

# **JESUS CARES MINISTRIES**

## **PROGRAM OUTLINE**

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Jesus Cares Ministries is in operation 24 hours a day, 7 days a week, providing care in a family environment for physically and sexually abused teens. The home works primarily with those that are pregnant and all clients are in a homeless situation, unable to provide shelter and necessities for themselves. Incorporated since 1983, they have served over 600 young ladies and their children. The clients range in age from twelve to twenty-two years.

The live-in program provides care for these young ladies and can extend from two weeks to three years after the birth of their child. Length of stay depends on the individual program designed for each client and her child, based upon her personal needs. The goal is to teach them independent living skills and/ or transition back to their own family if it is a healthy situation. All clients must be working towards providing for her own needs as well as the needs of her child with little or no assistance from others. By the time the client leaves the home, a minimum of one to two thousand dollars has been saved and/ or some type of training or vocational trade has been learned. They are well on their way to becoming a productive member of society and a law abiding citizen. To reach this goal the program offers a variety of practical and comprehensive services designed for their own personal growth. The following is a list of services provided within the program:

- ◆ **FULL-TIME WORK OR SCHOOL PROGRAM:** The successful job experience helps to give each young lady confidence in her own ability to provide for herself. If full time school is chosen by the young lady, the educational training or skill then becomes the means to overcome the circumstances that created her homeless condition. A minimum of a G.E.D. is required. This portion of the program has been effective even with our clients who suffer from various mental illness and/ or learning disabilities. One young girl who was told after psychiatric evaluation that she would never be able to provide for herself, graduated from high school while in the program at age 20 and then went on to secure a room for rent with a family, working full-time for a local grocery chain and providing for all her needs. This was, according to professional evaluation, an insurmountable obstacle. Formally a recipient of social security because of these disabilities, she now saves the government hundreds of dollars a month as she has been informed that she has been cut back to a very nominal amount.

- ◆ **PERSONAL RESPONSIBILITY** - The concept of being personally responsible for one's own growth and outcome in life, is learned in this portion of the program. Taking personal action is emphasized to overcome the current challenges they are facing. Based on each young lady's personal background and needs, counseling is set up as the client is willing. Thomas and Doreen (houseparents) evaluate basic needs and will use either Kay (ministry social worker, services provided at no charge) or Dr. Laine, Ph.D. (Desert Rock Christian Counseling Services, services provided on a sliding scale cost). Dwelling on past experiences will cause depression and tend towards repeating past failures. Reconciling the past through loving, biblical counsel and support enables each client to move ahead into a more successful future and hope.
  
- ◆ **MORAL VALUES** - This includes the discussion of the personal dangers we place ourselves in when we cross basic safety limits. Example: Having a sexual relationship with many partners, no matter how well protected, increases the incidence of STD infection or even contact with the HIV virus. "Know the facts before you act". Abstinence is taught along with complete, updated education about the use and effects of the different birth control methods currently on the market. Over 60 % of young girls pregnant out of wedlock, will repeat a pregnancy within two years. This portion of the program is designed to reduce the incidence of repeat pregnancies, as well as avoid STD's that are responsible for the infertility of millions of American couples. This will secure a healthier and happier future for the client. It will also avoid the need to rely on the welfare system for support as they will have a greater chance of getting ahead with only one child rather than several children to support.
  
- ◆ **NUTRITION, HEALTH AND PERSONAL HYGIENE** - This includes teaching smart shopper concepts and making wise purchases at groceries stores. We discuss unit pricing, nutritional value of foods, balanced diets, and infant nutrition. A lactation expert, also an RN., teaches the benefits of breast-feeding. Breast feeding and delayed feeding of table foods has many nutritional benefits for the baby and reduces the incidence of asthma, allergies, ear-infections and many other childhood ailments. This will save the state on medical expenses, as well as reduce the client's dependence on the WIC program. One of our clients has successfully breast-fed her child for four months even after returning to full-time work. Childbirth classes are offered in the home to stress the importance of preparation for delivery that have proven to reduce the need for C-Sections. Most of our clients are well-prepared and we have many wonderful testimonies of safe, drug-free deliveries and pleasant birth experiences, even by our youngest clients. We will now add postpartum recovery classes along with additional childbirth education and nutrition in the earliest stages of pregnancy in more detail as we see the wonderful results in the clients thus far. These will be offered by a woman who has experience in midwife apprenticeship. She is also offering professional labor support for the clients on a volunteer basis. Teen pregnancy costs the state millions of dollars a year due to poor nutrition and lack of education. The medical costs are drastically limited as the clients have followed the advice offered in these very informative classes. Also available are classes on hygiene, make-up and hair-care offered by various professional

women in the community. As they learn about personal cosmetics they increase their self-worth and have a greater chance of being hired as they move into the work force.

**FINANCE AND BUDGETING SKILLS** - Includes working with an eleven page worksheet on personal budgeting (attached). Setting up and managing a checkbook, and monthly balancing and reconciliation skills are included in the budgeting program. This is all put to practical use as every young lady is required to work or be in school full time to develop personally and overcome their need for societies help and learn to live within each ones ability to survive. Living within their income is possible as the girls find out how to save and make practical purchases. Volunteers are available to inform them of sales and also take them to various clothing exchange stores that drastically cuts down their monthly clothing costs. It also teaches them skills that they can use after leaving the program.

**AFTERCARE** - Aftercare provides help to the young ladies after they leave the program, to ensure and encourage continued growth. Follow-up includes practical help like money management, help in raising children, spiritual help, access to food & clothing bank, marital counseling, and participation in monthly support classes.

All of the above facets of Jesus Cares Ministries has proven to greatly assist the client in breaking the cycles of abuse that prevail in the lives of the victims of dysfunctional homes. Rather than the institutional style setting with rotating shifts, the family atmosphere has been the primary anecdote for these clients from abusive backgrounds. Instead of relying on immoral means to make a living (selling drugs, prostitution, stealing, etc.) or depending on unhealthy relationships, the client is able to draw from the resources available through the program. New lives, and new futures are being molded and shaped as two generations of young people benefit from the hope made available to our community through the ministry of Jesus Cares.