



Hello!!

You are receiving a copy of this Guide because you have indicated that you may have need of a long term residential program that works with those who have been prostituted or trafficked. This Guide is intended to acquaint you with the ministry of Engedi Refuge, give you an overview of our services and provide you with next steps in healing from the trauma of sexual exploitation.

We hope that by providing this Guide, you will be able to determine if a long term residential program is what you want for yourself. Should you have questions at any time, please do not hesitate to call our Learning Center and speak to any one of our staff. Please take a moment to go to our website and visit the "I Need Help" tab.

Lea Newcomb

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Engedi Refuge is a Christian faith inspired sex trafficking victim aftercare services agency founded by Aaron and Lea Newcomb. Engedi incorporated as a non-profit in May of 2011. We opened the doors of our restoration house in March of 2013. To date we have three houses, with a total bed capacity of 12.

We serve adult female survivors of sex trafficking and prostitution. Our referrals come from all across the United States. We offer a long-term restorative program that is modeled in a three-phase process, taking 18 months to complete all three phases. We only ask a commitment to Phase One for a new resident.

While we are of the Christian faith, we do not require our residents to share our faith. We do want them to know, as they consider if this is the program for them, that we start each day with devotions and that there are Christian principles interwoven through our curriculum.



Process for intake:

- **Please visit our website to learn more about our program. Please note our "I Need Help" tab.**
- If you are initiating the intake, please call Hana, our Director of Client Support Services or Lea, our Director of Operations for a phone interview. You will also need to talk to Carma, our Trauma Counselor to do a mental health assessment as well as speaking with Jane, our Substance Use Counselor to do a substance use assessment.
- The Engedi staff will process the application; assess compatibility of our program. We also want to determine if we have the resources to best serve you. This process may take up to two weeks. If a bed is not available, you may be put on a wait list if that is what you desire.

Preparing for intake: If working with an Advocate, please work with her on the following items

- Please provide any Alcohol & Drug assessments or Psych assessments that you may have.
- If you have an open court case or are on probation, please make available documentation and contact information of officers, social workers or other personnel involved so we can facilitate a smooth transition.
- If possible, please come with a month or two worth of any medications as it may take that long to get a doctor's appointment. If possible, please come with refills. It will take at least a month for state insurance to be effective. If your doctor could forward prescription refills to our pharmacy, that would be ideal.
- If you are being driven here, you may come to 7370 Guide Meridian Rd Lynden, WA 98264
- If you are traveling by airplane, please fly into the Bellingham airport. If you are traveling by Greyhound bus, please go to the Bellingham bus station. An Engedi staff person will pick you up.
- We encourage you to provide an **open ended ticket**, in the event you decide to not stay. If you decide you want to leave, Engedi is not responsible for any return transportation.
- **You are allowed to bring two suitcases.**
- Please email a copy of your ticket/itinerary and a recent photo to info@engedirefuge.com

Upon arrival at Engedi:

- If arriving between the hours of 9am to 3pm you will be brought to the Learning Center. If arriving after 3pm you will go directly to Engedi House.
- You will have the opportunity to shower, change into fresh clothes while a staff person checks your bags for unapproved items (which will be taken and kept in a safe place). Your clothes may be laundered or put through the dryer in keeping with our bed bug protocol.
- You will need to take a UA.
- You will be escorted to your room and given time to settle in.
- You will be expected to come to the Learning Center the next day to finish the intake process, meet the rest of staff, get a tour of the facility and sit in on any classes that may be in process.
- If you are in need of detoxing, we may choose to take you directly to our local detoxing center.



Other important details to know:

- Each client should have an understanding that Engedi Refuge offers a comprehensive Life Skills and Restoration program and that participation in the program is mandatory to stay in the Engedi program.
- Client must be 18 yrs or older. Client must not have children living with her (unless arrangements have been made for placement elsewhere).
- Client must have clean time from drugs/alcohol or be willing to go into treatment after arriving at Engedi.
- Client must be biologically female, identifying as female.
- Each client should understand that Engedi House is a Christian - faith inspired program. Our clients **do not** have to be identified as a Christian to be in our program.
- The Engedi Refuge home is not a lock down facility. If you choose to leave the program, you will be responsible for your travel expenses.

About Engedi House

- Engedi House is managed by a live in-House Manager. All the women in the house share cooking & cleaning responsibilities. It is in an undisclosed location for the safety of those in the program.
- A client must be able to climb stairs and be physically able to participate in normal everyday activities.
- There is a 30 day black out period with restrictions. During blackout, you will only be allowed to communicate with one safe person. After black out, you will be able to add people to your safe person list to call. There is a landline phone at the house.
- If the client has a car, it will be stored on our property, but not be allowed to be used till Phase Two or Three of the program.
- During Phase One there is no email, Facebook, cell phone or internet allowed. These are necessary safety precautions for our residents. These are privileges that may be earned in Phase Two on an individual basis.
- **A client is allowed to bring two bags with her.** We will help her with any additional clothing needs that she may have. She does not need to bring bedding, towels, food or toiletries. These things will be provided for her.
- Our house manager has a dog that stays at the house. Please let us know if this is a problem.

About Engedi Learning Center

- ❖ Trauma Therapy is offered at the learning center and is overseen by Carma R., MA, LMHC, along with three other therapists.
- ❖ Attendance at the Learning Center for classes and activities are mandatory. A potential resident must be able to participate and engage in classroom activities.



The **Engedi Learning Center (ELC)** which provides each participant with a variety of programs to learn the personal skills required to re-engage in a restorative life, free from the effects of sexual exploitation. The program at ELC is an 18 month – three phase program as outlined below. The ELC operates Monday through Friday. By focusing on life skills, substance use education, personal development and trauma therapy, our participants will be able to take control of their own lives, to realize their personal worth and to transfer the new skills and self-esteem to their daily lives, thereby promoting commitment to long term employment & healthy relationships.

Phase One – Life Skills Foundations *approx.. 6 mths*

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| Life Skills | Trauma Therapy | Peer Mentoring |
| Online Recovery Meetings | Co-Dependency | Trauma Support Group |
| Employment Readiness | Spiritual Awakenings | Recovery for Life |
| Equine Therapy | Case Management | Art & Crafts/Physical Fitness |

Phase Two – Vocational Foundations *approx.. 4 mths instruction & 2 mths of transition to independent living*

Assessing individual education levels and setting continuing educational goals & implementing the process; attain GED if needed, or seek part time employment.

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| Employment Preparation | Level 2 Co-dependency | Recovery Mgmt Plan |
| Boundaries in Dating | One on One Mentoring | Trauma Therapy |
| Spiritual Discovery | Personal Finance & Budgeting Class | |
| Case Management: Personal development plans & Career goal setting | | |

Phase Three – Spiritual Foundations *approx.. 8 mths*

Maintaining a healthy life without the addictions and entanglements of the past. Developing a solid spiritual foundation from a Christian perspective. Through the following studies:

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| Father Heart of God | Praying with Women of the Bible |
| John 15 bible study | Life Keys – Discover Who You Are |
| Learning to be a Peer Mentor to women to those in Phase One | |

For those reuniting with their children
Classes at Bridget Collins or Whatcom Pregnancy Clinic



New Participants will be on a 30-day restriction. During this time, she must adhere to the following:

- No contact outside of Engedi Refuge – *you may be allowed phone contact with one approved person*
- No cell phone usage, no internet usage
- No walks off the property, no outings unless accompanied by Engedi Staff/Volunteer
- Complete Orientation package

After One month up to 90 days:

- Walks in the neighborhood may be allowed using the buddy system.
- Land line phone privileges will be added – **with safe people. Confirm with Hana who makes that list.**
- You may request a pass (up to 6 hours) **with an approved companion** once a month. This outing must not conflict with the mandatory obligations at the house. Make your request to Hana at the LC at least one week prior to committing to the outing.
- All of these added privileges may be revoked for infractions of guidelines.

After 90 days: With the approval of the House Mgr

- You may add a one-night pass (Whatcom County only) on a Friday or Saturday night **with an approved companion** for once in a given month. All requests must be planned a week in advance, to Hana.

After 120 Days: With the approval of the House Mgr

- You may increase to a weekend pass (Whatcom County only) from Friday after classes are over to 4 pm Sunday, once in a given month. **It must be with an approved person (s).** All requests must be planned a week in advance, to Hana.
- You may be allowed neighborhood walks alone based on your progress within the program

During Phase One there is no email, Facebook, cell phone or internet allowed. These are necessary safety precautions for our residents. A drug test will be done after an outing with a non Engedi visitor or after an overnight outing. If you own a car, you will not be able to use it while living at the Phase One house. It will be stored at the Learning Center. There is **no walking** along Pole road or to the gas stations at the corners. This presents a safety concern.

If there is a relapse, you will be back to the beginning of the restriction process and will be assessed for any treatment needs

Required Activities at Engedi House:

- Attend one recovery meeting a week
- Monday through Friday attendance at the Learning Center
- Participation in house chores and meal preparation



Financial

- If a resident has financial resources, they will be kept in savings while in Phase One. You will not have access to it. There may be special circumstances that you can discuss with the Case Manager if necessary.
- Engedi gives each resident \$60 per month for a comfort allowance.
- We desire all the residents to have the same advantages in this area – keeping resources the same so as not to encourage competition, manipulation and other negative responses.

Medications

- All medication must be kept in the house manager's suite. Including all over the counter meds, vitamins and supplements. Benzo's and opioids are not allowed while in the Engedi program.
- A resident is allowed to keep her own medicinal creams, inhaler & epi pen.

Smoking

- Smoking and vaping is allowed in outside areas. Rolling cigarettes is allowed but only in the garage.
- You must buy all your own smoking or vaping supplies. We do allow family sending you smokes if so desired.
- If caught smoking or vaping in the house, your smokes or vape will be confiscated for 24 to 48 hours.

Drugs and/or Alcohol

- Engedi is a program that believes in complete sobriety from all recreational drugs and alcohol drinking for the duration of the program. Including marijuana.
- If caught using substances while in the program you may be exited. This includes benzo's and opioids.
- Possession of drug related material including but not limited to roach clips, coke spoons, syringes, pipes etc... will not be allowed. No drug related pictures, magazines or reading material or weapons of any kind are permitted in Engedi House. These will be confiscated at intake.
- There will be a UA done at intake. There will be random UA's.

Relationships

- At Engedi we believe it is important to build up healthy relationships with women through Engedi staff & volunteers. It is not a time to be exploring friendships/romantic relationships with guys. (or intimacy w/ women)
- Residents are not allowed to "hang out" in other resident's rooms.
- There are to be no sexual behaviors in Engedi House. (This refers to: kissing, cuddling/snuggling, sleeping together, sexual/sensual talk, touching/fondling private areas, excessive hugging.)