



201 S. Chestnut
McPherson, KS 67460

620-241-1371

Info@OmegaProjectKs.com
www.OmegaProjectKs.com

OUR GUIDING PHILOSOPHY

The Omega Project is a mentoring program that is dedicated to helping people get complete lifestyle transformation. Those whose only desire is to get to a basic level of sobriety will be frustrated by our program. They will not likely stay since we will press them to deal with the deeper heart issues that are driving the dysfunction in their lives. We believe that heart change comes through heart choice. In other words, a person gets true life change when he freely chooses a behavioral change as a lifestyle pattern over a period of time. A forced behavioral pattern can give an appearance of lifestyle change, but true heart change happens through heart choice.

The Omega Project is looking to invest in the lives of those who truly want heart change. Most people trust their own instincts, which simply leads them right back to the same behavioral patterns. For true heart change, we believe that a person must learn to trust something outside of himself. The tangible way we demonstrate trust is by being accountable. Those who are not willing to live an accountability lifestyle are not a good fit for our program.

We believe that the number one place of trust is with God, as defined by the Bible (of the Christian faith). Our program is completely faith based, with principles taught generally coming straight from Scripture and not just stated as truth principles. Bibles study and church are a required part of our program. We encourage participants to become completely accountable to biblical standards.

We do not require a specific belief or commitment to Christ from those coming into the program, but only ask that they be willing to cooperate with and honestly seek the relationship with God that will be presented. After a time of getting to know what is taught, if a person finds that he is not in agreement with or can no longer cooperate with the teachings of the program, we ask that a person voluntarily removes himself rather than bringing a negative influence on others who do desire to pursue a way of faith and the lifestyle transformation that genuine faith brings.

We believe that the Scriptures teach that man is not only accountable to God, but that we are also accountable to one another. In fact, those who try to find God by themselves, tend to fall back into trust in self which will often result in them falling back into addiction. Faith is best lived out in community, where we hold one another accountable to the standards of Scripture.

The biblical picture of mentoring could be called fathering. Our ministry will do our best to help those admitted to the Omega Project to find jobs and to meet basic needs of food, housing, transportation, etc. Even as a father provides for his household, we believe we should take responsibility to care for those who are a part of the program. In return, we ask for 100% accountability in three basic areas: time, relationships, and budgeting. It is much like the old adage that often was said, "If you are going to live in my house, you are going to live under my

rules.” Mentoring requires a level of sacrifice on the part of the mentor, but it also requires a level of trust and accountability on the part of the one being mentored.

Three Areas of Accountability

The first area of accountability is *time*. No matter how long a person has been in the program, he continues to be 100% accountable for his time. There is a sign out board that is required to be used to communicate to the house where the person is. Overnight stays will require permission from either the house supervisor or the program director. During a person’s first 30 days, or during any time of probation for any reason, a person must have specific permission to leave the house at any time. This is not done to eliminate any movement, but to foster communication and accountability between the leader and the participant. Questions should be asked and information should be volunteered about the safety and wisdom of all activities.

The second area of accountability is *relationships*. For those who are a part of the program, it is our business to know who the participants are spending time with. If a person does not want this level of accountability, he should not come to the program or remain in the program. We want to know if a particular relationship is healthy and helpful. Where needed, relationship connections will be restricted or eliminated.

Relationships with the opposite sex have a great probability of causing the participants to stumble. Because of that, we ask that any relationship with the opposite sex be specifically approved ahead of time. For any relationship that even has the appearance of a possible dating relationship, the participant and the person with whom the participant is wanting to spend time will need to sit down with the program director and go over ground rules for the relationship. Those who refuse to do this or to observe the ground rules laid down will not be allowed to continue in the relationship. Dating is discouraged until after the participant has been clean for a minimum of 12 months. People tend to be attracted to others according to where they are in their recovery. Those who are at a place of minimal heart change will be attracted to others who are unhealthy and thus will simply be setting up themselves for failure in relationship and probable failure in terms of falling back into a using lifestyle.

The third area of accountability is *finances*. What participants pay in program fee covers only a portion of the costs of the program. The Omega Project is not willing to raise funds from the community to cover frivolous spending nor laziness on the part of participants who do not make the effort to earn an income or to manage their finances. Accordingly, each participant will be required to work together with house leaders or the program director to develop a budget that reflects a wise use of finances. Budgets will reflect the priorities of the participant’s situation, with more latitude being given once all fees, fines, and other bills are being paid on time on a consistent basis. Participants will be encouraged to move out of an entitlement mentality where life is about what can be obtained from the government and other places of help and into a place where they are being responsible for self and giving to others and nurturing others.

Any participants not willing to be accountable in any of these three areas will be asked to leave the program. Hundreds of volunteer hours and thousands of community dollars are being invested in participants and it is our desire to invest time and money in those who will value that investment by demonstrating trust through a willingness to be accountable. We recognize that both trust and accountability must be developed and we are willing to work with a person who truly seems to have

a willing heart but has simply made a mistake. For those who consistently violate areas of accountability, we have to assume that the person is not willing to be accountable, and the person will face removal.

Those who resist coming to meetings offered by the program and who avoid any significant level of connectedness or accountability to the program are not truly trusting the program or deriving any significant benefit from the program. This kind of distancing will be interpreted as an unwillingness to be accountable and also will be grounds for removal.

Rules and Procedures describe rules for the houses that are basic to all houses. Because we work toward heart change, each participant will be treated as an individual and there will often be an escalation of pressure in whatever area is needed to bring about that heart change. In other words, these rules are simply a statement of a minimal behavioral standard that seldom will even be addressed if the person is being accountable and is focused on heart change.

The primary place of accountability for a participant is to the house, the house leader and house supervisor, then to the program director and leadership team, and finally to the Live Free Board if there is a concern that needs to be brought to that level. Issues will be dealt with in a relatively open manner with house members and at the program level. We believe in the one another lifestyle, which means that leaders and followers are held to the same kinds of integrity standards and we do that openly, together, with one another.

.....

I have read and understand the Omega Project is a thoroughly faith-based program and that in agreeing to come into the program, I am agreeing to pursue a Christian lifestyle. I also understand the three basic areas of accountability required by the Omega Project. I am willing to abide by those areas and if there is a point at which I am no longer willing to be accountable in those areas, I will find another place to live.

Signature

Printed Name

Date



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RULES AND PROCEDURES

It is our belief that heart transformation is the key to victory over temptation. One of the keys to heart transformation is learning to walk in the basics of respect and decency toward others. The rules found on this first page cover the more extreme behaviors, and breaking any of these rules will cause the participant to be subject to immediate removal. To maintain residency when subject to removal, the person must develop a remedial plan that is approved by the program director, house overseers, and the house leaders. **It is very important that you read and understand these rules.** If you have any questions, be sure to ask them. On the following pages, you will find additional House Rules. Though the penalty for the additional rules is not immediate dismissal, they are still very important in learning to respect others and in heart transformation.

Rules that carry a penalty of immediate discharge

1. To be under the influence of alcohol, illegal drugs, and /or pharmaceutical medication not otherwise prescribed for you by a physician.
2. Possession of alcohol, illegal drugs, and /or pharmaceutical medication not otherwise prescribed for you by a physician or taking of prescribed medicine in a manner beyond what is prescribed or refusing to be monitored on the taking of medication.
3. Possession of any kind of weapon including guns or knives (without specific approval).
4. Threats of any kind: verbal or physical, acts of violence, fighting and destruction of other participants' property, or being in another person's private areas.
5. Destruction or altering the physical premises and structure as well as the facilities and furniture.
6. Failure to submit to a UA or breath test whenever it is requested of you.
7. Being unaccountable for time or for discrepancies during times of curfews.
8. Lying (which includes deliberate omission of information).
9. Stealing or any activities deemed criminal in nature.
10. Failure to comply with staff directions or to follow through on consequences from more minor infractions (explained in Additional Rules and Procedures section).

11. Any possession or use of pornography.

12. Failure to budget all funds and to follow through with financial obligations as determined by the budgeting process.

Residence Subject to Removal

Participants subject to removal will immediately go under house arrest until the Leadership Team is able to meet. At that time the Leadership Team will act as a board of appeal and the participant in question may discuss the infraction and consequences with them. If allowed to stay, the participant must meet all conditions set down by the Leadership Team.

Discipline Procedures

The following rules are basic house rules and either require more of a judgment on the part of a supervisor or are not considered as severe in nature as the immediate removal list. In addition to this list, individual houses can have specific rules in areas like cleaning, food use, etc. that also apply. Breaking of any rules from the list on the first page will skip to step three of the following procedures list. All other infractions will go through a three-step process unless the violation is deemed to be severe and/or defiant:

1st infraction – A verbal warning will be given. A verbal warning means that the participant will be informed of his inappropriate behavior and will be asked to make improvements.

2nd infraction - A written warning describing the infraction and a corrective action plan. A second warning is a serious violation and will require the participant to be penalized. Documentation of the infraction will be placed in the participant's file.

3rd infraction – Subject to immediate removal. The participant must communicate with the program director or house supervisor and petition the leadership team for the opportunity to remain as a participant.

Additional Rules

1. Argumentative or rebellious behavior, especially toward the house leadership will not be tolerated.
2. There will be no smoking inside the house or ministry vehicles. Smoking is permissible outside the house. Any violation of this rule may result in a \$50 fine or 8 hours of community service to be completed within a 2-week period of the infraction.
3. Pets are not allowed.
4. Visitors are not allowed in private areas of the house (private meaning the bedroom areas) unless permission has been granted by the house supervisor or the program director.
5. Participants are required to maintain employment as a condition of staying at the house. Participants that are temporarily unemployed will be assigned study hours or volunteer work

hours. These hours will be the equivalent of a 20 hours week and are a condition of remaining in the house.

6. Weekly inspections will be conducted of all rooms. A clean room is defined as having the bed made, all things picked up off the floor, and no buildup of trash or dirt in the room.
7. All participants will be required to complete house duties on a rotating basis. Duties will include cleaning of public areas (kitchen, bathrooms, living room, the yard, etc.). Such duties will be covered at house meetings and assigned by the House Leader or House Supervisor. There will also be community service hours required, typically done on a rotating basis with your house.
8. Curfew is 10:00 pm Sunday through Thursday and 12:00 am Friday and Saturday nights. Participants should not leave the premises before 6:00 am without prior approval. Nights away from the house and extensions of curfew should be pre-approved with an overseer. Those on probation have a curfew of one hour earlier than these listed times.
9. Overnight passes will be limited, taking into consideration what is safe for the participant and what might pull the participant away from maintaining focus on what is needed for recovery. Passes will be granted at the discretion of the program director or house supervisor and are not a "right" of the participant regardless of marital status. Because of the Christian standards of the program, no male/female overnight stays will be granted unless the two are married.
10. All house members will be expected to stay connected with program activities, no matter how long they have been a part of the program. Newer participants will be required to attend more recovery meetings and devotion times, depending on the stage of their recovery and spiritual maturity. Being tardy to or absent from any required activities without prior approval may result in community service hours or other disciplinary measures. Continued absence will be taken as a lack of interest in the program and will trigger discussion about removal.
11. Music, computer usage, videos and reading materials must be wholesome in nature.
12. Dating relationships will not be allowed in the first six months of a person's tenure in the program (strongly suggested time is 1 year). Whenever a person in the program desires to have a relationship with a person of the opposite sex, he will need to submit that relationship to the leadership for counseling and supervision. See [Guidelines for Relationships](#) for more details.
13. All prescription medication needs to be made know in advance and a handling plan in place before the person is accepted into the program. Any participant who fails to notify the leadership of all prescribed medication or fails to have a handling plan is subject to removal. This also includes any medication that is prescribed during residency.
14. Any suspicious mail may be examined and opened by a house leader and house supervisor.

Penalties for Infractions

The program director will have at his discretion, but not limited to, the authority to use any of the following as penalties for rules broken:

- a. community service
- b. additional chores
- c. additional study times
- d. stricter curfew restrictions
- e. restrictions of car or phone usage
- f. loss of cell phone, computer, gaming device, etc.
- g. fines
- h. relinquishing control of all monies
- i. other restrictions or penalties deemed reasonable and effective

House Arrest

House arrest is the most severe penalty that we will give a person and will typically only be given as a final effort to avoid removal. House arrest means that a person will not ever be away from the house without specific permission to be away for the exact place and time that the person is gone. Any permissible trip away from the house must be accompanied by another pre-approved person. Permission will generally be granted only for work, legal needs, program activities, and church. Any activity away from the house, even something like walking to the convenience store will be considered a violation of the house arrest and will result in removal. The person on house arrest is expected to develop an extreme sense of being accountable in all things as a step toward success in recovery. Additional rules for time spent in the house may apply as well as complying with all other rules listed.

Probationary Period

For the first thirty days and for thirty days after anyone has been at a level three infraction, he will be automatically on probation (probationary period may be extended beyond the thirty days at the discretion of the house supervisor or program director). Anyone who does not have an active and working growth plan is also on probationary status and will remain on this status until the plan is being followed. All persons on probation will have a one-hour earlier curfew time of an evening and will be expected to be accountable for all use of time. Unlike the house arrest, prior permission is not necessary for generally approved activities, but the person is responsible to find out if an activity is approved and only be in acceptable places and at acceptable times. For a person on probation, taking part in any unapproved activity or any non-accountability for time is grounds for removal. Those on probation may or may not be given the chance to appeal decisions of removal to the Leadership Team. A decision to remove a person on probation on the part of the program director or the leadership team will be considered final.

Upon Leaving or Removal:

All possessions must be removed in a timely manner as agreed to with a house leader. If there is no clear communication, all possessions left for more than 48 hours beyond a removal date or a date of voluntary withdrawal will be left to the discretion of the program director. Possessions may be given to Save and Share, taken to the dump, or made available to others with need. Even with clear communication, possessions will typically only be kept for a maximum of a week after a person is no longer with the program. Should the participant leave still owing Live Free Ministries and having worked with Omega Work Force, LLC., we reserve the right to withhold final paycheck up to, but not more than the amount owed to Live Free Ministries.

Guidelines for Relationships

Male/female relationships done wrong will cause very bad life outcomes, and will likely lead an addict back into a using lifestyle. We share outcomes. There is no set of outcomes as significant as choice of a spouse. Those who date too soon, will choose someone who is at their current level of sobriety or health. That is risky!

We need to learn how to do friendship! Direction from God should come before a relationship ever gets serious. You are not ready to be married until you are ready to be single for the rest of your life—value must come from God and from a circle of people, not from one person. When you are ok with you, you have a much better chance of having a healthy marriage. Time frames are not absolute but are a guideline.

Phase 1: Gaining Value

For those who come into the program married or with extended relationship

(0-3 Months in Program)

Generally, no significant connecting in the first 3 months even for those who came into the program with a relationship. We must learn to receive value from a variety of sources. Any communication/connection would need prior approval from the program director.

For those who come into the program without significant relationship commitment: (0-6

Months in Program) There should be no pursuit of a relationship with the opposite sex. Any communication between sexes will be considered public and should be available for oversight.

Phase 2: Friendship (+6 Months in Program)

For those not connected before coming into the program, 6 months of sobriety is needed before any “friendship” time would be approved.

Approval: There needs to be a sit-down interview first! Generally, only supervised (group activities) or definitely public time will be approved unless or until a clear pattern of trust is established.

Total Accountability: Those wanting to spend time together will need to get approval for each activity from the program director with input from his/her house leader(s). Requests must be

approved ahead of time. A text should be sent to the house leader and the program director at the beginning point and at the end point of the connection time. Texts should be open for review. If you don't want it to be seen or if it doesn't fit the rules listed below, don't write it.

Number of Visits: Unless it is a married couple working toward being back in the same house, visits will be limited to two times a week. This includes phone calls if they last more than 15 minutes on a given night or texts if it becomes excessive throughout the night. Participants need to maintain the priority of relationships with a circle of people.

Rules for Friendship Relationships:

1. No physical contact.
2. No commitment language. (i.e. "I'm yours forever!")
3. No words or actions of jealousy, ownership, exclusivity.
4. No sexual language.

If any of the four limitations listed above is violated, there would be a temporary suspension of any time together. Repeated violations would mean an elimination of approved relationship time.

Phase 3: Dating (+12 months)

Those wanting to "date," in the more traditional sense, will need to fulfill 6 months of the "friendship" rules before coming to a place of making a more significant commitment to one another and thus moving to more freedom in relationship language and activity.

Those desiring to move into a dating relationship will need to visit with the program director to establish proper boundaries for a dating relationship. Dating relationships will only be allowed for those who are at a place where both the man and woman are healthy enough to pursue a serious relationship. The man and woman will also need to have a plan for financial independence, for handling children, and other practical issues. Both the man and the woman should be able to give a reasonable indication that they have sought out the direction of God and that they are ready to explore whether or not marriage is His will for their future.

Program Fee Policy

All participants are required to get in touch with the Budget Manager upon arriving to the Omega Project. The following policy is based on the practice of being financially accountable and maintaining consistent communication that is open and honest.

The total program fee which provides placement in The Omega Project is \$433.00 per month. Participants will meet with the budget manager on an individual basis to evaluate their financial situation and determine whether they will pay the full program fee or a reasonable level of reduced fee.

Participants who chose to have an evaluation will have 1 week from the signed request to provide documentation of all criminal or civil fines, child support, cost of medicines required by doctors to maintain health, vehicle payment(s) and insurance cost, any other outstanding loans or monies owed, and if employed, the name of employer, the payday schedule and rate of pay. The conditional program fee evaluation and subsequent agreement may include a program fee payment schedule, required regular budgeting, a weekly check-in with the Budget Manager, required weekly volunteer hours, and other various requirements that are determined to be fair and beneficial to the participant.

Should any participant fail to follow through with their agreement with the Omega Project the following consequences will occur:

- If you miss one program fee payment you will be given a written warning.
- If you miss a second program fee payment (does not have to be consecutive), you and your house leader will both be given a written warning.
- If you miss a third program payment (does not have to be consecutive), you will be removed from the program and required to leave within 72 hours.

If for any reason the participant is unable to fulfill their part of the agreement, they are responsible to contact the Budget Manager within 24 hours and inform him of the issue.

If the participant communicates the issue(s) within that 24-hour period, the Budget Manager retains the right to utilize discretion and make an emergency exception; however, if the Budget Manager is not contacted within 24 hours the consequences will occur as listed in this policy.



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APPLICATION FOR RESIDENCY

First Name: _____ Last Name: _____ Middle: _____

Current address (if applicable): _____ Driver's Lic. #: _____

City: _____ State: _____ Zip: _____

Social Security#: _____ Married: _____ Single: _____ Divorced: _____

Date of Birth: _____ # of dependents(if applicable): _____

Contact in case of Emergency: _____

.....
Date of last use: _____ Substance: _____

Are you currently in an outpatient treatment program? Yes No

If yes, where? _____ Start Date: _____

Who is your counselor? _____

Do you plan to continue any sort of treatment (such as out-patient care) while residing at the Omega House? Yes No

If yes, please describe: _____

Are you currently involved with the legal system in any way? Yes No

If yes, please explain: _____

Describe any previous arrests: _____

Describe any previous convictions: _____

Are you currently under parole or a suspended imposition of a sentence? Yes No

Are you under legal obligation to report to any judicial jurisdiction your living arrangement?
Yes No

When were you last seen by a medical doctor? _____

For what reason were you last seen by a medical doctor? _____

Any hospitalizations in the past 2 years? Yes No

Are you currently being treated for any medical condition? Yes No

If yes, please describe: _____

Are you currently taking any prescribed medication? Yes No

If yes, please describe and indicate dosage: _____

Have you ever attempted suicide/are you contemplating suicide? Yes No

Are you currently seeing anyone for counseling, spiritual guidance, therapy, etc? Yes No

Please list the jobs you have held over the last 2 years: _____

Are you currently employed? Yes No

If yes, where and for how long? _____

Do you have any physical challenges which might interfere with either your employment or your ability to perform basic household chores? Yes No

If yes, please explain: _____

Do you have current or possible future financial commitments or other issues that might cause difficulties in paying the Program fee? Yes No

If yes, please explain: _____

Do you presently carry health insurance? Yes No

Name of insurance company: _____

Are you a veteran? Yes No If so, which branch of the military? _____

Are you currently in the reserves? Yes No Inactive? Yes No

Are you subject to call up? Yes No

Describe any previous exposure to or participation in any other recovery program(s)

Applicant's Commitment

By signing below, I am indicating that:

I have read through all of the philosophy and the rules and agree to comply in all respects.

I have answered all of the above questions truthfully and to the best of my ability.

I certify that I have fully disclosed any crimes of violence or attempt to commit or a conspiracy to commit these crimes in this application.

I also give my permission to the Omega Project personnel to do a criminal records check.

In addition, I have read the application form and understand and agree that:

The nature of The Omega Project requires expulsion without notice or refund of any participant who violates rules with a penalty of immediate removal or who has knowingly lied on this application.

In accepting these terms, I, the applicant exclude myself from the normal due process afforded by local landlord tenant laws. I accept that once I have voluntarily left the house or have been removed due to rule violations, I have 48 hours to remove all belonging before my possessions are surrendered to the discretion of the Omega Project personnel. I also give full permission to the Omega Project to monitor any behaviors including the taking of prescribed medicine as a condition of my remaining as a participant of the house.

I realize that the Omega Project reserves the right to deny admission to any potential participant who poses any significant threat to the overall safety and viability of the house or who does not appear to be willing to do what is needed to get heart change. The Omega Project will not generally admit as a participant nor allow to remain as a participant, any person who is registered on any Sex Offender Registry or who is required to be registered on a Sex offender Registry.

Signature

Printed Name

Date

Return this form to: The Omega Project, 201 S. Chestnut, McPherson, KS 67460

Office Use Only

Date received: _____

Received by: _____

Date processed: _____

Processed by: _____

Interview date/time: _____

Confirmed: _____

The Omega Project reserves the right to update rules at any time.



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The Omega Project Agreement

Recognizing that the national rates for recovery from any kind of addictive or life controlling issues are very minimal, I must have a plan to keep me from becoming a negative statistic. I also recognize that one of the keys to changing negative behavior is developing trust in healthy people and learning to be completely accountable for all my actions. My choices in relationship must provide me with a safe and encouraging environment made up of positive supportive family, friends, mentors, and stable employment.

Acknowledging that I desire to successfully overcome areas of struggle, and recognizing that success can only truly be achieved with the encouragement of and accountability to prominent individuals in my life, I request that Omega Project personnel communicate with prominent individuals in my life.

I also request and authorize Omega Project personnel to communicate with me after I am no longer a part of the Omega Project via phone, mail, personal visits, and email. I will supply the Omega Project with the necessary information for them to communicate with me in these various manners. Also, I will notify the Omega Project of any changes to my personal contact information as they may take place.

I further authorize the Omega Project to communicate with my family members, pastor, mentor, employer, parole officer, doctors, medical personnel, counselors, financial institutions, and anyone else of significant influence and/or authority in my life. I authorize my family member, pastor, mentor, employer, doctor, medical personnel, counselor, financial institution, and parole officer to communicate with the Omega Project through confidential evaluations and communications for the duration of the time that I am staying in one of the houses of the Omega Project.

I give the program permission to examine and open all mail sent to the office and for mail sent to the house to be examined by the house leader and house supervisor.

By choosing to participate in the Omega Project, I hereto pledge to strive to live by the principles that are consistent with those taught by the Omega Project.

Signed this day, _____

Printed name

Signature

Printed Name of Witness

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The Omega Project: Information Sheet

Your Name _____
Cell Phone _____
E-Mail _____

Permanent Address _____
City _____
State _____ Zip _____

PARENTS

Father's Name _____
Address _____
City/State _____
Phone/e-mail _____

Mother's Name _____
Address _____
City/State _____
Phone/e-mail _____

FAMILY

Spouse's Name _____
Child(ren)
Name _____ Age _____
Name _____ Age _____

Phone/E-mail _____
Name _____ Age _____
Name _____ Age _____

EMPLOYMENT

Company Name _____
Work Address _____
City _____
State _____ Zip _____

Contact _____
Phone # _____
Work Hrs. _____
Type of Work _____

CHURCH

Name _____
Pastor _____
Phone # _____

Address _____
City _____
State _____ Zip _____

MENTOR

Name _____ Phone # _____
Relationship _____ Met Where _____ Known For how long _____

PAROLE OFFICER

Name _____ Phone # _____
Office Address _____
City _____ State _____ Zip _____

Date of last use: _____ Substance: _____