**The Lighthouse Initiative**

***What is the Lighthouse Initiative?*** The Lighthouse Initiative is a 12-18 month residential holistic educational experience. It is a primary initiative of Light Up The Dark, a 501c3 non-profit based in Sterling, Kansas.

***Purpose****:* ***Empowering people to live responsibly and successfully in freedom.***
This is achieved by acquiring necessary life skills, building healthy support systems, fostering spiritual growth, and nurturing/deepening healthy life habits. LI is facilitated mainly through an assigned, trained advocate, phase facilitators, and the Lighthouse Leadership Team. We offer both residential and non-residential options. LI has three phases:

**Phase One: Life Skills**

 This phase is defined by the procuring of essential documents, establishing healthy life patterns, and acquiring life skills needed for healthy, successful day-to-day living. Though an advocate will be assigned to each individual to oversee all three phases of the process, different volunteers will offer training in Phase One within their areas of expertise. The assigned advocate may or may not be present at each Phase One training.

Essential documents include:

* Certified birth certificate
* Social security number/card
* Gov’t issued ID/ driver’s license
* Passport (how to acquire one)
* Green card
* School transcript
* Adoption records
* Proof of address
* Health insurance information
* Copy of medical records
* Sibling contact information
* Establishing healthy life patterns includes:
* Securing a safe dwelling
* Securing a source of income
* Enroll in classes
* Community involvement

**Phase One Life Skills Checklist:**

Vocational Plan:

* Interview Skills
* Behavior and Ethics
* Hard/ Soft Skills
* Resume Building
* E-IQ
* Financial Aid and FAFSA

Financial Plan:

* Budgeting
* Bill Paying
* Balancing a Checkbook
* Organization of Documents
* Account Set-Up and Maintenance
* Taxes
* Saving/ Long Term Planning
* Identity Theft

Physical Health Plan:

* Fitness and Health
* Menu Planning
* Cooking
* Establishment of Insurance and Medical Care/ Annual Checks
* First Aid and Emergency Preparedness
* Addiction and Freedom

Daily Living Plan:

* House Maintenance
* Car Maintenance
* Cleaning
* Laundry/Ironing
* Internet Safety
* Personal Safety Awareness
* Personal Care/Hygiene

**Phase Two: Discipleship**

Specially trained advocates will facilitate and walk with the participant through the discipleship phase. This phase is organized into five general steps. Each step is designed to be individualized to meet the participant where they are in their spirituality.

**Step One: God’s story and My story**

Everyone’s story is different. In Step One we unlock the life story of the participant and seek out God’s involvement in their personal narrative. We will explore the Gospel message as it relates to each person. Focus will be placed on a personal relationship with the living God through Jesus Christ.

**Step Two: Healing the Past/ Moving Forward**

As we pursue the narratives of our own story, we often have chapters of unresolved pain. During this step we will focus on healing, forgiveness, and restoration.

**Step Three: The Value of Being/ Identity**

The world we live in places value on what we produce and places identity in what we do. God’s economy is not like that. We will explore the Person of God. We will delve into His beautiful design for loving relationship; value and identity being found in our state of being. Emphasis will be placed on living freely as who we are created to be.

**Step Four: Passion, Purpose, Calling**

Each of us is hard-wired with passions. Where passion intersects with the betterment of humanity, we find purpose. When we find our purpose, it determines our calling. This step will be dedicated to the exploration of passion, purpose, and calling. We will uncover the joy that is found in a God who loves us enough to invite us into the miracles He works every day in humanity and creation.

**Step Five: Walking It Out**

As the Lighthouse Initiative experience draws to a close, this step is designed to focus on walking out the faith outside of the Lighthouse.

**Phase Three: Support System and Relational Skills**

Phase Three is dedicated to relational health and wellness. Outcomes are related to these five areas:

**Support System Formation and Mapping**- defining the components of a healthy support system and creating/ mapping a realistic individual support system.

**Boundaries/ Healthy Relationships**- identifying characteristics of healthy unhealthy relationships, enforce healthy boundaries, and employ conflict resolution practices.

**Personal Emotional Health**- identifying personal triggers, learning self-care techniques, relapse prevention, and healthy life balance.

**Passion and Purpose, Giving Back**- vocation and mission shadowing, identifying God’s purpose, learning to give and trust, and learning the power of impact.

**Relational Involvement**- creating relationship with a Lighthouse family (a family who will foster relationship and invitation to community events and home-cooked meals) and a Light Up The Dark trained mentor.

**Philosophy**

*Breaking chains. Liberating Souls. Empowering lives.*

 Above is our mission statement. This informs and shapes all of our facilitating. The Lighthouse Initiative is designed to help participants explore what freedom looks like and to claim that freedom for themselves; **to live responsibly and successfully in freedom.** We believe transformation happens through relationship and “doing life together.” Each participant is assigned an advocate who has completed intensive training and passed our background checks. Along with their advocate, the participant will be supported by the Lighthouse Leadership Team, as well as a community of Phase Facilitators. A mix of personal goal setting as well as carefully designed growth initiatives allow for the individualization necessary to create ownership for each person as well as mastery of the skills each individual needs to break free from personal struggles and live responsibly in freedom.

**Method of Approach**

 The Lighthouse Initiative is designed to function on the basis of two approaches: relationship and empowerment.

 **Our Relational Approach:
*“’****Relationships are — not surprisingly — enormously important for health, and there are lots of
 studies on the biological processes that account for the link between relationships and health,’ says
 psychology professor Arthur Aron, PhD, director of the Interpersonal Relationships Laboratory at
 New York’s Stony Brook University. The quality of our personal relationships also has an enormous
 impact on our physical health, as evidenced by a hefty number of research studies.”\**

*Dysfunctional relationship patterns tend to have an adverse effect on all areas. According to a recent article by the University of Minnesota, “low social support is linked to a number of health consequences, such as: depression…decreased immune function….[&] high blood pressure” among other known problems.\*\**

*“According to psychiatrists Jacqueline Olds and Richard Schwartz, social alienation is an inevitable result of contemporary society's preoccupation with materialism and frantic ‘busy-ness.’ Their decades of research supports the idea that a lack of relationships can cause multiple problems with physical, emotional, and spiritual health. The research is clear and devastating****: isolation is fatal.”\*\****

 Theologically, we believe that since we were created in the image of God, who is a triune God, we were not designed to live in isolation but rather function best in community. The Lighthouse Initiative is facilitated through a series of relationships (Lighthouse Leadership Team, Advocates, Facilitators, Mentors, Lighthouse Families, etc.). These relationships, over time, help to create community for the participant. Not only is there a heavy emphasis on healthy relationship dynamics in the curricula we use, the LI process itself serves as an example for how to create a healthy support system in the future.

 **Our Empowerment Approach:** *“From the perspective of disempowerment, the answer to this question potentially lies in the substantive psychological theory of ‘learned helplessness’ (Seligman, 1975), which states that when people experience uncontrollable events, they form an expectation that future events will be uncontrollable as well.
This expectation subsequently leads to three deficits:
- A motivational deficit, described as a lowered probability of initiating voluntary instrumental responses
- A cognitive deficit, described as a difficulty in learning that responses produce outcomes…;
- An emotional deficit considered to be a consequence of learning that outcomes are independent of responding. These deficits may affect performance in a myriad of alternative tasks, not simply in the task in which they were induced.” \*\*\**
 The goal of the Lighthouse Initiative is to empower and equip participants to live responsibly and successfully in freedom. The initiative is individualized for each participant and takes into account on-going participant-guided goal setting and goal fulfillment. Through caring and responsible accountability in relationship with those facilitating LI, a balance of individual responsibility within the context of interpersonal relationship emerges. Participants gain the tools for existing as an empowered, responsible person who is capable living in relational community.
*\** [*http://thenationshealth.aphapublications.org/content/41/2/20.full*](http://thenationshealth.aphapublications.org/content/41/2/20.full) *\*\*https://www.takingcharge.csh.umn.edu/enhance-your-wellbeing/relationships/why-personal-relationships-are-important
\*\*\* https://www.nursingtimes.net/clinical-archive/public-health/empowerment-in-policy-and-practice/200858.article*

**Accountability and Assessment**

 Advocates will be our main source of relationship and accountability. During the first month, the advocate will meet with the participant twice per week to make sure that Phase One facilitators are being met with and the Phase One Checklist is being completed. Each Phase One facilitator will have their own form of assessment as is fitting with the skill or tool being taught. During Phase Two, the discipleship curriculum has its own forms of assessment. These assessments will build on each other as the participant continues on through the training. Phase Three components will include various assessments based on the training. Assessments will take the form of written assignments, interviews, shadowing, meetings, and other modes appropriate to each component.

**Behavioral Expectations and Repercussions Policy**

 There are no hard and fast rules on repercussions for violation of LI rules and expectations. LI is a voluntary initiative, however the rules and expectations are non-negotiable. That being said, every infraction will be handled by the LI Leadership Team. The Leadership Team will take into account all known details surrounding the infraction and, being led by the Holy Spirit as best they can, determine the best course of corrective action up to and including immediate expulsion from the initiative. If anyone involved in the initiative directly or indirectly feels unsafe, this will be a serious indicator of probable dismissal.

**Admission Process**

 In order to be considered for the Lighthouse Initiative, interested parties must apply. The application will be reviewed. An interview will be conducted by members of the Lighthouse Leadership Team.

**Staff**

 Our initiative is staffed by trained volunteers. All have passed background checks. Facilitators have expertise in the area which they facilitate.

**Schedule Overview**

Week One: Intake notebook, goal-setting, Phase One plan

Months 1-6: Phase One

Months 1-18: Phase Two

Month 10- Begin Exit Plan

Months 1-18: Phase Three

**Cost**

 There is no cost for participating in the initiative. The initiative itself is funded through private donations. Part of the initiative is budgeting, however, and participants will be required to find work so that they will have the ability to budget and pay rent and other expenses on a sliding scale as they progress through the LI experience.

**Daily Occupation**

 For the duration of the Lighthouse experience, participants are required to do one of the following:

* Work full time
* Go to school part time and work part time

 Participants will only be allowed to secure day or evening shift work. If participants are unemployed, they must:

* Show proof of applying for five jobs per week
* Volunteer at an LI approved location for the equivalent of Living Credits
* Focus intentionally on Phase work

**Lighthouse A.R.C. (After Care)**

A.R.C. stands for Acceptance, Relationship, and Community. At least ten months prior to transition, an A.R.C. exit plan will begin to be created, a plan for reintegration outside of the Lighthouse, identifying obstacles, and integrating Phase One and Two skills. Lighthouse has partnering families in several locations in Kansas as well as Oklahoma and Colorado that are trained in integrating our participants into community. As a part of this plan, the participant will research there choice of at least three locations out of several options we have available to make a new beginning. Our partner families will lend assistance in finding housing, employment, involvement in a community of faith, continued mentoring, small group involvement, passion/ purpose opportunities, and other necessary components to positive integration. In addition, the participant’s advocate will continue to check in monthly for a year, post transition out of Lighthouse.

**For more information like application and rules, visit** [**www.lightupthedark.live/lighthouse**](http://www.lightupthedark.live/lighthouse) **or contact:**

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