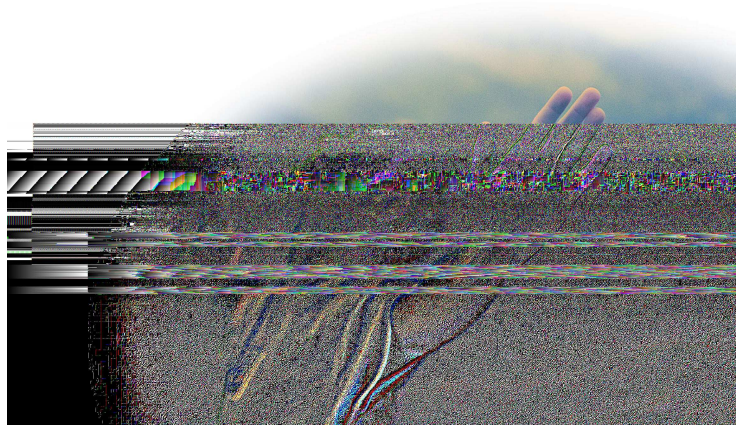


# **WATSON CHAPEL BAPTIST CHURCH**

## **WINNABLE WAR RESTORATION MINISTRY**

### **THE STUDENT'S HANDBOOK**



**That I may know Him, the power of His resurrection, the fellowship of His suffering, being conformed to His death.  
Philippians 3:10**

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## **THE VISION BEGINS**

“I wish they would do something with those dope heads!” “They need to do something with that drunk!” “That boy has been a dead beat drug addict for so long he will never change.” It seems that I have heard those statements for most of my life. As a matter of fact, most of the people who make these comments go to church on regular basis. To be honest, I’m sure I have been one of those people. One day I heard a gentleman make a statement much like those above and something really penetrated my heart. I thought to myself “he’s right; something needs to be done with these people.” This time I wasn’t thinking like I had before. I knew something had to be done and I knew Watson Chapel needed to do something.

It seems that most people with a life controlling addiction eventually squander away everything. Most find themselves as habitual offenders who are in and out of jail. Why don’t they just change? Why don’t they get a job and be normal tax paying citizens? Many of those questions have come to my mind but one day while dwelling on these questions, I feel God enlightened me to some answers. See if this isn’t how it all goes down time after time. They get on drugs and they cannot live a normal life. They can’t hold down a job so they revert to stealing for drugs or dealing them. They get caught and go to jail. While in jail they get real sorry and some find the famous “jail house religion.” They do some time and get dried out. Then it comes time to leave incarceration and live the right way. Where do they go? Most have destroyed so many relationships they have no where to turn. What about a job? Many of them would love to go to work and make an honest living but they have a criminal record which keeps them from getting a decent paying job. So here he is.....no where to go, no job and no money! Where do you think he will go? The cycle says he’s going right back where he was before and the cycle continues!

The Winnable War Men’s Ministry was birthed in my heart in February 2006 because God showed me somebody has to do something besides talk about the people who have problems. Somebody has to help break the cycle and that can only happen by taking men out of the same old environment! They just need some consistent exposure to Christ, to His word and to people who love them right where they are in life! They need some discipline and daily accountability! They just need some time to prove to their families and to themselves they can live a normal life! We had the facility and we have a strong spiritual environment so I knew this would make a difference for the Kingdom of God! It has and continues to be a wonderful ministry that gives men the opportunity to live life the way God intended for them to live. We cannot change people and break addictions but we can offer the tools and environment to be a Godly Man!

**In Pursuit of Him,  
Former Pastor Russ Cooper**

## **RESIDENTIAL AND RESTORATION PROGRAM MINISTRIES**

### **RESIDENT'S HANDBOOK**

Greetings!

Upon your arrival here at Winnable War Ministries (WWM), we want you to know what you are to expect as a new student in our one year program of recovery. On your first day, you will have a personal interview and assessment with a supervisor or an intern, which we call an intake. At this interview, we take your personal information, (Social, Medical & Legal). Then following this meeting, you will be given a tour of the facility by a leader and you will be introduced to your new peers.

Here at WWM we have an effective student body structure 24 hours a day that is in place to help you. The leaders are qualified to answer your questions. These leaders lead by example, displaying to you how to work this program. They will share with you the routine of your daily schedule and WWM house rules.

We expect you to put 110% effort into our life changing goals. You have made one of the best decisions of your life by coming here. Now it's time to go to work! For the first 30 days there is a communication ban: no mail, no contact with family or friends. NO exceptions! This will help you focus on your program. We want you to be successful in your personal recovery and restoration back to yourself and your family. WE CARE!

The staff and leaders are here to help you. You are here to get help. If the student feels the need to help the staff and leaders through correction or criticism, they are no longer willing to receive help and will be terminated from Winnable War Ministries Men's Home.

Being the director, I speak to you from my own personal experience and I understand exactly where you are at in this entry phase of this program. If you have any pressing issues that need addressing (family or legal), we need to know about them. There is an area on the intake forms for these. If we do not know about them, we cannot deal with them!

There is a suggestion and request box in the hall. If you have any suggestions or needs, please write it down and sign your name to it with a date and we will deal with them. We want you to concentrate on God and what you are doing here, as well as what God has to offer you – a second chance to get it right. We wish you the best!

**Sincerely,**

**C.W. Young, Men's Home Supervisor  
Winnable War Ministries**

## **OVERVIEW**

### **WEEKS ONE THROUGH FOUR**

#### **GETTING ADJUSTED TO YOUR NEW HOME!**

It is during this time you will have your initial adjustment and probably one of the most challenging times. All of a sudden you are going to be under the discipline of doing certain things at a certain time. This will take some getting used to, and as a result of this we require you to do nothing but get use to it. You will not work off campus, nor have any other off campus contact. The success of your life finding victory depends on this initial adjustment process. We will be here to help you, pray for you, and guide you through all this time. Below are the expectations you will meet during this time period.

#### **SUPPLIES**

We usually have the following items available upon request: soap, shampoo, toothpaste and toothbrush, combs, razors, and other personal hygiene supplies.

All services and supplies are provided at no cost. Supplies are given out upon admission and by written request submitted by Thursday morning. Hygiene request forms can be obtained and turned in at the Client Services area. Completed hygiene requests will be available for pick up at the front desk by Friday morning.

#### **FIRST THINGS FIRST**

How long has it been since you last taken any drugs or alcohol? If it has been less than 72 hours you may first be best off going to a detox unit at a local hospital. This way to get the drug out of the system with the most ease possible, you could be monitored by a physician who can help this situation with treatment should you need it. Then when the worse of the side effects have dissipated, you will be ready for your new home and can begin the adjustment here. You want to make this transition as easy as possible, and if a doctor is first needed then let this happen. It will be safer and easier by doing it this way.

## Requirements for New Winnable War Students

1. There will be a period of time for a new person to show growth or he will be considered for dismissal. Areas of growth should include spiritual progress, work attitude, helpfulness, and kindness toward others, self, and God.
2. Residents must shave and bathe daily and may be required to get a haircut to an approved length and style.
3. Residents must be in good health upon entering the home. If you come to the home still under the influence of alcohol or drugs you will need to go to Detox first and be certified before entering the home that you have been through this program.
4. There will be no cussing, fighting, drugs or alcohol on grounds.
5. Residents must obey all rules enforced by staff.
6. Residents will not be allowed to communicate with anyone outside the home for the first 30 days.
7. All residents will be required to pray and read the Bible daily.
8. All church office business must be pre-approved by C. W. or Pastor Wayne before coming to the church office. Do not sit in the office and ask questions of staff. Ask the Director or Pastor Wayne.
9. All students must submit to random drug and alcohol testing.
10. Residents will communicate with girlfriends only at church and church functions.
11. All residents will need to have a physical. *Do you need transportation to an appointment?* If you need transportation to a necessary appointment, complete a transportation request and turn it in to your Director. Requests must be received at least 48 hours in advance of your appointment in order to arrange transportation. If you have a physical you will need a release from the doctor to turn in to the Director.
12. Students must follow dress code demanded by the director.
13. All phone calls and passes are privileges and are given at the discretion of the director.
14. All students must obey all laws.
15. All residents must have a TB skin test the first business day after admission and return to the healthcare testing facility within three days for the results. Documentation of results must be provided to case manager.
16. Respect for the rights of others is required at all times.
17. To avoid possible conflicts:

Entering another resident's room or sleeping area is not allowed. Residents may not enter a dorm area to which they are not assigned. All visiting between residents should occur in the common areas (lounge, courtyard, dining hall). All residents must be fully dressed, including shoes, when outside individual rooms or sleeping areas.

Loaning and giving money or items of value is not permitted. This includes purchasing items from another person and/or giving items as gifts.

18. The cleanliness and upkeep of the room is the responsibility of the resident.

All personal items must fit inside wardrobe or other provided furniture; excess items must be disposed of or stored off-site. Residents will keep their beds made and are responsible for washing their bed linens at least bi-weekly. Residents are subject to searches of their personal living area on a random basis.

19. Residents may not re-arrange furniture or exchange furniture between rooms. If furniture needs to be re-arranged, residents must speak with the Director. Personal furniture is not allowed and will need to be stored off-site.

20. Residents with automobiles must turn in their keys to the Director. Food stamp cards must also be turned in. The resident may check out these items at the Director's discretion.

21. Appliances such as coffee pots, irons and televisions are not allowed in personal living areas. All radios must have earphones in order to be played in personal living areas.

22. All new residents will meet the counselor and set up appointments with him once a week for these first four weeks. You will take a profile before meeting him that will help him access what type of help you will need. This is not a mental profile or a pass fail test. It tells us how well you are sleeping, how much anxiety you have due to drug use, etc. It is needed to know what your needs are.

23. New residents will learn the daily Bible Study programs and other programs that are expected of him. He will be assigned a current resident to help him through this adjustment time.

24. Television through the week goes off at 10:00 PM and midnight on Friday and 11:00 PM on Saturday.

25. Due to time factor no showers on Sunday. Get ready for church on Saturday.

26. Leaving campus for any reason, funeral, doctor, etc. you must be accompanied by an approved person to take you there and back.

WHO DOES THE APPROVE PERSON NEED TO BE??

SPECIAL NOTE: Failing of drug tests can mean immediate dismissal. If you choose to leave or asked to leave there will be a minimum of two weeks before you can return and you will be responsible for a \$500.00 processing fee to get you back into the program.

27. You will be assigned chores around your home daily. Chores such as cooking, cleaning up, cleaning the house, work around the church. These will be done promptly and properly.

## **MEALS, MEDICATIONS AND PARKING**

All meals will be served by the following schedule:

- Breakfast: 6:00 am - Monday through Friday
  - 7:00 am - Saturday and Sunday
- Lunch - Noon each day
- Dinner - 5:00 PM each day

1. Residents must arrive on time for each meal. A community prayer must be said before meals are distributed. Any resident who has children must bring the children to meals when they are in the building. Snacks will be provided nightly. All snacks must be eaten during the snack time and consumed in the designated area. No food is allowed in personal living areas.

2. All medications will be distributed by the following schedule:  
Be distributed by assigned person.

## **CALLS AND VISITORS**

1. Residents must park only by their home.
2. Cell phones may be kept must be used in respectful way. If they are used to obtain drugs or alcohol, or abused in any way, they will be forfeited. Phones must be turned off by 10:00 PM. The cell phones under any condition must not be loaned to others!
3. Family visitation is done on Sunday. If there is a problem with this you need to see the director to see if any other arrangements need to be made. Family members can come and sit with you during worship services. The third Sunday family can visit and you can go with family as long as you are back by the evening worship service.
4. Any items that are dropped off for a resident will be approved by the director for distribution to the resident. Mail will also be distributed by the assigned person for this responsibility.

NOTE: In the event of an accident or emergency, please notify the director or pastor immediately.

## **RECREATION**

Watson Chapel is in the process of relocation and though this will take a few years for completion this is when this area will be developed fully. For now there is a basketball goal for your use and from time to time when possible there will be opportunity to enjoy other facilities. This will be given more of a priority at the new location.

**LOST OR STOLEN PROPERTY**

Winnable War Ministries will not be responsible for any items lost or stolen.

All items brought into the home will be brought at your own risk. All items must be approved by the Director.

If any items are lost or stolen, Winnable War Ministries will not allow any disruption of the program, Investigations or Police Reports to be taken, which may compromise the integrity of the program.

**I hereby accept the above and agree to the terms as stated.**

**Student Name (printed):** \_\_\_\_\_

**Student Signature:** \_\_\_\_\_

**Staff Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**PROBATION STATUS**

**Student:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_

**Release Date:** \_\_\_\_\_

**Case Number:** \_\_\_\_\_

**Entry Date:** \_\_\_\_\_

**Probation Dept. Notified:**

**Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

**Person Contacted:** \_\_\_\_\_

**Probation Officer:** \_\_\_\_\_

**Phone Number:** ( \_\_\_\_\_ ) \_\_\_\_\_

**Fax Number:** ( \_\_\_\_\_ ) \_\_\_\_\_

**EMERGENCY FORM**

<b>Name</b>					
<b>Address</b>					
<b>City</b>		<b>State</b>		<b>Zip</b>	
<b>Phone</b>			<b>Cell Phone</b>		
<b>Date of Birth</b>					
<b>Place of Birth</b>					
<b>Social Security Number</b>					
<b>Driver's License Number</b>					
<b>EMERGENCY CONTACT PERSON</b>					
<b>Name</b>					
<b>Phone</b>			<b>Cell Phone</b>		
<b>PROBATION</b>					
<b>Entry Date</b>					
<b>Case Number</b>					
<b>Probation Officer's Name</b>					
<b>Are you allergic to any medications? If so, please list:</b>					
<b>Any other needed information?</b>					

## **OTHER THINGS**

**PERSONAL NEEDS:** *Do you need to do your laundry?*

### **GRIEVANCE PROCEDURE**

If you have a problem with a staff person or another resident, it is best to take care of it as soon as possible by doing the following:

First: Go to the person you are having a problem with and try to work things out. If this does not solve the problem then,

Second: Go to the Director for assistance.

Third: Request a meeting with Pastor Wayne.

### **MAIL**

All mail addressed to residents is given to the assigned person for distribution. When a resident is discharged, they should leave a forwarding address with their case manager.

### **PHONE MESSAGES**

Phone messages will be taken by the front desk staff and will be left for residents to pick up.

**RELEASE OF ALL CLAIMS**

I, the undersigned do, for myself, my heirs, executors, administrators and assigns, fully and forever release, discharge and hereby waive all claims which I may or might against WWM, its officers, directors, staff, interns, employees, agents or student body for any losses, damages, injuries, disabilities, accidents, illnesses, or death sustained by me either related to WWM.

I further agree to indemnify and hold harmless WWM, its officers, directors, staff, interns, employees, agents or student body against any claims, liabilities, penalties, or loss resulting from my stay, and/or as a consequence of related losses, damages, injuries, disabilities, accidents, illnesses or death which may develop or may occur.

This is intended as full and complete release of any and all claims that I may or might have.

I, the undersigned, have read the forgoing and know the contents thereof; I understand and agree to the same.

**EXECUTED THIS \_\_\_\_\_ DAY OF \_\_\_\_\_, 20\_\_\_\_\_,  
AT WWM OF MADISONVILLE, TENNESSEE**

\_\_\_\_\_  
**Student Name (Print)**

\_\_\_\_\_  
**Student Signature**

**WITNESS**

*This document executed in the presence of:*

\_\_\_\_\_  
**Witness Name (Print)**

\_\_\_\_\_  
**Witness Signature**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**MEDICAL SHEET INFORMATION**

Medication/MG	Prescription Date	Doctor	Reason
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____
4. _____	_____	_____	_____
5. _____	_____	_____	_____
6. _____	_____	_____	_____

**MEDICAL CONDITIONS  
(Circle what applies to you)**

**Cardiovascular**

Heart disease  
Irregular heartbeat  
Chest pain  
Shortness of breath  
15

**Psychiatric**

Memory Loss  
Nervousness  
Depression  
Insomnia

**Musculoskeletal**

Muscle pain  
Back pain  
Joint Pain  
Weakness in muscles  
Difficulty in walking

**Family History**

Heart Problems  
Depression  
Nervous Breakdowns  
Parents divorce before

**Neurological**

Stroke  
Head injury  
Reoccurring headaches  
Dizziness  
Numbness  
Nightmares  
Rapid heart beat  
Paranoia  
Anger  
Alcohol use

**DRUG HISTORY**

What substance(s) have you mainly used?	
How old were you when you first used illegal drugs?	

**DRUGS USED**

Cigarettes	Yes ( ) No ( )	Oxy.	Yes ( ) No ( )
Marijuana	Yes ( ) No ( )	Ecstasy	Yes ( ) No ( )
Alcohol	Yes ( ) No ( )	Acid	Yes ( ) No ( )
Speed/Meth	Yes ( ) No ( )	Heroin	Yes ( ) No ( )
Cocaine	Yes ( ) No ( )	Glue/Paint	Yes ( ) No ( )
Barbiturates	Yes ( ) No ( )	PCP	Yes ( ) No ( )

Other:

**HEALTH INFORMATION**

Have you ever had the following?		Are your eyes okay?	Yes ( ) No ( )
Tuberculosis	Yes ( ) No ( )	Is your back okay?	Yes ( ) No ( )
Hepatitis A B C	Yes ( ) No ( )	Are your teeth okay?	Yes ( ) No ( )
Herpes	Yes ( ) No ( )	Do you have any immediate needs? Yes ( ) No ( )	
V.D.	Yes ( ) No ( )	If yes, what?	
HIV	Yes ( ) No ( )		
Lice	Yes ( ) No ( )		

**ADDITIONAL MEDICAL INFORMATION**

Have you used needles?	Yes ( ) No ( )
Have you ever been involved in homosexual activities?	Yes ( ) No ( )
Are you taking any medication?	Yes ( ) No ( )
Do you have any physical handicaps?	Yes ( ) No ( )
Have you ever been in a mental health program?	Yes ( ) No ( )
Have you ever been under Psychiatric care?	Yes ( ) No ( )
Have you been in the military?	Yes ( ) No ( )
Are you receiving disability?	Yes ( ) No ( )
Do you receive Social Security Income?	Yes ( ) No ( )

**EDUCATION**

Can you read &amp; write? Yes ( ) No ( )

Circle the last year of school completed. 1 2 3 4 5 6 7 8 9 10 11 12

College 1 2 3 4 5 6

Trade School

Do you have any special skills or training? Yes ( ) No ( )

If so, what skills or training do you have?

**PARENT INFORMATION**

Name

Address

City

State

Zip

Home Phone

Cell Phone

Work Phone

**REFERRAL INFORMATION**

Person/Agency Referring

Phone #

**INTERVIEW**

Person conducting interview

Date

Comments:

## **EXPECTATIONS (other expectations may apply depending on individual needs):**

Throughout all phases clients are expected to:

- Sign out and in when leaving from and returning to the building.
- Inform case manager of all medical, legal and mental health appointments.
- Complete chores as assigned.
- Take medications as prescribed by their doctors. All medications (prescription or over the counter) are to be turned in to the director or the assigned person.

Now you should see why the first four weeks are just an adjusting time. It is important for you to learn how to do these things, for these are the things you are going to have to do for yourself if you are to have a life out in this world and have it successfully for the Lord.

We want you to know you are prayed for and loved through this whole process. We will be here for you, and working with you, and answering your questions, letting you know you are doing well, or that you need to do things in a different way. In all of this you will come to know all of this is for you to find a life that is wonderful without the addiction!

## **SECTION II**

### **WEEKS FIVE THROUGH SIXTEEN**

This is the time in which your training intensifies. At this point on we will begin to guide you to learn coping skills and also evaluate what needs to happen in order for you to find a place of security and work in the world God is calling you to. Do you have a high school diploma? If not, we will begin to focus on a GED for you. We will expect this to be in place by the time you graduate. Do you already have certain job skills? If so, do you need additional training in this area? If you don't have job skills, we will begin to find that path God wants you to be on to have a happy and fulfilling life in a work environment you can successfully do. Below are some of the things this part of your life here will be involved with.

#### **CONTINUE WITH THE NORMAL ACTIVITIES AT WWM.**

You are now already accustomed to a good Bible study and devotional time. This will always be needed in this life, and we expect this to continue for in this you will find God's strength for the days ahead.

#### **BEGIN TO DISCUSS JOB OPTIONS.**

What job skills do you have?

What is your educational level and does anything needed to be added to it?

Do you need extra training?

**JOB HISTORY**  
**JOBS YOU HAVE HELD IN YOUR LIFE AND TIME SPENT THERE.**

**Job 1:** \_\_\_\_\_

**Date for this job:** \_\_\_\_\_

**Description:**

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**Reason for leaving:** \_\_\_\_\_

**Job 2:** \_\_\_\_\_

**Date for this job:** \_\_\_\_\_

**Description:**

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**Reason for leaving:** \_\_\_\_\_

**Job 3:** \_\_\_\_\_

**Date for this job:** \_\_\_\_\_

**Description:**

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**Reason for leaving:** \_\_\_\_\_

**Other jobs you may want to mention:**

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## **TWELVE WEEK STUDY ON ANGER MANAGEMENT**

Anger is an emotion that was also a part of our Lord's personality makeup. However, the Lord's anger was never sinful as ours is many times. In this study there are many aspects of anger that will need to be looked at. The resident will:

- Take an anger assessment profile.
- Learn the signs of non-biblical anger.
- Learn the physiological and psychological aspect of anger.
- Learn how anger affects the self-esteem.
- Biblical ways of dealing with anger.
- Practical ways of dealing with an angry person.
- Practical ways to control the mind.
- The value of true friendship.

### **CONTINUE WITH YOUR INDIVIDUAL MEETINGS WITH THE COUNSELOR AS NEEDED, AS WELL AS NORMAL ASSIGNED BIBLE STUDIES.**

As mentioned in the front of this guide, you will meet with the counselor monthly if all is well. If there are problems, the resident will meet more often until the resident finds peace and healing in the affected areas. This is what the counselor is for, and this is not to discipline but to help the resident in finding God's healing hand for his life.

## **WEEKS SEVENTEEN THROUGH TWENTY-SIX**

SEMINARS

FINANCIAL

PARENTING SKILLS

EDUCATIONAL TRACK ESTABLISHED

JOB SKILLS CONFIRMED

Continue meeting with the counselor.

Midterm assessment of how resident is doing. This will be done by director and counselor and pastor as he sees fit.

## **WEEKS 27 THROUGH 39**

It is during this time frame your training begins to intensify so that you will develop spiritual boundaries and physical boundaries that will protect you for the rest of your life. Each of these seminars will acquaint you with the dangers awaiting you, and show you how to defend against these ways Satan will use against you. Notes on each of these seminars will be expected, and discussion about each one will be done by the counselor.

Seminar on the effects of drug use by Psychiatrist.	Week 27
Seminar on the effects of drug use by Police Specialist.	Week 28
Seminar on the effects of drug use by Primary Care Physician.	Week 29
Seminar on the way to stay recovered by former abuser.	Week 30
Seminar on how to eat healthy to stay recovered.	Week 31
Seminar on the benefit of exercise for recovery stability.	Week 32
Seminar on your spiritual gifts.	Week 33-39
Monthly or weekly meetings with counselor as need dictates.	

## **WEEKS 40 THROUGH 52**

Two ten minute testimonies about your personal recovery. Weeks 40-48

## **TRANSITIONING TO THE COMMUNITY** **Weeks 49-52**

### **PURPOSE:**

Preparing for abundant life beyond the WWM walls: When you are ready to leave this great place, you will have training in the Word of God that covers all areas of life you will need to live in this world for Christ. You will receive financial training, coping skills training, spiritual training, and more. We want you to have what you need to be a great servant of the Lord when you leave this place.

### **REQUIREMENTS:**

- There will be success training in all the areas WWM offers.
- The Director, pastor, counselor will all agree it is time for you to go.
- Teachers will have teaching opportunity in Sunday school classes.
- Preachers will have a chance to preach in one of the area churches.
- Interview with possible job connections at this point.
- You feel comfortable and confident in leaving.
- You have a definite place to live and to work.
- Exit interview with counselor, pastor, and director.

## **GRADUATION CEREMONY!**

# WINNABLE WAR AGREEMENT PAGE

This is to certify that I have read through this handbook and understand all the information and guidelines it provides. Therefore I agree to these rules and guidelines, and commit with all I am to be the best I can be in order that I may find God's healing purpose for my life.

(This page goes to the Director of Winnable War)

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

NOTARY: \_\_\_\_\_

NOTARY STAMP: