enrollment, the teen girl and her family will define the purpose of her stay, which will become the basis of her Individualized Service Plan (ISP). Your teen girl will be asked to sign the ISP which outlines the following: 1) reason for placement (“presenting issues”), 2) length of placement, 3) placement objectives, 4) placement goals (weekly reports), 5) progress summaries (term reports), and 6) transitional care plans. The ISP will be reviewed and signed every six months.

The program is designed to address four major areas of your teen girl’s life:

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- **Relationship with God** – Develop a working knowledge of God’s Word, their identity in Christ, and learning how to make personal applications for life’s challenging situations.
- **Relationship with Others** – Embracing and resolving relational conflict and wounds and learning skills surrounding interpersonal relationships.
- **Heart Transformation** – Dealing with the emotional conflict and stress caused by wrong choices, rejections, traumatic experience, fear, and so on.
- **Responsible Life Choices** – Learning life skills surrounding academics, vocation, community resources, group and family living, and so on.

We take a systematic and individual approach to problem solving. The ISP helps us to set realistic goals and identify practical objectives aimed at eliminating negative behaviors. This document (ISP) will be presented at time of intake. All parties must agree to the content of the ISP. Therefore you, your daughter, and a MOH representative must sign it. It is the “core” of our planning and development of strategies and programs to implement on your daughter’s behalf.

The ISP and Applicant Handbook are designed to work together. The goals set forth in the ISP will be reviewed periodically with your child. These reviews will result in summaries and evaluations.

Understanding the Phases - The ISP is rooted in the philosophy, objectives, and goals of the Phase Document. The MOH staff team utilizes a phase system to assist them in setting goals and recognizing progress in the program, especially in the House, School, and Equine Activities. The three phases are as follows:

Phase 1: New Teen (Orientation Stage)

Phase 2: Growing Teen (Working Stage-Tackling Issues)

Phase 3: Transitional Teen (Finishing up-Preparation for Graduation)

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Graduation

When a teen girl is making good progress in Phase 3, the MOH staff will discern when she is ready for graduation from the program. The MOH staff, along with the girl's parents, will formally affirm and declare to the teen that they believe she is ready to graduate and invite her consider if she is ready to take this next big step. When the girl makes the decision to graduate, a date will be set and plans will be made for a graduation ceremony to celebrate this special occasion in her life.

Transitional Care Planning (including School, Vocation, Church, Community Support Structures)

When your teen is nearing the end of her placement, as determined by the Meadows of Hope direct care staff, an "After Care Plan" will be developed for you and your teen. This plan will help each of you focus on successes gained and the need for continued growth, including addressing areas that continue to be of concern. In addition, follow up contact and identifying and connecting with an outside mentor is incorporated in the plan too. MOH's staff will be available to work with you in the areas of implementing your child's After Care Plan.

What Parents Can Expect - After your teen girl has entered MOH, there are numerous changes and adjustments that you, your teen girl, and we ourselves must make. There are immediate effects upon all persons involved in your daughter's life. Although no two teen girls respond in exactly the same manner or time period, the following provides a general overview of the characteristic "cycles" your teen girl will experience in our discipleship program.

First Month - This time is often one of relative compliance and may be characterized by much cooperation. It is a time of staff and peer acceptance and rules, limits, and demands of the ministry are not being tested. This is also a time when relationships are established. During this period, there is generally what we refer to as the child's "honeymoon" period, which may last from a few days to several weeks. No matter how difficult and stressful the situation at home before the

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placement, there is usually homesickness. Homesickness usually begins after the first few days and may last for several weeks (reoccurrence is not uncommon throughout the entire placement).

Second & Third Months - This is often the most difficult period of the placement. The newness has worn off, goals and objectives are well established, and behavior patterns have been identified and/or observed by staff. Now there is little excuse for the child to do anything else but get down to business of problem solving and addressing the issues and conflicts in her life. For most teen girls, directly addressing their problems in a residential setting is a new experience and this may be a “stormy” time for your child.

Four to Six Months - During this time, there may be follow-up seminars offered, a term review, and possibly additional meetings regarding your child’s placement. Your child’s behavior should involve more “risk taking” as trust continues to build and renewal and healing take place. Growth will be evidenced by various emerging qualities such as confidence, self-discipline, genuinely seeking answers, truthfulness, forgiveness, optimism, and sincerity. However, we can also expect vacillations and problems with over confidence, independence, impatience, power struggles, arrogance, and anger. By now most teen girls will have experienced a number of successes. However, at this time, they also tend to become vulnerable to distractions and unrealistic about the “need” to continue or persevere in problem solving. As a result, it is possible that the child will experience some regressing during this period.

Seven Months until the End of Placement - It is intended that parent seminars will take place during this time that will assist the parents and supporting church ministry in being more prepared with the transitional care plan/process. Also, parameters for home visits will likely be expanded in order to encourage further testing as a means of proving one’s progress. During this time family after care needs and concerns will be addressed. Your child’s behavior is expected to become

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increasingly more reliable, responsible, and marked by cooperation and willingness to change. Anxiety is expected over the reconciliation process and concern over continuing success. Also, some vacillation is anticipated between initiative and complacency in problem solving.

PARENTAL RESPONSIBILITIES

Meadows of Hope is integrated Christian discipleship ministry serving not only your teen girl but your whole family. This program is not easy. Your teen girl will need to be willing to commit, submit, and comply with House expectations. Your teen must become vulnerable and honest, learning to trust the staff and learn from their many mistakes. There is a lot your teen must give up to come to MOH.

Sometimes it is difficult for your teen to persevere when they are “unlearning” old belief and behavioral patterns and embracing new growth and change. Young people tend to be impatient and impulsive, and at times, they will become discouraged, disappointed, and distracted. As they face these challenges, they will often put pressure on you, the parents, to let them quit and come home. You must continue to remind yourself of the need for change that necessitated your teen’s placement at MOH. We will count on you to stand firm in your commitment to help them fulfill their commitment.

Because we are a voluntary program, it is always appropriate to have a “Plan B” ready in case they refuse to remain willing. However, we all trust that the love and affirmation your teen will receive from us, from you as parents, and from the supporting ministry will help your teen move past the struggle into a new place of willingness to receive all that God has for them.

It is the policy of Meadows of Hope that, during the regular 10 day Home Visits (about every eight weeks), that it is the parent’s responsibility to facilitate their daughter’s annual physical exam and semi-annual dental exams, so MOH does not need to utilize their own staff persons to transport teen girls to these appointments during the

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terms. However, in the event that a scheduled exam could not get completed by the parent on a Home Visit, it is the policy of MOH that the parent arrange with MOH, a day and time, when they can come and transport their daughter to the exam, during the term. In the event that the exam could not take place during the Home Visit, and during the term, by the parent, the parent will be required to see that the exam takes place upon the next scheduled Home Visit. Exceptions to this policy (of which MOH staff transport teen girls to their appointments) will be granted on a case by case basis; e.g. parents that live out of state, mental health med check-ups, emergency visits to the ER or Urgent Care, etc.)

Parent Seminars - From our experience, we have discovered that parents need encouragement, emotional healing, and instruction as well. To facilitate this, Meadows of Hope requires every parent to attend our parent seminars approximately every six weeks, immediately preceding picking up your teen girl for Home Stay. If you choose not to participate in these parent seminars, after your teen is enrolled, your daughter could be dismissed from the program.

The following comprise several benefits from the parent seminars:

- Communicate the message to your teen that you as parents are willing to sacrifice to find out possible problem areas in your own lives and to receive input and learn and grow also
- Have meaningful times of fellowship, encouragement, and growth with other parents
- Learn about the different challenges, addictions, and/or abuses your teen is experiencing and biblical truths and principles that can help meet these needs
- Receive help and direction to deal with chronic family problems that hinder good family relationships

Spiritual Growth - During her stay at Meadows of Hope, your teen will be engaged in a vibrant learning environment which will foster growth and change, especially related to her walk with Jesus, emotional healing,

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and interpersonal relationships. Hence, it is imperative that you grow spiritually and emotionally also, in order to better connect with your teen when she comes home. Here are some suggestions for you to incorporate as soon as possible:

- Begin regular personal worship and family devotions including scripture reading, sharing together, and prayer
- Personal Bible study and parenting enrichment learning: There are many aids to help you with a personal study of God's Word for yourself. In addition, MOH will, at times, give you study assignments in preparation for the parent seminars
- Become "plugged in" to a good Bible-believing church

Supporting and Reinforcing MOH's Values - Most parents agree with Meadows of Hope's philosophy and teaching. However, there may be some areas with which you may not totally agree. If there are any areas of disagreement, it is your responsibility to communicate your differences with the administration in an attempt to resolve it or come to an understanding with each other.

At any rate, it is imperative to the success of your teen girl, that you fully reinforce the values and principles taught to your child during visits, phone calls, and letter contact. Please remember that we must be united in our efforts to help your teen. Weaknesses in our unity could result in feelings of insecurity, confusion, or even anger by your teen.

In addition, many teens are skilled in playing one adult against another (often parents) and a sense of disunity between you and our staff can become a conflict with teen experienced in this kind of manipulative behavior. By all working together with these challenges, we can enhance your teen's growth and progress, instead of hindering it, or even worse, her premature discharge from the program.

- **Phone** - Phone calls are limited within the first 30 days of placement. During this time, you are asked to call the House Parents once a week to check on your child's adjustment and

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progress. After the first 30 days, your call will include a 10 minute conversation with your child once a week. At the time of intake, you will arrange with the house parents a specific time during the week to call. In general, do not confront or counsel your daughter (that is our job) over the phone. However, at times, we may ask you to confront your teen in a specific area in order to reinforce the program expectations. If “negative communication,” manipulation or disrespect begins, ask to speak to a house parent or another staff member. These phone calls are very important to your daughter’s growth at MOH. They provide assurance of your commitment to your teen and the overall success of the program. They also provide a mechanism by which you and your daughter may constructively apply what is being learned and encourage the reconciliation process. Phone calls will start at 10 minutes during phase one and two and change to 15 minutes when the teen girl enters Transition Phase (phase three).

Letters - Letter writing is perhaps the best way for you to communicate with your teen girl. Your teen is required to write home at least once a week. Mail gives your teen a more lasting assurance of your concern and interest, and something to look forward to during the week. As a parent, you are required to write at least once a week but not more than two or three times each week. Ask others whom you desire to have contact with your child to write letters or cards and we will put their names on the approved list.

Email - It is our experience that the time spent putting a letter together will more effectively communicate value, concern, acceptance, and support that you have toward your daughter. You may send an occasional email note, which the house staff will print out for your teen, but teens will have very limited computer use while in the program.

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An all-important word is *consistency*. Consistency in letter writing, consistency in phone calls, consistency in supporting the staff, and so on.

Home Visits - Home visits for all the teen girls take place at the same time. The purpose of these visits are for the parents and their daughter to reconnect as a family, to practice the principles taught at Meadows of Hope with each other, and to cultivate a relationship with a local church. During the visits, parents will be able to identify and affirm areas of growth and progress and discover weaknesses that need ongoing attention. Each home visit is designed to build confidence, encourage families, and help their teen girl develop a “track record” of successes.

Meadows of Hope’s program is highly structured and set up to be a safe environment. Therefore, planning ahead for visitation (other than home visit) is very important. No one is allowed to “drop by” unannounced as this could disrupt your teen and the other teens. All visits with your daughter must be pre-arranged with the Director.

Spending Money – The teen girls are not permitted to have spending money while at Meadows of Hope. Any personal needs a teen may have must be taken care of by the parent/guardian while on home visit.

SUPPORTING MINISTRY RESPONSIBILITIES

Meadows of Hope (MOH) is specifically designed to operate in a three way partnership, consisting of the teen’s parents/guardians, a Ministry/Church Representative & a Female Mentor, and MOH staff. The Ministry/Church Representative is a church or ministry within local proximity to the teen girl and her parents that takes primary responsibility to walk alongside of the parents before, during, and after the teen girl’s stay at Meadows of Hope and to inspire prayer and financial support for the family. The Female Mentor’s primary responsibility is to walk alongside of the teen girl before, during, and after her stay at Meadows of Hope. The unique partnership with a

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Ministry/Church Representative and Female Mentor offers a wide variety of support for the teen girl and her family.

These support structures include some of the following:

Pre-Placement

- Ongoing prayer support for the teen girl and her family
- Financial assistance for the teen girl's placement fees and/or getting other individuals on board as sponsors and donors
- Helping to identify the need for a particular teen girl to seek placement at MOH
- Giving guidance to the teen girl and her family in the enrollment process

Phase 1 (Orientation Phase) and Phase 2 (Working Phase)

- Providing support and encouragement to the teen's family
- Providing a Biblical church community for the teen girl and her family to thrive in during home visits and post-graduation
- Ministry representatives and mentors are always invited to attend parent seminars. Highly recommended that mentors participate in every other parent seminar (at minimum).
- Collaborate with the parents and support them in the journey of caring well for their daughter

Phase 3 (Transitional Phase)

- Halfway through the term (around the 3 week mark), the mentor and parents spend extra time with the teen girl

After-Care and Post-Graduation

- Continued pursuit, collaboration, and support of parents
- Advocate to reconcile girl and family during conflicts
- Encourage teen girl to seek counseling services, as needed - possibly stay in touch with the MOH counselor, Melissa Ticen?

FEMALE MENTOR RESPONSIBILITIES

Meadows of Hope (MOH) is specifically designed to operate in a three way partnership, consisting of the teen's parents/guardians, a Supporting Ministry & a Female Mentor, and MOH staff. The

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Supporting Church/Ministry is a church or ministry within local proximity to the teen girl and her parents that takes primary responsibility to walk alongside of the parents before, during, and after the teen girl's stay at Meadows of Hope and to inspire prayer and financial support for the family. The Female Mentor's primary responsibility is to walk alongside of the teen girl before, during, and after her stay at Meadows of Hope. The unique partnership with a Supporting Ministry/Church and Female Mentor offers a wide variety of support for the teen girl and her family.

Pre-Placement

- Walking with the teen girl and giving an example of how to live as a godly woman
- Helping to identify the need for a particular teen girl to seek placement at MOH
- Giving guidance to the teen girl and her family in the enrollment process
- Ongoing prayer support for the teen girl and her family
- Financial assistance for the teen girl's placement fees and/or getting other individuals on board as sponsors and donors

Phase 1 (Orientation Phase) and Phase 2 (Working Phase)

- Letter writing at least once a week between the teen and mentor from the Supporting Ministry
- Phone calls between the teen and mentor once a week
- Providing a safe home/place for the teen girl during initial home visits, if the teen girl's house is not available
- Mentors and ministry representatives are always invited to attend parent seminars. Highly recommended that mentors participate in every other parent seminar (at minimum).
- Mentor spends 1-2 hours with teen girl during home visits
- Pursue the teen girl and ask hard questions
 - "How is your relationship with God?"

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- “How is your relationship with the other girls/staff at Meadows of Hope?”

Phase 3 (Transitional Phase)

- Halfway through the term (around the 3 week mark), the mentor and parents spend extra time with the teen girl

After-Care and Post-Graduation

- Advocate reconciling the teen girl and her family during conflicts.
- Encourage teen girl to seek counseling services, as needed - possibly stay in touch with our MOH counselor, Melissa Ticen?
- Mentor will meet with teen girl once/month after graduation (minimum). Time frame for this involvement - minimum of one year.

HOME VISIT GUIDELINES

Purpose of each home visit

- Provide opportunities to strengthen family relationships
- Provide opportunities for any needed doctor/dentist visits
- Provide opportunities to test the learning gained while at MOH for both the teen and the family
- Provide opportunities to experience growth as a result of participation in MOH’s program and training, in the context of the teen girl’s real home environment

Principles to be Practiced during Home Visit

1. Quality Family Time and Communication
2. Supervision
3. Respect for Authority and Being a Positive Part of the Family
4. Prioritizing Personal and Social Time
5. Personal and Spiritual Reflection
6. Using Leisure Time in Productive and Wholesome Ways

1. Quality Family Time and Communication

Effective families spend time together and talk to one another for the purpose of affirmation, accountability, confronting problems and

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difficulties, and building unity. Spending time together and developing good communication are the ways to develop and strengthen the values, boundaries, and perspectives that you share and are committed to living out.

During your home visit, family time should attempt to look similar to what it does for your teen in the home here at MOH. This includes church attendance, group devotions, reflections time, normal chores and projects around the home, helping out friends and neighbors, family meetings, and family outings. We recognize that your schedule is different and flexibility is needed, but we do expect you to use the home visit to begin making family time and communication a priority. Don't be afraid to fail and don't worry about being perfect.

- Church attendance is a must. If youth group is available we encourage that too. Is there an opportunity for serving others, helping a neighbor, etc.
- Family devotions will help solidify your commitment to growing in your walk with God as a family. Daily is great but the minimum is twice during the home visit. 15 minutes is plenty of time and doing them at meal times is often easiest.
- Use family time to communicate affirmation and value to your teen and you will see it become something they look forward to, not dread.
- Family meetings are important for listening, communicating schedules, and "clearing the air." You should have a formal meeting at the beginning of the home visit, and again right before returning to MOH.
- Family outings – don't think of home visit as vacation, unless that is what you are planning. Keep activities as normal as possible and don't overindulge your teen.
- Eating meals around the kitchen table, together, is essential in cultivating good family times, good communication, and good family memories (at least once a day)

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2. Supervision

The principle we want to emphasize here is the importance of children learning to submit themselves to authority for the purpose of accountability, building trust, and allowing authority to be the source of protection and guidance that God intends for it to be. Your teen is under constant supervision at MOH and we need you to maintain that, as much as possible, especially in the early months of the program. It's an important boundary that they are learning to accept it's crucial that they have that at home too. They will fight it and that's ok. Avoid seeing it only as a policing activity and try to use supervision as an opportunity to build relationship and establishing new perspectives about each other.

- Your teen should not have awake time that is unsupervised. It may not always be you but there should always be someone responsible with them.
- Outside communication should only be with family and approved adults. No friends during this first home visit.
- No internet, e-mail, instant messaging, or personal websites. It's best to avoid the computer altogether during the first home visit. Exceptions should be approved through the staff.
- Think outside the box if supervision is a problem for you. Can someone from church help out? Are there family members who can fill in or be a place for your teen to be while you are at work?

3. Respect for Authority and Being a Positive Part of the Family

While your teen is here at MOH they are learning a Biblical model for respecting authority and living as part of a family. This impacts areas such as how we talk with one another, considering one another, and helping one another in the daily routine of family life. Your home should have clear "house rules" that provide boundaries and consequences for crossing over those boundaries. New boundaries and consequences should be discussed ahead of time and enforced relentlessly. Consequences should "fit the crime" and as much as possible be "natural" for the infraction. Don't discipline in anger.

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In addition, you should have several chores that they are responsible for while at home. In most cases, if possible, let them maintain the same chores they are responsible for here at MOH. Chores are a great opportunity to praise and affirm your teen, especially as they do their work with a positive attitude and effort.

- Use the first family meeting or the drive home to talk about and clarify expectations. Use the rules we do whenever possible for consistency. If you're not sure what our rules are ask your teen to tell you.
- Stay calm and don't give in to arguing and negotiation.
- After your teen receives the consequences for their actions, look for a time to talk about the problem and seek healthy and positive ways to do it better.
- Be consistent, be fair, and be strong.
- Your teen is responsible for their own laundry here at MOH. They should do the same at home. If there are other siblings in the home who could be doing their laundry, consider getting them on board as well. In addition, the teens at MOH help out at meal times, cleaning the home, and working in the yard. Don't use chores as punishment.

4. Prioritizing Personal and Social Time

All people have tendencies, based on temperament, to use isolation or social situations to avoid or hide from their problems and issues. It's important to know what our tendencies are and guard against negative patterns that are harmful to our growth. Each person needs to maintain a healthy balance of time alone and with others. Helping your teen find that balance is one of our goals during their time with us.

- You will determine what the minimum and maximum times should be for your teen in regards to time alone. At MOH we have a 30-45 minute siesta every day after lunch. We recommend this as a minimum. Write down the plan for your teen.

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5. Personal and Spiritual Reflection

Growing in a relationship of any sort requires effort and discipline in purposeful development of that relationship. The most important relationship for your teen to be developing is their relationship with Jesus. That happens in many ways but includes basic personal disciplines that have been recognized for centuries, including quiet times, journaling, prayer, and reading the Bible, to name a few. These disciplines take time and effort to develop.

- Your teen should spend 15-30 minutes minimum each day for personal devotions. Ask them about what they read or maybe read with them. If this can happen in the morning that's best since that is the same time we do in at MOH. Time in prayer can also occur during this time.
- Your teen should journal every day, just like they do here at MOH. You should not read their journal without asking them for permission first. We would encourage you to consider journaling as well. It is a great discipline and very helpful in working through difficult issues.

6. Using Leisure Time in Productive and Wholesome Ways

We believe that our lives belong to God and that includes every area, including "free time." For most teens this area is one that creates the most opportunities for getting into trouble and developing destructive habits and perspectives. It is our goal to teach the teens how to make leisure time productive and to choose activities that are healthy, balanced, and express their relationship with God in positive ways.

During home visits, it is important that you help your teen maintain the patterns and habits they are building with us and encourage them to develop new habits and interests in preparation for their return home. Some of these habits are pretty basic, but some present big challenges because of the battle that we are in with the culture we live in. It's a battle worth fighting though so don't give up and don't give in. This is a great opportunity for you to consider possible changes in your own use of leisure time and join your teen in making some important changes for

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your own sake. They will notice.

- Entertainment – movies and videos if watched at all, should not be rated higher than PG. Yes, we know that limits the choices and that's the point. We want you to take a hard look at what you and your teen watch and evaluate it from a biblical perspective. As you move through the program there will be opportunity to expand the options but with a better sense for what is and isn't appropriate.
- Music should be evaluated carefully. As much as possible, focus on Christian artists. We play only Christian music at MOH.
- No video games and no computer time on this home visit.
- Shopping should be for essentials only. Please don't use this home visit to indulge your teen.
- Wake-up and lights out – the teens get up between 6:00 and 6:30 am and are in bed at 9:00 pm most days. While at home try to stay close to that pattern. There can be one sleep-in up to 10:00 am and one lights-out up to midnight.
- What activities will you promote and encourage?
- What movies and music will you allow?

Home Visit Schedule in 2018

- February 26-March 7
- May 7-16
- July 9-18
- September 13-25
- December 21, 2017-January 2, 2019, Christmas

HOUSE STRUCTURE AND POLICIES AT MEADOWS OF HOPE

Dress Code - We make every effort to maintain a manageable dress code, teaching our teen girls about modest and appropriate dress. Teen girls must be attired appropriately for teens in a Christian program. In all dress code matters, the staff will determine what is reasonable and

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acceptable. These dress code rules may change, as needed, and may be adjusted by staff for all teen girls.

1. No sleeveless dresses/blouses without sweater overtop
2. Jeans may not be overly tight. Skinny jeans are permitted. Ripped jeans need leggings underneath. Leggings are not allowed to be worn without something over top of them.
3. Skirts & dresses must be loose and cover the knee when sitting (not clingy and revealing)
4. No tight fitting shirts; tops must be modest with no low necklines, sleeveless, or spaghetti straps; no cropped shirts. All shirts must be long enough to cover the stomach (must reach the pants/skirt – with arms lifted up). Shorts must come to the top of the knee when standing.
5. No dragging pants
6. Girls may not wear boy's clothing, underwear, or cologne
7. Bathing suits must be one piece, with knee length shorts and a T-shirt
8. Skirts or dresses must be worn for formal occasions.

Personal Appearance - The only approved make-up is foundation, powder, blush, mascara, lip stick/lip gloss, and nail polish. Make-up must look natural and not look excessive. Unapproved make-up includes: eye shadow, eye liner, lip liner, or anything containing glitter, or fluorescent, bright, neon, or dark colors. No black make-up. All hair color shall be natural. Dyed, highlighted, or bleached hair will not be maintained. Extreme cuts or styles, or masculine cuts or styles are not allowed. Do not bring any valuable or keepsake jewelry to MOH. No mystical, gothic, eastern style of jewelry is permitted. Jewelry depicting the shape of a cross must be respectful to the Christian cross and may not have a Crucifix. Jewelry cannot be large, gaudy, or symbolically anti-Christian. The teen girls are limited to one ring on each hand, one bracelet, one necklace, one pair of earrings, and one watch to be worn at one time. If girls have additional piercings in their ears, they may wear studs at night in order to keep the holes from growing back. No body or face piercings are permitted at MOH. All belly rings, nose

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rings, etc. must be removed on or before intake day. No new piercings are allowed while in the program.

Student Belongings - Every effort is made to provide a safe and nurturing environment for the teen girls. Upon enrollment, each resident will be told what clothing and accessory items they are permitted or not permitted to bring to Meadows of Hope. Upon intake, and every time a teen girl comes back from a home visit, their belongings will be thoroughly searched to ensure no prohibited items get into the House.

Borrowing is not allowed from teen girl to teen girl or from staff to teen girl e.g. clothing, jewelry, makeup, toiletries, etc., unless authorized by staff for extenuating circumstances only. Teen girls need to learn to be content with what they have and not be covetous of other peoples' belongings.

Chores - Meadows of Hope works together to ensure the campus is well maintained and managed. As part of our family responsibilities, all teen girls are required to participate in daily chores, weekly chores, and seasonal chores. Chores are assigned by house staff and rotate accordingly. Each teen is expected to know and follow their chore schedule without being frequently reminded. Chores are to be done well, not half-hearted. If you are not sure at any time what or how to do an assigned chore, please see the staff on duty.

Cameras/Pictures – Teen girls are not allowed to have their own camera at MOH. After intake, pictures of immediate family (parents, siblings, grandparents) may be sent to the teen girl. Pictures may be framed (nothing larger than 12 x 14) or in a photo album. Note: The GLASS must be removed from picture frames. Teen girls may not have pictures of other teen girls in the program due to confidentiality policies. Also, parents may not take pictures of their daughter with other teens in the program due to confidentiality policies.

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Church Attendance/Guidelines - MOH will typically attend the local Mennonite church, Rawlinsville Mennonite Church, for Sunday school and the preaching service. All teen girls will sit together as directed by the staff. When the service is over, the teen girls need to stay with the MOH group at all times. The teen girls are not permitted to discuss their personal/family struggles or circumstances with anyone at church.

Laundry - Each teen is assigned a laundry day and is responsible for doing their own laundry within the time allotted. All dirty wash clothes, towels, and linens should be washed every week. Students will be permitted to do three loads of laundry on their assigned day.

Reading Material and Multimedia - MOH supplies good reading material for the teen girls while they are enrolled in the program. However, the teen girls may bring their own reading material, if it is first cleared with the House staff. The teen girls are permitted to bring one CD player or MP3 player (to be approved by staff) with head phones only to be used by staff permission. If a teen girl, or her family, want to donate certain pieces of music, radio drama presentations, etc. to MOH, it must first be cleared by the House staff.

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Showers/Hygiene - Teens must shower on a daily basis. A shower time will be assigned to each teen. Shower times are limited to approximately 12 minutes, starting from the time a teen enters the shower changing area. Teens will be fully dressed before exiting the shower changing area. In case of an emergency, teens may get extra shower time, with staff permission only. Teens are required to clean out their shower and their sink after each use. They must remove all hair. The teen girls are required to brush their teeth in both the morning and the evening. They are not permitted to brush their teeth in the shower. The teen girls are required to use underarm deodorant but perfume, body powder, and body lotion are optional.

Music Policy: Meadows of Hope believes that music is powerful and can be an aid in the journey toward wholeness, both in the listening to and in the singing of wholesome music. MOH seeks to help each teen girl understand and appreciate the power and beauty of good music, enjoy singing quality vocal music, and be able to read music. MOH encourages music that is uplifting, inspiring, and relaxing, not tension-causing or with a negative message. MOH strives to have a culture of music that aligns with the following principles:

- Purpose - The music fulfills God-honoring purposes (Psa. 149:1, Eph. 5:19, Col. 3:16).
- Purity - The music is pure in lyrics, style, performance, and focus and avoids the use of carnal/sensual rhythms and singing styles (Hag. 2:12-13, I. Cor. 5:16, Phil. 4:8, Gal. 5:16-17, Rom. 13:14, II Cor. 6:17, Isa. 42:8,10).
- Association & Separation – The music, both lyrics and style, aligns with godly values, beliefs, attitudes, and behaviors, and gives evidence of separation from the world (I Thes. 5:22, Phil. 4:8, I Tim. 4:12, II Cor. 6:14, 17, I Joh. 2:25).
- Order & Beauty - The musical style declares the character of God in its orderliness, balance, and unity and complexity (Rom. 1:20, I Cor. 14:33, 40).

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- Submission – The music selections show submission to God, supportive churches, parents, and fellow Christian brothers and sisters - (Jam. 4:7, Eph. 6:1-2, Rom. 14:13, I Cor. 8:9).

~(above five principles taken from Advanced Seminar Textbook,

©1986 Institute in Basic Life Principles)

In addition, MOH seeks to expose the teen girls to a variety of wholesome music genres. The following list are the kinds of music categories MOH encourages:

- Hymns
 - Traditional choruses (vocal and/or instrumental)
 - Traditional a cappella arrangements; e.g. quartet/choral/ensemble/etc.
 - Classical music selections; e.g. Strauss, Handel, Tchaikovsky Beethoven, Bach, Vivaldi, Mozart, Wagner, Mendelssohn, Chopin, Schubert, Haydn, etc. (and attending local orchestra performances)
 - Traditional four-part Gospel-Southern, Gospel music
 - Traditional folk music
 - Biblical oratorios and cantatas (i.e. Handel’s Messiah)
 - “Light” or “reflective” Christian Contemporary Music

The following list are the kinds of music categories MOH does not permit:

- Rock
- Pop
- Rap
- R&B
- Jazz
- Country
- Medium heavy-beat Christian Contemporary Music

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Therefore, all music on the MOH campus, both Christian and non-Christian, will be monitored by the child care mentors and house parents. Radios, boom boxes, walkmans, alarm clocks (with radios and/or CD/tape players) are not allowed on campus by the teen girls. CD's, iPods, etc. are not to be brought on campus. If they are, they will be donated to MOH and staff will preview the music to ensure that it is appropriate, according to this policy.

In the event there are legitimate exceptions to this policy, exceptions will be granted by house staff on a song by song basis.

Corrective Discipline - Discipline is used for failing to follow through with MOH's guidelines, policies, or procedures. The staff will do their best to acknowledge those who demonstrate self-discipline and self-control relative to House expectations. At MOH, discipline takes the form of natural or related consequences and it is never meant to punish or demean, but to foster Christian character, and holiness. Before a discipline measure is implemented, there will usually be a "circle up" to hopefully resolve the problem in a redemptive relational manner first.

Sample Daily Schedule

Monday – Friday

- 6:00 Wake-up, get dressed, clean room
- 6:15 Personal devotions
- 6:30 Chores in the barn and the house
- 7:30 *Breakfast*
- 8:00 Group devotions
- 8:30 School
- 12:30 *Lunch*
- 1:15 Siesta
- 2:15 Equine Assisted Learning/Culinary/Horticulture/Creative Expression Sessions
- 5:30 *Dinner*
- 6:30 "Family Time" with the house staff
- 7:45 Reflections

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8:15 Showers and Bedtime Routine

9:00 Lights out

Smoking Policy - The use or possession of tobacco products by Meadows of Hope residents, staff members, and all others is prohibited. Meadows of Hope is a “Smoke Free” campus. However, exceptions may be granted by the Meadows of Hope Director, in the event that a teen girls’ parent/guardian has a need to smoke while visiting their teen. During these situations, the following restriction will apply: there will be an area outside designated for smoking and the tobacco user will be asked to smoke only in the designated area.

Firearms and Weapons – Firearms, weapons, and ammunition are not permitted in the facility or on the facility grounds, except for those carried by law enforcement personnel

Medications - All medications and prescriptions will be kept in the dining area storage closet and administered as prescribed or as needed, especially at meal times. Only approved, medically-certified staff can dispense medication and are responsible to document each occurrence, both prescription and non-prescription meds. Teen girls may remind staff of their medication time. Teen girls must take the medication in the manner prescribed by the physician or pharmacist. Each teen girl is responsible to partner with MOH staff to correctly identify their own medication and know the time it is to be taken. Teen girls are responsible to inform house staff if they believe non-prescribed medication is needed (i.e. vitamins, headache medicine, stomach medicine, medicines for minor cuts, etc.).

Unplanned Discharges - In the event that a teen girl, or the teen girl’s parents/guardians, persist in not cooperating with MOH’s guidelines and expectations, and after several attempts have been made at reconciliation, MOH does reserve the right to terminate the placement of any teen girl in our program.

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Early Discharge - There are times, unfortunately, that the teen girl will attempt to terminate her residency at MOH prematurely. The fact remains that MOH cannot keep a teen girl who is not willing to work on her issues and who is simply not willing to be at MOH. It is important to remember that the program is not the answer. *Christ is the answer!* When this type of situation arises, the following protocols are followed to ensure the safety and welfare of the existing teen girls and show respect for the choices of the teen who wants to be discharged from the program, prematurely:

- The Program Manager will initiate an Exit Plan for the teen girl which will include the option to stay (including parameters and natural consequences that will ensue) and the option to leave MOH (including the parameters and natural consequences that will ensue with this too).
- The Program Manager will team with the parents to keep them in the loop about what is happening and where we are in the process of discharge and that the Exit Plan is being followed as smoothly as possible.
- During the discharge process, the Program Manager will team with the parents and attempt to have the parents influence their teen to stay the course of the program (if the parents want their teen to stay).
- After the teen makes her final decision and signs the discharge paperwork, the teen will leave very soon, usually within 24 hours.
- Good-byes with the other teen girls will be closely monitored and kept to a minimum.

Absent Without Permission and Runaway Policy:

- **Definitions:**
 - Absent Without Permission is defined as leaving a staff-designated area outside the house, without the permission of staff.
 - Controlled Runaway is defined as leaving campus

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entirely, without the permission of staff, in a cooperative manner (staff are able to communicate with the girl and the girl walks off, not runs off, by way of the road ways, fields, or woods).

- Uncontrolled Runaway is defined as leaving the campus entirely, without the permission of staff, in an uncooperative manner (staff are not able to communicate with the girl and the girl runs off).
- Assist (Legal Restraint) is a safe emergency physical intervention used on a girl when she is showing signs of imminently injuring herself or others.
- Minor is a girl 17 years of age and younger.
- Adult is a girl 18 years of age and older.
- **Immediate action to be taken if an “Absent Without Permission” occurs (for both minor child and adult):**
 - A staff person shall follow and attempt to de-escalate the girl
 - The Girl’s Care Supervisor shall be contacted to be ready for backup if the girl does not de-escalate and proceeds to run
 - Leaving a staff-designated area outside the house may constitute a run, and the girl will receive an appropriate consequence
- **Immediate action to be taken if a “Controlled Run” occurs (for an adult):**
 - The Girls’ Care Supervisor and Program Manager shall be notified immediately.
 - A staff person shall follow and stay ‘with’ her, ensuring she does not get out of sight and that she is safe (attempts shall be made to de-escalate the girl, if she seems to be rational).

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- If the girl is walking by the road ways, a tracking vehicle shall be used. The first available MOH vehicle shall be used. If no MOH vehicle is readily available, a staff vehicle shall be used. A MOH staff person shall be responsible for driving the tracking vehicle. The vehicle will drive approximately 10 feet behind the girl, and the accompanying staff person, with the four-way flashers on.
- If the girl continues to be cooperative, de-escalation attempts are successful, and the girl is willing to get into the tracking vehicle, then the girl shall be transported back to MOH.
- If the girl is cooperative and de-escalated, but refuses to go back to MOH, she shall be transported to a local women's shelter and then the girl's parents and church support team can decide what to do. This will constitute a self-discharge from the MOH program.
- At any time during a controlled run, if the girl shows imminent signs of harm to self or others, an assist shall be used, and 911 shall be called, if needed.
- As soon as possible, the teen girl's parents/guardians shall be notified of the situation.
- Note: even for an adult, DHS requires reporting in these situations, thus a Reportable Incident Form needs to be filled out within 12 hours to the MOH office (filing with DHS needs to happen within 24 hours)..
- **Immediate action to be taken if a "Controlled Run" occurs (for a minor child):**
 - The Girls' Care Supervisor and Program Manager shall be notified immediately.
 - A staff person shall follow and stay with her ensuring

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she does not get out of sight and that she is safe (attempts shall be made to de-escalate the girl, if she seems to be rational).

- Since the girl is walking by the road ways, a tracking vehicle shall be used. The first available MOH vehicle shall be used. If no MOH vehicle is readily available, a staff vehicle shall be used. A MOH staff person shall be responsible for driving the tracking vehicle. The vehicle will drive approximately 10 feet behind the girl, and the accompanying staff person, with the four-way flashers on.
- If the girl continues to be cooperative, de-escalation attempts are successful, and the girl is willing to get into the tracking vehicle, then the girl shall be transported back to MOH.
- At any time during a controlled run, if the girl shows imminent signs of harm to self or others, an assist shall be used, 911 shall be called, and a Reportable Incident Form needs to be filled out within 12 hours to the MOH office (filing with DHS needs to happen within 24 hours).
- If the controlled run lasts more than four hours then a 911 call shall be made to the state police alerting them of the situation and letting them know they will be notified if more help is needed. If the girl does not seem capable of making the choice to get into the tracking vehicle and go back to MOH, 911 shall be called. The police shall come to the scene and work with the girl to go back to MOH. If these negotiations are unsuccessful, the police (or parents) shall pick the girl up and take her either back to MOH, or the local

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- ER, depending on the situation.
- As soon as possible, the teen girl's parents/guardians shall be notified of the situation.
- **Immediate action to be taken if an "Uncontrolled Run" occurs (for both minor and adult):**
 - The Girls' Care Supervisor and Program Manager shall be notified immediately. All known details (the girl's current attire, possible motive, expected destination, etc.) should be reported.
 - If the girl is deemed to be in immediate risk of danger, to self or others, 911 shall be called and a Reportable Incident Form (for minors) needs to be filled out within 12 hours to the MOH office (filing with DHS needs to happen within 24 hours).
 - If the girl is deemed to not be in immediate risk of danger, to self or others, 911 shall be called after four hours, depending on the situation, and a Reportable Incident Form (for minors) needs to be filled out within 12 hours to the MOH office (filing with DHS needs to happen within 24 hours). Note: depending on the situation, 911 shall be called before four hours elapse.
 - When the girl (minor child) is located, she shall be returned (by the police, or by the parents) to MOH, or taken to the local ER, depending on the situation. Note: for an adult, the police may choose not to get involved unless the girl is engaging in criminal activity
 - As soon as possible, the teen girl's parents/guardians shall be notified of the situation.
- **Liability:** Meadows of Hope assumes no responsibility for any injury occurring to or action taken by a girl if she chooses to leave the MOH campus or staff-designated area of campus.

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- **Re-acceptance into the MOH Program:**
 - If an adult runs away, she could be dismissed from the MOH program. If an adult verbally threatens to leave the program, or does leave the program early, she may be prohibited from being re-accepted into the program in the future. Re-acceptance will be considered on a case-by-case basis.
 - If a minor runs away, or verbally threatens to run away, she could be dismissed from the MOH program. Re-acceptance will be considered on a case-by-case basis.
- **Debriefing:**
 - After a run or a threat to run, staff will debrief with the girl, once she has returned to a workable state of mind. Debrief will also occur with her family and ministry representative(s): they will be contacted by the Program Manger.
 - When the teen girl is located, she will be returned to MOH immediately and all the contacted parties will be notified as soon as possible.
- **Miscellaneous:**
 - If an adult chooses to leave the program early, and secures a ride for herself and declares a destination, she will be permitted to leave. An exit plan (premature discharge) will be initiated and signed.
 - If an adult is attempted to being picked up by someone who seems to be forcing, coercing, or manipulating her into leaving, she will not be permitted to leave. **This is considered a dangerous safety risk and 911 shall be called immediately.**

The runaway could be in a state of agitation, rage, dissociation, or even psychosis, and will likely be in an unreasonable and/or irrational state or

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mind. Therefore, the first priority should be to obtain safety for all involved and stay current with the girl's location. De-escalation attempts should be made only after safety is assured and location is stabilized

After Care Protocols for Parents (Post Graduation)

- The parent, ministry rep, and/or the home mentor can communicate, at will but in cooperation, with the designated Aftercare Point Person

After Care Protocols for Graduates

(Expectations for Communicating with the Teen Girls in the Program):

- May write a group letter anytime
- May make a group phone call, pending approval of the Girls' Care Supervisor, after 4 weeks
- May visit the MOH house, by invitation, and pending Girls' Care Supervisor approval, after 4 weeks of graduation

12 Rules for My Life (Life Principles)

1. I will "own my own stuff." - I will take responsibility for my own behavior, words, choices, attitude, and effort. I acknowledge that I am not responsible for the behavior, words, choices, attitude, and effort of others.
2. I will balance the heavy and the light. - I will bravely face the difficult parts of life, and I will balance that by intentionally pursuing holy fun and laughter.
3. I will acknowledge and identify my current emotions (mad, sad, glad, afraid, etc).
4. I will speak the truth in love (Ephesians 4:15). - by being direct and confronting in a loving and gentle manner.
5. I will be honest!
6. I will not manipulate or play "games" with others in order to control, protect myself, or get my own way.
7. I will forgive.
8. I will "speak it out, not act it out". - I will tell what I am feeling and thinking to a trusted person, my journal, God, etc. instead of

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stuffing my emotions, having tantrums, rebelling, having a bad attitude, etc.

9. I will acknowledge and remain aware of my temptations, and pursue accountability and boundaries that will help me avoid giving into the temptations.
10. I will lean on Jesus and my support system, acknowledging that I am meant to need others. (Phil 4:13 “I can do all things through Him who strengthens me.”)
11. I will pursue humble confidence. - (I will choose to believe that I have value in my status as a creation of God, and that I am no more or no less important than anyone else.)
12. I will seek to be a blessing, to serve, and to love those I come in contact with.

CLOTHING & ACCESSORIES INVENTORY CHECK LIST

Please bring these items from home on Intake Day. We aim to keep things simple, so please only bring the amount listed here. Thank you!

For the House:

- 8 dresses OR skirts/pants/shorts & 8 tops. Total of ONLY 8 outfits.

Note: Jeans may not be tight. Tops must be modest: no low necklines, shirts must have sleeves, no belly shirts. Skirts must be loose & cover the knees when sitting. Shorts must come to the top of the knee when standing.

- 10 pair underwear (5 quick dry, 5 any material)
- 8 bras
- 6 slips (for dresses/skirts)
- 8-10 pair socks
- 1 pair of woolen socks
- 2 pair pajamas
- 7 towels & 7 wash cloths
- Body wash (no bar soap), deodorant, razors**
- Hair care: shampoo, conditioner, comb &/or brush, barrettes**
- Toothpaste and toothbrush,
Mouthwash (optional) **

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- Personal feminine hygiene supplies
- Make-up, nail polish (optional). No heavy make-up.
- Laundry basket or bin
- Umbrella
- Your favorite pillow and/or blanket, if you like
- Personal Bible and devotional book, if you like
- You may bring 1 picture or inspirational poster to hang on your wall
- You may bring 1 picture or other decorative inspirational item to set on your dresser
- You may bring 1 stuffed animal friend **OR** a decorative pillow for your bed
- You may bring a CD player, ear buds, and some uplifting Christian music, which will be subject to staff approval when you arrive
- Water bottle (optional brand: Nalgene)
- Flip flops for the shower (may bring 1 more pair to wear in the house)
- 2 pair of sneakers (1 for good, 1 for work)
- Rain coat and pants

**** Please bring items that don't have the label "contact poison control center." (Mouthwash and Deodorant are the exception). Products need to be in the original labeled bottles.**

For Church and Formal Occasions:

- 2/3 dresses OR 2 skirts & 2 blouses (semi-formal).
They should be modest & pretty, to make you look like the princess God made you to be.
- 1-2 pair dressy shoes/boots/sandals (**not sneakers**)

For the Barn & Horticulture:

- 2 skirts or jeans & 2 tops
OR 2 dresses (that can get very dirty)
- 1 pair of long pants/jeans and riding boots (should have very low tread and must have a low heel) for horseback riding
- 2 pair thin work gloves
- 1 pair taller, water-proof boots for rainy, muddy days

MEADOWS OF HOPE

For Winter:

- 5 pair leggings or tights
- 3 pair sweatpants (2-fleece, 1-lined nylon)
- 3 long sleeve shirts (must be quick-dry material)
- 4 sweatshirts (2- fleece/quick dry, 2-any material)
- Windbreaker coat for layering
- 2 heavy winter coats (1 for good, 1 for work)
- 1-2 dressy sweaters for church
- 1 pair of winter boots (sledding/barn chores)
- 2 pair warm gloves/scarves/beanies (for barn/school/church)

Canoe/Backpacking Trip Clothes:

- 4 pair of quick dry shorts/capris/pants-knee length
- 4 pair of quick dry short sleeve shirts
- 1 quick dry skirt (knee length for mobility), if you usually wear a dress/skirt
- 2 short sleeve shirts for over long sleeve (does not have to be quick-dry)
- Pair of crocs or old sneakers for campsite
- Pair of old sneakers for paddling (or sturdy water shoes)
- Hat
- 2 bandannas

“**Quick dry**” is defined as non-cotton material. Please do not send any cotton blends! Cotton does not breathe well or dry quickly when it is wet. While cotton blends are okay for everyday life, they are not ideal in the wilderness.

For School – Supplies:

Students should bring each of the following items when they first arrive:

- At least two each of pencils and erasers
- Black or blue ink pen (no red or green ink pens)
- One black 1-inch ring binder
- Three 1½-inch ring binders

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- Three sets of 8-tab dividers
- One pocket folder for art projects

MEADOWS OF HOPE

APPLICANT NONDISCRIMINATION STATEMENT

SUBJECT: Nondiscrimination in Services
TO: Residents and Parents of Meadows of Hope
FROM: Marcus Beiler (Administrator)

Signature

Date

Admissions, the provisions of services, and referrals of residents shall be made without regard to race, color, religion, disability, ancestry, national origin (including limited English proficiency), age or sex.

Program services shall be made accessible to eligible persons with disabilities through the most practical and economically feasible methods available. These methods include, but are not limited to, equipment redesign, the provision of aides, and the use of alternative service delivery locations. Structural modifications shall be considered only as a last resort among available methods.

Any residents (and/or their parent/guardian) who believes they have been discriminated against, may file a complaint of discrimination with:

Camp Andrews
1226 Silver Spring Road
Holtwood, PA 17532

U.S. Dept. of Health & Human Services
Office for Civil Rights
Suite 372, Public Ledger Building
150 South Independence Mall West
Philadelphia, PA 19106-9111

Commonwealth of Pennsylvania
Department of Human Services
Bureau of Equal Opportunity
Room 225, Health & Welfare
Building
P.O. Box 2675
Harrisburg, PA 17105

PA Human Relations Commission
Harrisburg Regional Office
333 Market Street, 8th Floor
Harrisburg, PA 17101