



Freedom Ranch

Program Outline

Freedom Ranch Intake Department

The Key2Free

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WHAT'S NEXT...?

- You have completed a safe house program and wondering what comes next?
- You are about to “age out” of a program, but don’t feel ready to live on your own.
- You are looking for an opportunity to take the next step in your recovery.

The Freedom Ranch is a Christian transitional living program for survivors of sexual exploitation (18 and over). Our mission is to inspire, encourage and empower survivors to guide them into successful independence and freedom. Our intent is that this would be a place of peace and restoration for residents. Our program provides the opportunity to find healing and restoration through case management, mentoring, counseling, life skills development, and job training.

At The Freedom Ranch you will:

- Share a cottage with other women coming out of a similar safe house program.
- Focus on career or educational goals while living in a safe, accountable atmosphere.
- Cultivate community and growth in both your spiritual and physical life.

At The Freedom Ranch we want to come alongside residents during this important transitional part of their life. We understand that entry level jobs can cause financial pressures that are often too great for them to handle alone. We want to create an opportunity that guides women to a future as an over comer. Financial Education, Computer Literacy, and Job Skills Training are just a few classes that Freedom Ranch offers. The on-site House Manager, along with a Case Manager, will assist each woman to create her own strategic plan to help her achieve her goals.

We look forward to welcoming you into our community at Freedom Ranch. We believe this will be a place where you can find freedom in every aspect of your life.

At Freedom Ranch, we believe there are specific areas of healing that will benefit survivors of sex trafficking. We also understand that each resident is unique with different personalities, different forms of trauma, different types of involvement in trafficking, different upbringing and different relationships with family. We keep differences in mind when the House Manager and Case Manager work with each resident to create weekly goals and routines, not simply fulfilling productivity hours, but also personal growth options throughout the week.

This schedule is purposed to help create positive habits for everyday life. We ask that each resident discuss her weekly schedule with the Case Manager. If there is a class the Case Manager feels would greatly benefit the resident, alternate scheduling can be discussed. When obtaining a job and/or planning school, we encourage building the productivity schedule around the proposed schedule of events. Additionally, we highly encourage attending church services on Sunday.

To provide growth opportunities and not just a place to sleep, first year residents are required to schedule their work/school calendars so they are able to attend a minimum of six afternoon or evening classes per week to maintain residency at Freedom Ranch.

Free Time:

Free time is your time. Watch a movie, take a walk, read, etc. It is your time to do what you wish. There may be some special activities on Saturdays, but we will discuss them beforehand. If you have your own transportation and want to go somewhere during free time, you must notify the House Manager. While your Free time is yours to do as you wish, it will be your responsibility to complete your weekly chores during this time as well.

Freedom Ranch Meal & Meeting:

Each Sunday, the House Manager will prepare a meal with the residents. During the meal, the week's plans will be discussed (meal planning, chore schedules, week calendar activities, transportation). This is a time of fellowship and sharing in each other's accomplishments, and a time to regroup before the new week begins.

Fundamentals of Faith:

Fundamentals of Faith meets once a week. All Freedom Ranch residents spend time together discussing faith, what the Bible says and potentially exploring a relationship with Christ. This interactive discussion is a safe opportunity to ask questions and seek answers.

Fellowship Friday:

This is a night to look forward to! During this time, the focus is on creating an environment of "family" where we find joy in spending time with one another. Evening events may include: popcorn and a movie, guest speakers, bowling, game night, karaoke, live music and socializing.

Group Therapy:

This once a week evening gathering is a night to enjoy! Each resident is required to attend a group therapy session with one of Freedom Ranch's mentors or counselor. These evenings are a time to share in each other's joys and help each other through challenging times.

Exercise:

Each morning, our residents will have the opportunity to join in group exercise with the House Manager or other mentor. This is a time to focus on taking care of your body so that you can do the things required of you throughout your day. Exercise types may include, walking the trails on the property, running, Yoga, Pilates and Zumba.

Group Activity and Outing:

Each Friday afternoon, the residents, House Manager, and other mentors will have the opportunity to get together for a group outing, or activity on the property. This time will be planned during your Sunday Freedom Ranch Meal and Meeting time so that you have a full week to plan for it and look forward to this special time as everyone comes together for a great afternoon. Activities or outings may include bowling, horse riding, art class, going to the movies, going to the mall or the Outlets, gardening on the property and various other fun and exciting events.

Productivity Hours:

During this time residents will attend counseling and mentoring sessions, as well as establishing short and long term goals with their Case Manager. Residents will also utilize this time for life-skills classes and mini-workshops hosted by The Freedom Ranch. Residents may begin or continue GED work, and/or college courses, as well as applying for jobs and attending job interviews. Once the resident has completed the first three months in our program, they may seek to find a job that will fill these hours as best possible, while continuing to attend life skills classes when available.

Some Life Skills classes may include:

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|-------------------------------------|-------------------------------|
| Financial Education | Cooking/Nutrition |
| 5 Love Languages | Interview/Job Skills Training |
| Leadership Defined | Computer Literacy |
| Conflict Resolution | Art/Music/Sewing |
| Time Management/Creating A Schedule | GED/Education classes |

Other Productivity Hours opportunities may include:

- **Education:** If you need to complete your HS diploma or GED, we'd like your hours to be spent focusing on that as a priority. School, classes, meetings with advisors, tutors or teachers, studying at the library, etc., all count towards productivity hours.
- **Employment:** Resume building, applying for jobs, interviewing, completing a job training program, and internships are all part of these productivity hours as you prepare for your first job while staying at Freedom Ranch.
- **Higher Education:** If you are interested in going to college or attending a trade school, we will work with you to try to make that happen.
- **Counseling:** Mental health, substance abuse, and spiritual counseling also qualify for productivity hours.
- **Court mandates:** If you are following through with court mandated appointments, visits, or hearings, those also count towards your productivity hours.
- **Mentor Meetings:** Each resident will be assigned at least one mentor and is highly encouraged to make the time to meet with them on a weekly basis, also counting towards your productivity hours.
- **Bible Studies/Small Groups:** Attending a Bible Study or Small Group at a local church may be counted with prior scheduling with the House Manager.
- **Volunteering:** Freedom Ranch residents may get approval from the House Manager to volunteer at a local community agency or event. This is encouraged during productivity time to also help develop job skills and future connections.
- **Chicken Coop maintenance:** While staying at Freedom Ranch, residents will have the opportunity to take care of chickens and their home.
- **Garden maintenance and upkeep:** Freedom Ranch will have a large vegetable and fruit garden that will be managed by residents and the House Manager.

Freedom Ranch provides a three-day Adjustment Period to allow the new resident time to acclimate to her new surroundings. During this time, we ask that you not have visitors or make outside calls. This is your time to get to know everyone at Freedom Ranch, without interruption and for us to get acquainted with you.

At Freedom House, there are two phases. Phase 1 is required and lasts for a full year as we re-introduce the resident into society in a healthy way. This phase concludes with a graduation at the end of the year, and an opportunity to sign on for Phase 2 which is optional and can last either 6 months or 12 months.

Phase 1: Required 12-month period

0-3 Months: Employment is not recommended during this important, transitional time period. We ask that no onsite, family visits occur during this time as both residents and staff get to know each other. Productivity hours will be important during this stage and will consist of classes, job interviews, completing job applications. Case Managers, Mentors, Counselors and House Volunteers are introduced to the residents during this time; meeting with them on a regular basis. Goals are set during this time with the supervision/guidance of their Case Manager, both long and short-term in nature. It is during this time period that the resident has decided she wants to commit to the responsibility and structure of Freedom Ranch in hopes of creating a successful life for her future.

3-6 Months: Employment begins during this stage, but we ask that resident work no more than 20 hours/week. Family visits will be allowed upon House Manager approval, and the resident will continue to attend classes and activities as part of their productivity hours. Residents will continue to adjust to short and long-term goals with their Case Manager, and they will continue to meet with mentors, house volunteers and counselors. By this stage, a percentage of the resident's income will be go towards rent, utilities and groceries, in order to help the resident learn to manage their money and bills.

6-12 Months: Full-time or part-time work while enrolled in school is expected during this stage. The resident continues to meet with all members important to her healing process. Near the end of this phase, residents will set goals for year 2, and establish a plan beyond graduation.

Phase 2: Optional (6-month, or 12-month period)

Residents of Freedom Ranch will have the option to sign a 6-month or 12-month lease to continue residing and participating in Freedom Ranch and its classes and activities. Work will continue through this phase, as well as school if they so choose. Regular meetings with members important to their healing process are also required. Residents will also be considered for the opportunity to mentor survivors in Phase 1. Each resident is required to participate in a minimum of 3 afternoon or evening classes offered by Freedom Ranch throughout this phase in order to maintain residency with Freedom Ranch. In the final months of their lease, residents will create a long-term plan with their Case Manager, and Freedom Ranch staff will prepare the resident for exiting the program as a healthy, productive member of society.

***A note about groceries:**

Personal Consumables: Item requests are considered-generic brands are purchased for general use and shopping is done by House Manager or an assigned volunteer.

- Shampoo, Conditioner, tooth paste/brushes, bath soap, razors, lotion, basic feminine hygiene products are included.
- Make up, hair products and cosmetic items are each resident's OWN responsibility.

Cottage/Freedom Ranch Consumables: Items are purchased at the House Manager's discretion-shopping is done by the House Manager or an assigned volunteer.

- Laundry and cleaning supplies, paper products (toilet paper, paper towels), etc.
- Computer supplies (printer, ink)

Grocery Staples: Shopping is done weekly. Item requests are considered and determined during the Sunday night Freedom Ranch Meal and Meeting.

We look forward to welcoming our new residents to Freedom Ranch for further healing and restoration through our transitional living program. If you have any questions at all, please contact Director@TheKey2Free.org for additional information.