



Life Challenge of Amarillo

Student Handbook

Life Challenge
6500 Hope Road
Amarillo, TX 79119
806-352-0385

Life Challenge Mission Statement:

To help people who have life-controlling problems, and initiate the discipleship process to the point where the student can function as a Christian in society, applying spiritually motivated Biblical principles to relationships in the family, local church, chosen vocation, and in the community. Life Challenge endeavors to help people become mentally sound, emotionally balanced, socially adjusted, physically well, and spiritually alive.

What Life Challenge Offers:

- Discipleship Courses
- Chapel – Praise & Worship
- Life Consulting/Biblical Coaching
- Prayer
- Devotions
- Work Ethic Training
- Recreation
- Dorm Living
- Meals
- Choir & Drama
- Church Attendance
- Opportunities for Evangelism/Outreach
- Social Skills Development – Fellowship

General Policies



- RESPECT YOUR COMMITMENT TO GOD AND THE PROGRAM
- RESPECT YOURSELF
- RESPECT OTHERS
- RESPECT THE PROPERTY

1. All local laws must be kept.
2. Possession of drugs, alcohol, tobacco (in any form), materials, or weapons of any kind, including knives and scissors are prohibited.
3. By virtue of your enrollment in Life Challenge, you have agreed to submit (live by) the rules of the program. 24-hour supervision is maintained.
4. Everything here is God's property and you are expected to treat it as such. Only staff is permitted to operate equipment including air conditioners, heaters, fans, sound equipment/instruments. You are expected to protect, maintain, and conserve the building, van, all equipment, and the utilities
5. The Bible teaches us to put off the flesh (old way of living) and not put stumbling blocks before others. Therefore, bragging about your past life and talking or singing about counterculture (drugs, rock and roll, partying, sexual experiences, etc.) is prohibited. Furthermore, the staff reserves the right to dispose of or send home any personal items that might hinder the successful attainment of the above in your life or in the lives of those around you (all drug related articles are prohibited – posters, shirts, incense, etc.).
6. Everyone must follow the daily schedule and be on time to each activity. If tardiness is unchecked it leads to poor habits so it will result in disciplinary action.
7. Morning Prayer is a time to seek and talk with God. You are to be kneeling in the library/prayer room. You should not be writing letters or studying for your test at this time. Prayer lists are encouraged.
8. You are not allowed to have money on you or in your belongings at any time. All money, wallets, and luggage will be stored in your name in the Administrative office. If you desire to know the amount in your account or need personal items, a staff person will purchase them for you after a Student Request Form is filled out and turned in.
9. The following are not permitted at Life Challenge: cell phones, candy (except individually wrapped mints), gum, vitamins, vehicles, radios, CD's, iPod, tape players, TV's, flashlights, reading lamps, and personal cups. In addition, personal books, magazines or any other printed material is not permitted. Only a Bible, devotionals, and the teaching materials that are provided by Life Challenge are allowed. You are allowed to have a "clear" water bottle for water only. This bottle must have your name on it and must stay in your room or with you at all times.
10. 1st month students are not permitted to be together in pairs either on or off campus and must be in the company of 2nd, 3rd, or 4th month students at all times.
11. Lying on the entrance application may be grounds for dismissal.

General Rules



Read the Life Challenge Student Handbook routinely throughout your time in the program and be familiar with the contents. These rules are not all inclusive and are subject change based on individual program needs and the needs of the center. If you have questions or need assistance, ask the staff person on duty, the Director has the final say.

Behavior

1. No student will be admitted to the program if he arrives “high.”
2. No secular music, no gambling, no playing cards, no books or magazines, music and reading materials will be provided by the Center.
3. No music players, radios, televisions are allowed.
4. No profane language or bragging about past life.
5. No witchcraft, astrology, or anything related to devil worship.
6. No back talk or arguing with the staff members.
7. Address others with respect.
8. STAFF – Staff must be addressed with proper respect; (A) male members “Brother” (B) female members “Sister”.
9. Proper care of Life Challenge property is expected at all times. Students are financially responsible for any malicious damage.
10. Be kind and courteous to others even if they do not act that way to you. Bring complaints to staff on duty.
11. Do not develop new relationships with women. This year is to work on your own issues. Girlfriend relationships are stopped upon entrance into the program. Unsafe relationships may be refused visitation/phone calls.

Personal Appearance



The Bible says in Romans 12:2, “and be no more conformed to the patterns of this world.” This means no baggy, saggy pants, untied shoes, toboggans, bandanas, or anything else that identifies you with the drug culture.

1. Everyone is expected to shower and shave daily before breakfast, using soap. Personal uncleanness will not be tolerated. Showers are to be limited to 5 minutes.
2. Your hair must be moderate in length, and style. It cannot be in your eyes, halfway covering your ears, or lying on your collar. Beards or facial hair of any kind is not allowed while a student at Life Challenge. You may not give yourself or another student a haircut (including shaving your head), bleach, or dye your hair while at Life Challenge.
3. Clean and appropriate clothing must be worn at all times. Shirt tails must be tucked in and shoes and socks are required at all times. You must wear a belt.
4. White T-shirts are not allowed. Sweat shirts and sweat pants are not permitted in the classroom, chapel, or dining hall. Tank tops and sleeveless shirts are prohibited at all times.
5. In cold weather, all students must wear a jacket and appropriate clothing.
6. Hats and sunglasses may be worn for protection from weather and sun only and are prohibited in the building.
7. Leave your jewelry at home (bracelets, rings, necklaces, etc.). Watches and wedding rings are permitted.
8. Ear or Body piercing is prohibited at Life Challenge.

General Boundaries

1. All office, storage rooms, and the kitchen are off limits to students unless assigned to work there. Students that are assigned may be in those areas only during scheduled work times. You must receive permission from the staff on duty to go to the office.
2. After dark, no one is allowed outside.
3. When anyone “appears” on the property, inform a staff member immediately.
4. Leaving the grounds or being out of the boundaries without permission is interpreted as a decision to terminate your involvement with Life Challenge. Breaking this rule will constitute automatic dismissal.
5. If a staff member is off duty, do not knock on their door. Ask the staff member on duty for any of your needs.

Administration Office



1. The administration office is for taking care of business and is frequented by visitors. Therefore, all students are asked to be considerate and quiet.
2. All needs, questions, appointments, etc. are to be handled through the staff on duty.
3. Students are not permitted in the office without permission from the staff on duty.

Dining Room

1. All meals will be served in the dining room at the scheduled times. You are expected to be at all meals on time unless you are laid in sick.
2. Each student must eat all the food on his plate. It is unacceptable to throw away food.
3. Students are not allowed to share food or drinks (for protection from communicable diseases).
4. Only those students having assigned kitchen duties are permitted in the kitchen.
5. Students assigned to the kitchen are not to consume food or drink while on duty.
6. You are expected to return your plates back to the dirty dish container and throw away your trash. If you make a mess, you are expected to clean up after yourself.
7. No food or drinks are allowed out of the dining area (except water bottle).
8. If you desire to fast a meal, please notify the staff that is on duty in writing with an explanation of why you want to fast at least one day in advance.
9. You must get everything you need for a meal the first time you are through the line. You must ask the staff on duty to return to the line/kitchen for any reason.
10. No entrance into Dining Hall until 5 min. prior to meal time.
11. Must remain seated until excused
12. Once everyone is served seconds will be announced only if it is available.

Chapel / Praise & Worship

1. Chapel is a time of reverence to the Lord and everyone is expected to participate in worship, focusing your attention on the Lord and those conducting the services. You are expected to dress appropriately, bring your bible, take notes, and be there 5 minutes prior to chapel time.
2. The time prior to service is to be used to pray and prepare to seek God.
3. Talking during chapel or leaving is not permitted until service is over.

Dorm



1. Absolutely NO ONE is allowed in another student's room or to stand in their doorway.
2. At wake-up, you must be out of bed within three minutes. Beds are made before breakfast.
3. Rooms must be clean, neat, and organized at all times and may be checked at any time. You will be graded on room cleanliness. You are not permitted to rearrange furniture anywhere at any time. No clothes or any other items are allowed on the bed except bedding materials. Towels or any other items are not to be hung on the bed. Shoes must be in the closet or under the bed. Dressers, night stand tops, and baths should be neat and organized. Where possible, store items away. Do not hang pictures etc. on walls.
4. Everyone will be assigned a chore. If chores are not completed properly, you will be required to complete it properly during your own time. All cleaning solution must be mixed by staff only.
5. You are permitted to lie on your bed after 9:30pm. Sleeping or lying is not permitted anywhere during the weekday unless you are sick. Devotions are to be done from 9:30-10:00pm.
6. Family pictures are to be stored in your drawer.
7. Students may not share or trade clothing with other students. If you have need for clothing and cannot afford it, you will be allowed a visit to the Blessings Room upon staff approval.
8. If you are the last person leaving a room, you must turn off all lights and fans.
9. You are expected to be in your room at 9:30pm and lights are to be turned OFF at 10:00pm. All personal business should be done before the 9:30pm quiet time.
10. From 10:00pm until 6:45am you are expected to remain in your room. If you are found any place other than your room or the bathroom, you will be considered off premises without permission. Showers are NOT permitted before wake-up. No talking after 10:00pm.
11. No loud talking or congregating to talk in the hallway or bathroom. You are to be considerate when people are sleeping.
12. Bare feet are not permitted at all.
13. You must be fully dressed before leaving your room (shirt, pants, belt, socks, and shoes). Bathrobes are required if you are going to the shower.
14. Windows and blinds are to remain closed at all times unless approved by staff. You are NOT permitted to walk around in your underwear.

Laundry

Laundry will be done on Saturdays or Sundays if the schedule permits at a time designated by staff. Items should be moved to dryer and then removed promptly.

Telephone and Mail Policies



1. You may call collect or receive phone calls from your family after two weeks. Special consideration will be given to those who do not have family. Calls are limited to one 15-minute call per week.
2. The names, addresses, and phone numbers of your family members or other approved correspondents must be recorded for your file. Mail received from persons not on your approved list, will be returned to sender with permission from student. Mail is given out Monday – Friday at 4:30pm.
3. Outgoing mail will be reviewed & mailed at the staffs' earliest convenience.
4. All calls must be dialed by staff and logged. No third party calls allowed. Phone cards are allowed.
5. All calls are made on Saturday or Sunday as our schedule permits. Calls will be made on a first come first serve basis. Calls are monitored and can be made to immediate family only.
6. It is your responsibility to hang up the phone at the end of the 15 minutes.
7. All incoming and outgoing mail must have a return name & address and will be monitored (opened and inspected by staff).
8. Incoming mail will be monitored and all students' personal money will be deposited in the students account and kept in the administrative office.
9. Girlfriends and Fiancées are not permitted on phone, mail, or visitation lists at any time while you are a student at Life Challenge.

Family Day

1. Family Day is the last Saturday of the month from 1:00pm – 4:00pm with approved family only after 1 month as a resident in Life Challenge. Only approved family may visit a maximum of six per visitation. Food can be brought for picnics. No tobacco, cell phones, animals, musical instruments, recreation equipment or barbeques are permitted.
2. Visitors are expected to follow the general rules. Family members are prohibited from smoking and cigarettes must not be displayed in view of public (dashboards, etc.).
3. Visitors must stay in the visiting area on the campus. No visitors are allowed in the dorms or students room. It is the student's responsibility to inform family of the visitation boundaries.
4. Visitors are expected to check in any money, personal property, and gifts to the students through the staff person on duty. All money will be kept in the administrative office.
5. Inappropriate dress or physical contact between a student and his wife or any visitor is prohibited.
6. Students that do not have visitors are not permitted to visit with other families.

Off Campus Activities



1. All students must assemble in the designated area 5 minutes prior to announced departure time for all off campus activities. Please use the restroom before departure time.
2. Everyone must stay together as a group. All students sit together. Special permission must be obtained from the staff on duty to leave the group at any time (to use the restroom, etc.). 1st and 2nd month students must be partnered with 3rd and 4th month students. You must always be with a partner. You must never be alone.
3. At all services you are expected to focus your attention on those conducting the service. You are not to stare at the people around you.
4. Talking during the church services is not permitted. The 15 minutes prior to services is to be used to pray and prepare to seek God.
5. Students are encouraged to respond to altar calls. When responding to go forward, tell the staff and they will provide permission. Testimonies are not to be given without approval from the staff. Questions about service text should be directed to staff once we return home.
6. Students are not permitted to speak with the opposite sex, visit with, give or receive phone numbers or addresses from anyone they meet during any type of service. To help churches be good stewards of resources, we request that you do not fill out visitor cards, take church pens, bulletins, candy, or raise your hand indicating that you are a visitor.
7. The dress code for Sunday's includes wearing a white button down dress shirt, neck tie, khaki dress pants, and dress shoes. All other services you are to wear a black polo shirt, khaki dress pants, and dress shoes (or nice casual shoes, no tennis shoes).
8. While traveling in the van, there is to be no spitting out the window, staring at women, or touching the radio or heat & air controls

Work Ethic Training

1. Everyone is expected to be on time for work and put tools away when the job is completed.
2. Complete your chores or work assignments to the best of your ability 3 times a day.
3. After completing your chore, you are expected to report to your supervisor for another assignment.
4. Your work will be evaluated in two areas: Performance and Attitude.

Recreation

1. Recreation is an important part of the program and is scheduled for your physical, emotional, and spiritual health. No recreation on Sundays.
2. You are required to be on time, to wear tennis shoes and be dressed appropriately.
3. You may be eligible to use the weights after 2 weeks during recreation/ free time. Weights may be used a maximum of 3 times a week.
4. All weights and equipment must be returned to its proper place at the end of recreation time.
5. Students are not permitted in the weight room without a staff member.

Medical and Medication



1. Life Challenge is a drug-free facility. Only non-narcotic medication prescribed by a physician and over the counter medicines for minor illnesses provided by Life Challenge will be administered. Vitamins and personal medicines are prohibited.
2. All medication will be stored in the administrative office according to state law, and will be given out 10 minutes prior to breakfast, lunch, and dinner unless otherwise prescribed. It is the responsibility of the student and/or his family to provide either the correct amount of medication for the duration of his stay at Life Challenge or to ensure that refills are obtained and sent to the student. Life Challenge will not transport students to a doctor's office for the purpose of obtaining refill prescriptions.
3. Life Challenge cannot admit any students who currently have communicable diseases such as, but not limited to: MRSA Staph, TB, and Influenza.
4. Life Challenge is not a medical facility; therefore, any major medical problems that may arise while you are here will constitute release from the program and referral to a medical facility of your choice for treatment at your expense.
5. If you are sick:
 - You must personally tell the staff on duty to obtain permission to stay in bed.
 - You must remain in bed all day. You will be served cereal and juice for breakfast and soup and crackers for lunch and dinner in bed.

Discipline



1. All infractions of the rules will be written up.
2. Write ups will not always result in disciplinary action but may result in a written warning.
3. Minor offenses are violations of any of the policies and procedures such as leaving lights on, tardiness, talking during study hall, etc.
4. Major offenses are being out of bounds, using foul language, any verbal or physical threats, or any repeated infraction of any of the policies and procedures.

Standard Disciplines

- Initial written warning
- Loss of recreational privileges which may include writing assignments & additional hours of work duty.
- Loss of privileges for one week, including phone calls.

Visitation will be denied if you are on discipline

- **If a student receives more than three (3) infractions in a one (1) month period, it may result in losing a phone call.**
- **If a student receives more than eight (8) infractions in a one (1) month period, it may result in losing your visit.**

Discipline Policy: You are required to work on writing assignments during recreation until you have completed them. You should be sitting alone and there should be NO talking during this time. You must complete your discipline and be informed by staff that you are no longer on discipline.

******Discipline will be determined according to the attitude of each individual******

Without exception, disciplinary action or dismissal will be taken for infractions of the following regulations:

1. The use of tobacco.
2. Going outside of the boundaries of the campus.
3. Taking anything that does not belong to you.
4. Verbally or physically threatening anyone or being involved in a fight.
5. Repeated infractions of any of the guidelines and expectations or use of drugs or alcohol will subject you to dismissal.
6. Disrespect to any staff member.

Academic Discipline Policy: You are required to study during recreation until you have completed the studies you are behind in or passed the next class. You should be sitting alone and there should be NO talking during this time.

Work Therapy Program



At Life Challenge, one significant means of fulfilling our mission is our Work Therapy Program, which is a series of short-term, supervised work assignments that students perform during their recovery time at the Center. During the course of this program, Life Challenge staff members interact with students in the process of reforming and maturing livelihood. The principal benefits derived by students are not compensation and in-kind benefits, but (1) awareness of sin and the need for regeneration, repentance, forgiveness, recovery, (2) freedom from reliance on controlled substances, (3) learning the value of and respect for authority, (4) developing habit patterns of regular schedule, work responsibility, and performance accountability that all are foundational to being a productive and responsible citizen. Although the work assignments may provide Life Challenge with some offsetting revenue, any contributions or other funds received from beneficiaries of the work assignments are used exclusively to help cover the cost of staffing and operating the Work Therapy Program and delivering other rehabilitating/recovery services to students.

Biblical Basis for Work Therapy Program

Life Challenges' Work Therapy Program derives its inspiration from our belief in the Holy Scriptures, which views work as one of the central purposes for human existence. In the beginning, God worked, and placed man, who was created in His image, on the earth to "fill the earth and subdue it" (Genesis 1:28). Work was a principal means of reflecting God's image even before the Fall by applying labor, skill, and creativity to make productive and fruitful the latent resources of the earth. After the Fall, work did not become bad, only more challenging and difficult (Genesis 3:17-19). God designed work to be redemptive, allowing us to enter the joy of co-laboring with Him (1 Thessalonians 3:2). Work is the dominant enterprise of most healthy people in sound societies. Through the illumination and renewing of the mind by the Scriptures and the Holy Spirit, communion with God, the encouragement of fellow Christians, and God's grace, one may capture a vision of work as the blessing that God originally intended for man.

The Bible is filled with exhortations and illustrations concerning work.

[1] Diligent, hard work is associated with prosperity (Proverbs 10:4; 14:23), serving people in high rank (Proverbs 22:29), satisfaction in life, (Ecclesiastes 2:24) and reaping eternal rewards (Colossians 3:23-24).

Hard work is the fruit of a repentant lifestyle (Ephesians 4:28) and wins the respect of the local community (1 Thessalonians 4:11-12). Where one has led a less than wholesome lifestyle involving anti-social behavior, there is further moral imperative to "make up for" the wrongs done by providing for oneself, and to have enough to give to those in need, through hard work (Ephesians 4:28).

In contrast, laziness is associated with poverty (Proverbs 10:4), destructiveness, (Proverbs 18:9), and sinfulness (2 Thessalonians 3:6-8). One is considered worse than an unbeliever if he does not work hard and provide for his dependents. (1 Timothy 3:1, 4, 5; 5:8) Christians must avoid fellowship with “one who is idle.” (2 Thessalonians 3:6) If an individual “does not work, he shouldn’t eat.” (2 Thessalonians 3:10)

Practical Application and Experience

The experience of Life Challenge confirms these Biblical pronouncements, as we have found that work assignments often help surface unbiblical attitudes towards work, authority, and God and occasionally, racism, dishonesty, and disorganization, and reveal (at least in part) why students may have misused alcohol and/or other substances to cope with their failures. In exposing and addressing sinful attitudes, work assignments also provide Life challenge staff the opportunity to teach students the benefits and blessings of mature Christian character, in making the best of the same circumstances and honoring God in the process.

Work assignments also prepare students to live a productive life after they complete the Life challenge program. Students learn specific principles regarding a healthy work ethic such as:

1. Punctuality
2. Cheerfulness and willingness regarding work
3. Submission to authority
4. Collegiality and collaboration with fellow co-workers
5. Completing tasks and experiencing the satisfaction of work well done
6. Dealing with and overcoming failure
7. Taking initiative and seeking greater responsibility
8. Understanding the correlation between job production and future wages
9. Desiring greater knowledge and skills within one’s line of work

Accomplishing Our Mission – In summary, the Work Therapy Program permits Life Challenge staff members to discern and disciple the character and behavior of our students. The program also trains and equips our students to apply first-hand the lessons they are learning from staff members, as they seek to undertake a new drug-free, mentally sound, emotionally balanced, socially adjusted, physically well, and spiritually alive lifestyle upon their graduation from Life Challenge.



Acknowledgement Regarding Work Assignments in Work Therapy Program

Statement of Student Applicant:

- I understand that if I am admitted as a student, that I will be required to participate in the Life Challenge Work Therapy Program.
- I acknowledge that I have read and fully agree with the Work Therapy Program in the LC Handbook, which addresses the importance of my work assignments in helping to build in me the Biblical values of a good work ethic and the character of a responsible, upright individual.
- I understand that if I am admitted, I will be performing my work assignments not as an employee of Life Challenge, but solely for my benefit, to further my spiritual growth and maturity, character development, recovery from controlled substances, and readiness to go back into the work place.
- Accordingly, by submitting this Application, I am not applying for a position of employment, and if admitted, I understand I will not be receiving any compensation of in-kind benefits in exchange for the performance of any work assignments.
- I further understand that if I fail to perform my work assignments, Life Challenge may revoke my status and privileges as a student, not because of performance of work assignments are the consideration for the receipt of such status and benefits, but because of each student's participation in the Work Therapy Program is a necessary and vital part of the recovery process.

Signature of Applicant

Date: _____

Applicant: (print)_____

Signature of Witness

Date: _____

Witness: (print)_____



Student Acknowledgement Regarding Student Handbook

I understand & agree to the following...

- The Student Handbook is an outline and guide for the basic structure of the Life Challenge program. It is not all inclusive, there are unwritten rules / policies & procedures that apply to the program that I will learn from staff/interns while at Life Challenge.
- I have read, understood, and agree to live by all rules in the Life Challenge Student Handbook and those learned from staff/interns. I agree to live by these according to Romans 13:1-6 and 1 Peter 2:13-25.
- Furthermore, I understand that at times rules may be updated or changed for the benefit, safety & well-being of staff and students at Life Challenge.

My signature below indicates that I understand this contract and that I agree to the conditions of this contract.

Student Signature

Date

Witness Signature

Date



Phone & address approval list
 Immediate family only

Student Name: _____

Date: _____

<input type="checkbox"/> Name: _____ Address: _____ _____ Relationship: _____ Phone #: _____ Add to Mail List: yes no	<input type="checkbox"/> Name: _____ Address: _____ _____ Relationship: _____ Phone #: _____ Add to Mail List: yes no
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