

Eagles Nest has made housing and shelter available for the last 6 and 1/2 years in Snohomish County for people that have come from all walks of life. We work with the Department of Corrections, Statewide drug and alcohol treatment facilities, housing facilitators and mental health treatment groups and facilities to provide housing and life training for those who have come to the crossroads of their addiction and are looking for real change. Some are just being released from incarceration and are now ready to move from survival living to abundant living. Our motto has always been, "We are less concerned about where you have been with your life, and we are far more interested in where you are going with your life." To accomplish real and lasting change, we have developed a three-phase program.

### **Phase One**

Eagles Nest housing incorporates a spiritual teaching and training with a strong biblical foundation along with a Moral Recognition Therapy (MRT) style look at managing life. We find it necessary to first address the entire individual physically including how they are with their health, appearance, and conduct in public spaces and with their fellow man. They learn to grocery shop, do laundry, clean their personal space, do dishes and cook. This is accomplished by creating a daily chore and hygiene routine along with developing hobbies, interests and healthy relationships with people outside the program.

We address spiritual and mental health needs on a case-by-case basis, directing residents to the appropriate professional resources as needed.

We train in job search skills and create resumes. We teach how to use free time productively and to care for yourself spiritually and emotionally. Many of our program participants have never held a job even though they may be in their late thirties or forties. We pull together a number of connections to help accomplish practice work experiences through volunteer services and working for the housing program. We have also developed relationships with business owners in the community that love the work that we do and they will make space available at their place of business from time to time to allow a program participant a job. Each individual works at their own pace related to their own skill level, eventually becoming permanently gainfully employed.

### **Phase Two**

During this phase of the program we work on such things as continuing education and learning life skills necessary for independent living. Access to GED classes and tests can be facilitated. We teach them about credit, budgeting, paying bills, paying child support, and regaining driver's license if needed. This often includes help in acquiring a vehicle and insurance of their own. We work on the overall financial IQ of the individual. The end goal of this is not only to prepare them to be functional in society but also bring them to a higher plane of thinking about their financial resources. The goal here is to develop healthy life long financial practices to change the poverty mindset and consumer mentality that so often has kept them in financial bondage throughout their life so far. To eventually have them conclude that their money can be working for them harder than they are working for the money. To this end, they will be taught about sound investing and the development of passive income.

### **Phase Three**

During this phase our participants are moving on to fully independent living. Still participating in church services and worship time. We help with connection to continued education and ordination credentialing for those choosing a ministry path as a vocation. Throughout their time with us, we try to instill a mindset of giving back once one has moved forwards. Some of our men come back and mentor others during Phases One and Two. Phase Three has two parts: Preparation and Launch. During the Preparation stage the person may be gathering furniture, kitchen wares and basic household supplies. Their budget is complete, and their savings accounts are growing. They are connected with professionals such as realtors and/or property management personnel. Once desired housing is found that meets the need and budget constraints, Phase Two and Three program participants assist with the move if possible.