



Dear Friend,

Thank you for your interest in One Eighty and for taking the first step toward a new beginning. Choosing to apply to our program is a powerful decision, and we honor your courage in reaching out for support. By filling out this application, you are opening the door to new opportunities for growth, healing, and transformation.

At One Eighty, we believe in the power of faith, hope, and community to restore lives. Our program is designed to help you grow spiritually, heal emotionally, and develop the practical life skills needed to move forward in recovery. What makes our program truly unique is the strength of our staff—a majority of whom are people in recovery themselves. We understand the journey you are on, and we are committed to walking alongside you every step of the way. Our hope is to create a supportive community where those with lived experience can offer guidance, encouragement, and understanding as you work toward lasting recovery and a life full of purpose.

We believe in the power of connection and the importance of walking together in recovery. You won't be alone in this process; you'll be surrounded by others who understand your struggles and share your commitment to overcoming the challenges of addiction and crisis. Together, we'll explore the hope and future God has for you (Jeremiah 29:11).

Dakotah Smith, Director of Operations and One Eighty Graduate

Mission Statement: One Eighty equips people facing crisis, poverty, and addiction to invest in healthy relationships, overcome barriers to freedom, and encounter a life of hope in Christ.

Vision Statement: Every Quad Citian engaged in healthy community, living free of crisis, poverty, and addiction.

*Then the King will say, "Enter, you who are blessed by my Father! Take what's coming to you in this kingdom.
It's been ready for you since the world's foundation. And here's why: I was hungry and you fed me,
I was thirsty and you gave me a drink,
I was homeless and you gave me clothes,
I was sick and you stopped to visit,
I was in prison and you came to me."
Matthew 25:34-36(TMSG)*

Residential Recovery Overview

One Eighty's residential recovery program is designed to be flexible, typically lasting 12-14 months, though it can extend longer based on individual needs. Progression through the phases is based on meeting the phase-specific goals and demonstrating the principles required. Advancement must be approved by the One Eighty leadership and staff.

Assessment Phase (15-45 days)

When residents join, we prioritize their immediate needs, ensuring basic needs are met. This phase includes introductions to the Career Training program, initial peer connections, and collaboration with the Recovery Navigator to address urgent needs and connect to vital resources for long-term success.

Goals Include: Meet with Recovery Navigator, establish medical and/or mental health care, sign up for health and food assistance.

Phase 1 (1-2months):

Minimum Time in the Program to Begin this Phase: 1 month

Principle resident must have to be eligible: Willingness

In Phase 1, residents focus on spiritual growth, developing healthy relationships, and building essential life skills. Through active participation in the daily routine and Career Training program, they begin establishing connections, particularly with their assigned mentor. This mentor relationship is crucial for accountability, trust, and support.

Goals Include: Obtain appropriate photo ID, establish a relationship with the mentor.

Phase 2 (2-3 months):

Minimum Time in the Program to Begin this Phase: 2 months

Principle resident must have to be eligible: Teachable

This phase will mostly be a continuation of Phase 1 with a few added responsibilities and privileges. Each resident will continue to follow the daily scheduling which will include the Career Training program, Bible studies, required classes, and working on goals with mentor and staff.

Goals Include: Continue progress with mentor, work toward individual development goals.

Phase 3 (3-4 months):

Minimum Time in the Program to Begin this Phase: 4 months

Principle resident must have to be eligible: Trustworthy

In Phase 3, residents deepen their personal growth by continuing Career Training, classwork, and addressing their individualized goals. Together with staff and leadership, they assess readiness for workforce entry. A personalized plan for employment is created, and job placements (part-time or full-time) are explored. Jobs must be approved by staff before residents begin working, and they may not start until Phase 4.

Goals Include: Identify job placement, prepare for employment readiness.

Phase 4 (4-5 months): Minimum Time in the Program to Begin this Phase: 7 months

Principle resident must have to be eligible: Quality

Phase 4 focuses on residents taking ownership of their growth and preparing for independence. Balancing work, personal development, and ongoing education, residents refine their skills while overcoming remaining challenges. Employment outside of Career Training Program and optional educational pursuits are required in this phase.

Goals Include: Building a strong spiritual foundation, continued emotional healing and personal development, and employment.

Graduation Phase (1-3 months): Minimum Time in the Program to Begin this Phase: 11 months

Principle resident must have to be eligible: Connectedness

As residents enter this final phase of our program, they refine their skills and confidence, preparing for the ongoing journey of recovery. To empower residents for the road ahead, we work together to develop personalized relapse prevention plans, equipping them with strategies to navigate potential setbacks. Additionally, our "How to Tell Your Story" class, empowers the resident to become a recovery ambassadors and share their transformative journeys with others.

This phase marks a critical transition, not a destination. Our goal is to send residents forth with the tools, resilience, and support network necessary to face the opportunities and challenges that lie ahead.

Goals Include: Church attendance, developing budgeting skills, participation in the Alumni support group, and service within the community.

Stability Housing

Upon successful completion of the program, qualified residents may be eligible for our Stability Housing option, based on availability. This sober living environment offers affordable rent, close proximity to our campus, and continued access to our support network. It's designed to help residents maintain momentum in their recovery journey, providing a safe space to live, grow, and stay connected with like-minded individuals.

Alumni Group

Our Alumni Group is a supportive network of One Eighty graduates who stay connected through regular events and ongoing fellowship. Led by fellow alumni, the group offers opportunities for accountability, encouragement, and continued growth in faith and recovery. It's a great way to maintain lasting relationships with those who understand your journey and share your commitment to a sober, fulfilling life in Christ.

Career Training Program and One Eighty Enterprises:

Participation in our Career Training Program is mandatory for residents in the Assessment Phase through Phase 3. This program bridges gaps in work history, equips residents with marketable skills, and boosts employability. In partnership with One Eighty Enterprises, residents engage in approximately 30 hours of training per week, building a strong work ethic and practical experience. The first 8-10 weeks are considered community service, allowing residents to contribute to the ministry. Starting in Phase 2, residents become eligible for a stipend based on work performance and time commitment.

Residential Recovery Services:

Classes: Residents complete classroom work to improve their skill set and experience. These classes include:

Life Skills covering topics of such as nutrition, the Church, insurance, and mental health.

Finance classes that teach money management, budgeting, debt reduction, credit and preventing identity theft

Relationship classes that equips a resident to identify healthy habits and boundaries in new and existing relationships

Employment Preparation class to develop a cover letter and resume and preparation for a job interview

The TURN which is a bible study that focuses on the 12 steps

Genesis Process relapse prevention and recovery skills

Ultimate Journey looks back on what has brought you to this point and helps find healing through a relationship with God

**Classes, Bible studies, and Church attendance are a requirement of the program and take approx. 20 hours per week. Residents are not required to claim a faith tradition or belief system but are required to participate in all aspects of our program.*

Apprenticeship Program: Our Apprenticeship Program offers residents the chance to develop leadership skills, refine their abilities, and improve job prospects under expert guidance. This opportunity is for those who show interest and potential to serve within One Eighty or in another ministry position. Eligible residents, in Phase 3 or 4, are nominated by staff to join the program, which is focused on recognizing the calling God may have on their life.

GED/HISET: If a resident would like to earn a GED, we will assist them in connecting with the HISET program at EICC.

Recovery Navigator: Our Recovery Navigator serves as a dedicated case management specialist, offering personalized guidance throughout the program. Within the first week of the Assessment Phase, they collaborate with residents to set tailored goals and connect them to key resources for long-term success.

Mental Health Liaison: The Mental Health Liaison provides personalized support through one-on-one and group sessions, addressing residents' and their families' mental health concerns. They collaborate with the Recovery Navigator to connect residents with external services and provide targeted counseling as needed.

Support Group for Families: Addiction affects the whole family, and we're here to support them as well. Our Weekly Family Support Group offers a safe space for family members to share their experiences, find encouragement, and connect with others facing similar challenges. Additionally, families are invited to join The Turn, a 13-week Bible study focused on providing education, support, and spiritual growth to help them better understand and navigate the recovery journey alongside their loved one.

Mentoring: Each resident is assigned a volunteer mentor who provides friendship and guidance while partnering to achieve goals. Residents are expected to attend scheduled meetings and follow through with mentoring commitments.

Leadership Team: Both the men's and women's home have a leadership team that includes staff, volunteers, and mentors who make decisions regarding how the resident progresses through the program including but not limited to whether a resident moves forward in the program, repeats a phase in the program, is ready to graduate or if they are asked to leave based on not complying with the requirements of the program.

Program Guidelines:

1. Unapproved absences from One Eighty without notice will convey that the resident no longer resides at the One Eighty facility. He/She will have 48 hours to pick up all belongings and money.
2. Applicants must disclose all current or past legal problems, upcoming court dates, charges, court fines, legal fees, parole rules and probation rules, DHS involvement, custodial agreements. Residents must be willing to sign releases of information for all external agencies as well.
3. At entry, all personal belongings will go through inspection. We will conduct random room, personal, and belonging inspections at our discretion.
4. Our residents are protected under the Americans with Disabilities Act.

House Rules:

5. Utilities should not be wasted.
6. If the smoke alarm goes off, residents will vacate the building and go to the designated area.
7. All food is stored in the kitchen or pantry. Do not take anyone's food without asking.
8. Residents will clean up after themselves and their children.
9. Stealing will not be tolerated at One Eighty. Residents must keep all personal belongings in their rooms.
10. Smoking is allowed in the outside smoking areas, and all cigarette butts shall be put in a can.
11. Bedrooms are off limits during the daytime except for occasional approval from staff when sickness is involved.
12. Each day residents will be attending classes that will help them to lay a spiritual foundation. They will attend all classes and outings on time.
13. Residents must dress appropriately for the occasion.

Drug and other substance use/Intoxication:

14. No alcohol, drugs, or drug paraphernalia will be allowed. If a resident is under suspicion of drug use, he/she will be tested. A positive test could result in probation or termination of the program.
15. Random drug and alcohol screenings will be conducted throughout the year.
16. Random personal searches will be conducted when residents return to the house from various outings.
17. All residents agree not to participate in the use of or have the possession of any intoxicants, illegal drugs, prescription drugs not prescribed to that resident and other substances deemed off limits such as but not limited to CBD, Kratom, inhalants, Kava, diet pills, etc. Gambling is also not allowed.

Medication:

18. All medication, prescription, and over the counter medications including Tylenol, Ibuprofen, etc. are to be counted and documented at the time of entry or when a resident receives the medication. They will be made available daily.
19. Medications will be locked up and resident's weekly amounts will be filled once a week. Medications that are controlled substances may be locked up and dispensed once per day or as prescribed. No medications are to be shared.
20. On the intake, all applicants must provide a complete list of all medications. They are required to disclose all medical problems. Staff must be informed of any changes in medical conditions and medications by the physicians. Residents must be willing to sign a Release of Information form.

Weekend Visits and Passes:

21. In Phase 1, family visitation time will be on Saturdays and Sundays located on One Eighty Campus or Women's Home. In Phase 2 the residents may leave the facility on a weekend for 3-4 hours with someone who has been approved by the supervisor.
22. During Phase 1 and Phase 2, residents will not be allowed to leave One Eighty property unless they are accompanied by a mentor, approved family member or assigned accountability partner. During this time no unplanned stops or non-approved phone calls are allowed.
23. During Assessment Phase through Phase 2, residents will not be allowed to leave the facility overnight unless special pre-approval has been given.
24. In Phase 3 and if the resident has a cell phone with the Life 360 app, the resident may leave the property overnight, three nights per month and be with a pre-approved accountability person for up to 8 hours on Saturday or Sunday. All requests for departures must be turned in for approval in advance. However, all visits/passes must be approved and are at the staff's discretion.
25. In Phase 4, residents are also allowed overnight passes each weekend (Friday-Sunday) as long as they attend church on Sunday. The only exception is if all One Eighty residents are invited to attend a special service or church together.
26. Friday evenings are reserved for One Eighty Family Nights. This includes dinners, guest speakers, prayer nights, graduations, and special events. No passes are approved during this time if an event is scheduled.
27. All visits and passes are given at the discretion of the staff and special circumstances may allow for an increase or decrease in visits or passes.

Children:

28. We encourage involvement of parent and children however children are not permitted to live on at any of the residential recovery program houses.
29. Children are the sole responsibility of the parent while on One Eighty properties.
30. It is not One Eighty's duty to transport kids to and from church or our facilities. Residents may need to schedule their own approved transportation of children.

Financial Information:

31. The Assessment Phase and Phase 1 of the program are completely free, unless residents have income (which is any source of money other than a monetary gift for birthday or Christmas, such as unemployment or disability). Once work is found, residents are required to follow through with a budget plan so that their resources are being used wisely.
32. 30% of all income will be paid to One Eighty for rent with a \$375.00 cap per person per month, 20% for personal spending, 10% to the Church, and 40% savings. (Personal hygiene and other items including laundry supplies are the residents' responsibility once they have income.)
33. All banking account information will be disclosed to One Eighty.
34. Residents may not purchase items such as lottery tickets, Kratom, marijuana or any items that do not comply with One Eighty standards of conduct.

Phones/Media:

35. All phone calls may be monitored during Assessment Phase.
36. No personal cell phones are allowed in Assessment Phase through Phase 2. A cell phone is allowed beginning in Phase 3 if the resident has the means to pay for it. The phones will still be monitored by One Eighty staff and residents must adhere to all rules.
37. Residents are not allowed on any social media or dating sites, including but not limited to Facebook, Twitter, Instagram, Tiktok Snapchat, WhatsApp, TextNow, and any other app considered to be social media. You need to disclose passwords to email accounts to supervisors for accountability.
38. Also, residents are required to be added to our GPS (Life360) and keep the app on at all times so that we can see where individuals are at for safety and accountability.
39. Residents cannot use other resident's cell phones at any time.

Chores:

40. Each resident will be assigned daily chores, which rotate weekly and are listed on a posted schedule. Employed residents must complete their assigned chores before leaving for work each morning. Each person will also have an assigned laundry day.

One Eighty provides essentials, including a bed, bedding, towels, clothing, and personal hygiene items. Other shared household items are available, and clothing donations can be provided if needed. Staff help supervise and uphold these routines to create a supportive, family-like home environment for all residents.

Dating/Relationships:

At One Eighty, we recognize that relationships can play a vital role in personal growth and recovery. Our policy allows for relationships under certain circumstances, ensuring they align with the values and commitments of the program. Residents entering the program with an existing relationship (married, dating, or engaged) will receive guidance and support from the Develop Team to foster a healthy and supportive partnership.

Complaints:

If individuals have concerns about the operations of One Eighty, they should talk to the One Eighty house supervisor or bring it to the monthly forum. The concerns will be passed onto the appropriate leader/staff. They will be taken under further review. These concerns should not be discussed with other people, either inside or outside the ministry. The residents are also provided with a number for the Board of Directors where they may leave a message about any concerns they have. This number is posted in the houses and around campus.

****All One Eighty policies, guidelines, and expectations are under constant review, this means a resident coming into the program may experience changes during their stay at One Eighty without prior notice by the leadership of this program. These rules and regulations may be slightly different for certain individuals for specific reasons. ****

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Admission Criteria

We believe we are all created equal, no matter social status, money, or race. All residents will be treated the same, however, with individual attention and care. Our residents must be at least 18 years of age. They must be teachable, willing to allow Jesus Christ to change their life and be ready to submit to the authority and the rules placed in front of them.

We reserve the right to have an individual removed from the program for breaking one or a combination of the guidelines. _____initial

Basic Information

Date: _____

Full Name: _____

Phone: _____ Cell Phone: _____

Email address: _____

Current Address: _____ City: _____ State: _____ ZIP: _____

Are you currently homeless? Y / N

Are you currently incarcerated? Y / N If so, where? _____

Age: _____ Date of Birth: _____ Race: _____ Gender: Male Female

Do you have valid driver's license? Yes No

Who referred you to One Eighty? _____

Education

Please circle the last grade you completed: 1 2 3 4 5 6 7 8 9 10 11 12 College 1 2 3 4 5+

Describe other training, certificates, diplomas, etc.:

Describe any learning disabilities/difficulties you have:

Employment Information

Are you currently employed? Yes No

If so, where? _____

Describe your skills, or employment history. (What type of work have you done in the past and length of position?)

Do you have any limitations that will make it difficult to participate in the Career Training program (30+ hrs/week)?

___Yes ___No If yes, please explain_____

Are you currently on or have applied for SSI/SSD? ___Yes ___No

Do you have any other income? Please include child support, unemployment ect? Yes / No

If yes, please explain_____

Health and Wellness Information

Rate your physical health: ___Very Good ___Good ___Fair ___In Decline

Rate your mental health: ___Very Good ___Good ___Fair ___In Decline

List all present and past physical and mental illnesses, handicaps, and diagnosis:

Have you ever been hospitalized for this? Y / N If so, when? _____

Have you ever had any therapy or counseling? Yes No

Have you ever attempted suicide, or do you currently have suicidal thoughts? Yes No

If "yes", explain the circumstances: _____

Do you hear voices in your head? Yes / No Are you currently or have you ever been self-abusive? Yes No

If yes, please explain_____

Is there any history of mental illness in your family? Yes No

If so, in whom? _____

Do you now or have you ever had an eating disorder? Yes No

List any unresolved medical and/or mental health concerns:

List any medical conditions that require regular visits to the doctor and often are the visits necessary:

List all medications being taken: _____

List any allergies: _____

Substance Use

What is your "drug of choice"? _____

Alcohol of choice: _____

Have you ever abused over the counter or prescribed medications? Y / N

Last time you used? _____

How often did you use? _____

What is the name of your normal hang out place: _____

Address: _____ City: _____ State: _____ ZIP: _____

Phone: (_____) _____

Have you had previous substance abuse treatment? If so, where, what dates and did you successfully complete the treatment program? _____

Tobacco use? Y / N

Personal Information

Do you currently have an order of protection on anyone? Yes No

Do you have a copy of the order? Yes No

Persons full name and phone number:

Are you currently or have you ever been part of a gang? Yes No

List one goal you have for 30 days from now:

List one goal you have for when you complete the program:

After completing this program what would you like to be different in your life?

Have you ever prostituted yourself? Yes No

Have you ever been physically or sexually abused? Yes No

Relationships and Children

Relationship status: Single Married Divorced Separated Widowed Dating

Name of significant other: _____

Address: _____ City: _____ State: _____ ZIP: _____

Phone: _____ Age: _____ Occupation: _____ Length of time in relationship: _____

Do you feel safe in this relationship? Yes No Are you seeking to end this relationship? Yes No

Do you have any previous marriages? Yes No If "Yes", please provide how many times you have been married _____

Provide brief information about previous marriages: _____

List all your children. For each child list Name, Age, Gender, Grade, Where they currently live and who is caring for them/current guardian if they are a minor, any DHS involvement, and if child is older list their Marital Status:

If DHS is involved do you have any upcoming court dates? If so, please list: _____

Are you currently pregnant? Yes No Are you responsible for child support? Yes No If "Yes", please explain your payment arrangements: _____

Legal Information

Have you ever been arrested? Yes No

Have you ever been charged with a DUI?

Yes No

If "yes", please list: Dates: Charges:

Approximately how much of your life has been spent being incarcerated? _____

Are you on parole/probation? Yes No

If "yes", parole/probation officer's information:

Name: _____ Phone: _____

Do you have any charges/warrants pending in the United States? Yes No

If yes, please explain: _____

Attorney's information: Name: _____ Phone: _____

Do you have any upcoming court dates? Yes No

If yes, please explain: _____

Religious/Faith Background

Do you attend church? Yes No Church Name: _____

Explain any recent changes in your spiritual life: _____

Family History

Are your parents still living together? Yes No

Mother's Name: _____ Living Deceased

Father's Name: _____ Living Deceased

Were you raised by anyone other than your parents? Yes No

If "Yes", please explain: _____

Do you have step-parents? Yes No Names: _____

Describe your relationship with each of them: _____

How many brothers and/or sisters do you have? Brothers _____ Sisters _____

Are there any addictive problems in your family? Yes No If "Yes", please explain:

Have you, your parents, or grandparents ever been involved in any occult, cultic, New Age, or witchcraft? Yes No

Miscellaneous Information

Are you a veteran? Yes No

Explain why you have applied to One Eighty: _____

Do you have medical insurance? Yes No

Are you currently enrolled to receive food stamps through an EBT card? _____

Do you know anyone currently in the One Eighty program or a graduate? If so, list them here _____

Application Signature

Acknowledgment and Agreement

I have read and understood all rules, phases, and requirements of One Eighty and accept this development method of ministry. I agree to comply with all rules and regulations, understanding that violations may result in dismissal.

I acknowledge that my admission and continued residence depend on my openness to learning, willingness to complete assigned chores and duties, and adherence to program commitments. I will not hold One Eighty liable for any personal injury, property loss, or damage during my stay.

I authorize investigation of all statements in this application and understand that providing false or misleading information may result in termination. If I leave without notice, I must take my belongings and have 48 hours to retrieve any remaining items under supervision. One Eighty is not responsible for providing transportation, storage, or shipment of belongings.

I understand that house supervisors may conduct random alcohol or drug testing and room searches. I also give permission for my first name and images to be used for promotional purposes, with no private information or last names disclosed without my consent.

I authorize One Eighty staff to discuss my criminal history or background check with relevant agencies.

By signing below, I confirm the accuracy of this application, agree to comply with all requirements, and consent to drug or alcohol testing at any time.

Applicant's Signature _____

Date _____

Printed Name _____

Approved/Not Approved By _____

Comments: