

Good News @ Noon

Transformational Life Program



Program Outline

“Impacting Eternity by Means of Imparting Wisdom to Transform Lives and Therefore, The World”

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Transformational Life Program

The Good News @ Noon Transformational Life Program has a proposed completion time of 12-18 months. During this time, you will advance through 3 phases (Pathfinder, Voyager and Pioneer). Each phase will have its own unique set of requirements that must be completed prior to advancing. Phases 1-3 will have a mixed curriculum that stems from 10 core categories. This curriculum is challenging, extensive, evidence based and proven effective ***if*** you apply yourself. The meeting format will be small group, one-on-one, peer-led and faith based.

Categories

Category 1 - Gaining Clarity in Your Life

Category 2 - Identifying Mental and Emotional Needs and Recognizing Trauma

Category 3 - Life Skills (Goals, Time Management, Accountability)

Category 4 - God's Grace and Purpose

Category 5 - Shame, Guilt and Healthy Self-Esteem

Category 6 - Anger and Conflict Resolution

Category 7 - Social Capital, Relationships and Boundaries

Category 8 - Personal Finances

Category 9 - Holistic Wellness

Category 10 - Readiness

Programming

Phase 1-3 Guides, Expectations and Curriculum

Commencement Requirements

Phase 1 (*Pathfinder*) Guide



↻ The Estimated Completion Time is 120 -*150 Days for Pathfinder ↻

While In Pathfinder, In Order to Advance You Are **Required** to:

- ✍ Remain on Property for the First 30 Days
- ✍ Not Possess or Use Any Electronic Devices for the First 60 Days
- ✍ Have no Visitation for the First 30 Days
- ✍ Be on Time, Attend and Participate in All Classes/Church and Complete Pathfinder Curriculum
- ✍ Remain Abstinent from Drugs/Alcohol or Any Illicit or Banned Substances
- ✍ Follow All House Rules
- ✍ Complete All Assigned Responsibilities
- ✍ Abide By Curfew from 8:30 PM to 7:00 AM (9:00 PM Saturday & Sunday)
- ✍ Sign Out with an Accountability Partner to Leave Property After 30 Days (Excludes Legal, Medical or Staff Approved Instances with Documentation.)
- ✍ Complete 10 Hours of Approved and/or Assigned Community Initiative Hours
- ✍ Obtain Any Necessary Personal Documents (i.e., Identification, Social Security Card, Birth Certificate etc.)
- ✍ Complete and Submit Phase 1 Packet to Case Manager
- ✍ Create a Résumé
- ✍ Attend Any Scheduled Progress Meetings with Case Manager or Other Staff
- ✍ Show Progress Towards Reaching Goals Within Your ICP (Individualized Care Plan)
- ✍ Complete Pathfinder Completion Interview with Case Manager Prior to Advancing

The Positive **Incentives** That Are Part of Being in Pathfinder Are:

- ✍ You May Have a Cell Phone After 60 days
- ✍ You May Leave the Property with an Accountability Partner After 30 Days
- ✍ Eligible for Weekend On-Site Approved Visitation Following the Initial 30 Day Period
- ✍ Eligible for One 24 Hour Approved Pass Per Month After 30 Days

** If Approved, Pathfinder May be Extended an Additional 30 + Days to Meet the Needs of Those*

Workforce

You Must Have No Infractions for a Minimum of 30 Days Prior to Advancing to Phase 2 (*Voyager*)

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Pathfinder Curriculum

Social Capital

- ✍ Moral Reconciliation Therapy (M.R.T.)
- ✍ Vicious Cycle
- ✍ What I Can Control and What I Can't
- ✍ How to Create a Mantra
- ✍ Core Beliefs (packet)
- ✍ Social Support

Identifying Mental and Emotional Needs and Trauma

- ✍ Adverse Childhood Experience (ACE) questionnaire
- ✍ Anger Management
- ✍ Forgiveness Workbook

Forming Healthy Habits and Goal Setting

- ✍ Willingness, Goals and Action Plan
- ✍ Time Management Tips
- ✍ Daily Planning
- ✍ Atomic Habits
- ✍ Life Skills

God's Grace and Purpose

- ✍ The Purpose Driven Life
- ✍ The Cure
- ✍ The Believer
- ✍ Boy Meets Girl

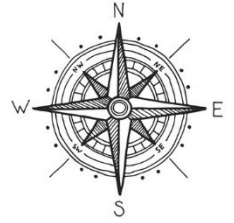
Personal Finances

- ✍ Measuring Fixed Costs
- ✍ Debt Worksheet
- ✍ Needs vs. Wants
- ✍ Opening A Bank Account
- ✍ Creating a Résumé
- ✍ Credit Education

Holistic Wellness

- ✍ Journaling
- ✍ Wellness Walks
- ✍ Prayer & Meditation
- ✍ Nutritional Education
- ✍ Physical Education / Calisthenics

Phase 2 (Voyager) Guide



☞ The Estimated Completion Time is 120 Days for Voyager ☞

While In Voyager, You Will Be Expected to **Maintain** in The Following Areas:

- ☼ Follow All House Rules
- ☼ Complete All Assigned Responsibilities
- ☼ Abide By Curfew
- ☼ Remain Abstinent from Drugs/Alcohol or Any Illicit or Banned Substances
- ☼ Be on Time, Attend and Participate in All Classes/Church and Complete Pioneer Curriculum
- ☼ Must Sign In/Out Accordingly to Leave Property

To Advance Through Voyager, Your **Requirements** Will Be:

- ☼ Obtain Gainful, Approved Employment Within 2 Weeks (1st Shift Only)
- ☼ Resident Must Not Quit One Job Without Having Another Job. No Lapse in Employment
- ☼ Begin Paying Participation Fees 30 Days from First Day of Employment
- ☼ Pay Participation Fees Weekly and Remain Current
- ☼ Mentor Pathfinder Participants by Modeling GN@N Ethics, Morals & Values
- ☼ Complete 6 Assigned and/or Approved Community Initiative Hours
- ☼ Complete Financial/Budgeting Plan and Review with Case Manager as Scheduled
- ☼ Attend Any Scheduled Progress Meetings with Case Manager or Other Staff
- ☼ Show Progress Towards Reaching Goals Within Your ICP (Individualized Care Plan)
- ☼ Must Attend one Scheduled Monthly Progress Meeting with GN@N Team Each Month
- ☼ Complete Voyager Completion Interview with Case Manager Prior to Advancing

The Positive **Incentives** That Are Part of Being in Voyager Are:

- ☼ You May Attend a church of Faith of Your Choice
- ☼ Curfew Is Extended to 9:00 PM, Seven Days a Week
- ☼ Two 24 Hour Approved Passes Per Month, One 48 Hour Pass Following 60 Days in Phase 2
- ☼ You May Leave the Property Without an Accountability Partner
- ☼ Eligible To Apply for Vehicle Privileges

You Must Have No Infractions for a Minimum of 30 Days Prior to Advancing to Phase 3 (Pioneer)

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Voyager Curriculum

Social Capital

- ✿ Personal Boundaries (packet)
- ✿ Relationship Green Flags
- ✿ How to Apologize
- ✿ Accountability Self-examination Worksheet
- ✿ Action Brainstorming
- ✿ Building New Habits
- ✿ Goal Tracker

Identifying Mental and Emotional Needs and Trauma

- ✿ Trauma (packet)

Shame, Guilt and Healthy Self-Esteem

- ✿ Shame vs. Guilt
- ✿ Cues to Shame
- ✿ Reactions to Shame

Anger and Conflict Resolution

- ✿ Triggers
- ✿ Coping Skills

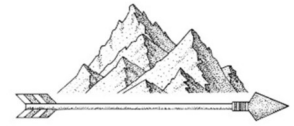
Personal Finance

- ✿ Budget Tracker
- ✿ Expense Tracker

Holistic Wellness

- ✿ Emotional Wellness
- ✿ Social Wellness
- ✿ Financial Wellness
- ✿ Environmental Wellness
- ✿ Occupational Wellness

Phase 3 (*Pioneer*) Guide



∞ The Estimated Completion Time is 120 Days for Pioneer ∞

While in Pioneer, You Will Be Expected to **Maintain** in The Following Areas:

- »» Remain Gainfully Employed (1st Shift Only. Any Other Shift Must be Approved by Staff)
- »» Pay Resident Participation Fees Weekly and Remain Current
- »» Be on Time, Attend and Participate in All Classes/Church and Complete Pioneer Curriculum
- »» Remain Abstinent from Drugs/Alcohol or Any Illicit or Banned Substances
- »» Follow All House Rules
- »» Complete All Assigned Responsibilities
- »» Must Sign In/Out Accordingly to Leave Property
- »» Abide By Curfew

To Advance Through Pioneer, Your **Requirements** Will Be:

- »» Mentor all other Participants by Modeling GN@N Ethics, Morals & Values
- »» Complete 4 Assigned and/or Approved Community Initiative Hours
- »» Show Proof of Completed Financial/Budgeting Plan and Review with Case Manager
- »» Attend Any Scheduled Progress Meetings with Case Manager or Other Staff
- »» Show Progress Towards Reaching Goals Within Your ICP (Individualized Care Plan)
- »» Must Attend one Scheduled Monthly Progress Meeting with GN@N Team Each Month
- »» Complete an Exit Strategy with Case Manager Prior to Commencement
- »» Compose a Letter to the GN@N Program and Submit to Case Manager
- »» Compose a Letter to the GN@N Program and Submit to Case Manager
- »» Prepare your Written Testimony and be Prepared to Share

The Positive **Incentives** That Are Part of Being in Pioneer Are:

- »» Curfew is Extended to 10:00 PM, Seven Days a Week
- »» Two 24 hour, or two 48 Hour Approved Passes Per Month
- »» Continue to Attend a Church of Faith of Your Choice
- »» You May Leave the Property Without an Accountability Partner
- »» Senior Eligibility for Vehicle Privileges

You Must Have No Infractions for a Minimum of 30 Days Prior to Commencement

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Pioneer Curriculum

Social Capital

- »»» What is Mindfulness? (packet)
- »»» Life Story (packet)
- »»» Forgiveness (packet)
- »»» Love Languages

Shame, Guilt and Healthy Self-Esteem

- »»» Self – Compassion

Anger and Conflict Resolution

- »»» Introduction to Anger Management
- »»» Anger Management Skills
- »»» When is Anger a Problem?
- »»» My Responses to Conflict
- »»» Conflict Resolution

Holistic Wellness

- »»» Self – Care
- »»» Meal Planning
- »»» How to Become an Educated Consumer
- »»» Developing New Interest and Hobbies

Readiness

- »»» Personal Values Worksheet
- »»» Positive Steps to Wellbeing
- »»» Positive Traits
- »»» Living into Our Values
- »»» Where am I Called?
- »»» Strengths Exploration
- »»» Letter to Program
- »»» Exit Strategy
- »»» Testimony

Commencement Requirements

- Remain Gainfully Employed (1st, 2nd or 3rd Shifts)
- Be Current with All Resident Participation Fees
 - Have Completed All Curriculum
- Remain Abstinent from Drugs/Alcohol or Any Illicit or Banned Substances
- Prepare and Present Testimony for Community Prior to Commencement
- Show Proof of Financial Goals Being Met and Review with Case Manager
 - Complete Letter to GN@N Program and Submit to Case Manager
 - Complete Relapse Prevention Plan and Review with Case Manager
 - Complete Exit Interview with Case Manager