

# Core Values & Competencies

## ***Core Values***

### We Believe in FAMILY

The Landing believes there is nothing more important than a strong united family. Our first priority is family re-unification.

### We Believe in EMPOWERING

We empower teens to live a healthy, sober, passion-filled life. We empower parents to persevere, engage their teen, embrace, and lead by example. We empower the community to be the best we can be, deliver results, innovate, challenge, collaborate, and engage one another.

### We Believe in IMPACT

Amazing amounts of important work within the community, consistently strong performance, focusing on results and not the process, showing action and analysis.

### We Believe in having a WARRIOR SPIRIT

Work hard, be courageous, desire results, display a sense of urgency, persevere, create, and be thankful and humble in all that you do.

### We Believe in having a SERVANTS HEART

Adhere to basic principles and values, treat others with kindness, love and respect; put others first, demonstrate proactive strategies, embrace community.

## **We believe in Community Collaboration & Doing Great Things Together!**

## ***Core Competencies***

- The Landing is a young-minded, progressive and culturally relevant organization
- Strong community ties, partnerships, and volunteer involvement
- Knowledgeable staff with expertise in teen substance abuse addiction & recovery and volunteers with knowledge in relapse prevention
- Success in improving the quality of life for our students and their families
- Reunification of Family

## **Program Overview**

The Landing is an all-new, year-long 12-step program that helps teenagers ages 13-19, travel the path to freedom, healing, and wholeness. This dynamic resource mirrors the content presented in the successful Celebrate Recovery program. The lessons deliver hope-filled truths and real-life strategies for giving young people the tools for making wise choices and developing healthy patterns for living. The Landing is for teenagers who are struggling to live their lives in a healthy manner. The Landing is a safe, healing place where teenagers can live freer, addiction-free, and with hope for a future.

The Landing can help foster hope, truth and joy as teenagers embark on an exciting year-long journey of engaging videos, meaningful experiences, vibrant large and small group conversations, as they develop true friendships with other teens. The teens will examine past decisions that led them to where they are today. They will talk about the patterns and behaviors that keep them trapped. They will pursue the life-changing truths of freedom. The Landing breaks the cycles of dysfunction, giving our students the tools to face life's hurts, habits and hang-ups in a new, healthy, and effective way.

### **What is a Hurt?**

The feeling of being hurt is an emotional reaction to another person's behavior or to a disturbing situation (abuse, abandonment, co-dependency, divorce, relationship issues, grief, distress, etc.).

### **What is a Habit?**

A habit is an addiction to someone or something (alcohol, drugs, food, gambling, sex, shopping, smoking, etc.).

### **What is a Hang-up?**

Hang-ups are negative mental attitudes that are used to cope with people or an adversity (anger, depression, fear, or un-forgiveness).

### **Biblical Counseling**

Linda Ostewig, Director of The Landing, offers free Biblical Counseling to teens and adults. Empowered and led by the Holy Spirit, she ministers the living and active Word of God to the youth with the goal of evangelizing the lost and teaching those already saved. She purposefully and patiently walks with, serves, loves, encourages and counsels the teens on how to make wise life choices.

## **Large Group Teachings/Testimonies**

The Large Group features an extended time of discussion where we listen to music and we explore the recovery principles found in the Twelve Steps, we hear amazing student stories and celebrate those who are receiving victory over their fears, addictions, attitudes, and behaviors. The Large group consists of all teens and their group leaders.

## **Open Share Small Groups**

We open the door to change by sharing our experiences, strengths, and hopes with one another. In addition, we become willing to accept grace in solving our life problems. Confidential and anonymous support groups, divided by gender, grade and age, offers a safe place to share and to gain the affirmation and encouragement of others. Together, working the Recovery Steps and applying the Recovery principles, we begin to live out our recovery and grow in our relationships. We become free from our hurts; our fears; and our addictive, compulsive, and dysfunctional behaviors. Group Guidelines are strictly followed to ensure that the group is a safe place in which to share openly. This freedom creates peace, serenity, and—most importantly—a stronger personal relationship with others.

## **Step Study Groups**

Step Studies are offered to the high school students. This is where the hard work of an individual's recovery is done. Step Study Groups are gender & grade specific. A Step Study Group will go through each step, one by one, together taking as much time as needed to move onto the next step in their recovery. Because of this, a Step Study Group does not have a definitive length of time in which to be completed.

## ***Healing Hearts***

### **24-Hour Crisis Intervention Hotline**

24/7 Crisis Support via Call or Text:

The Landing often serves as the first point of contact for individuals who are seeking help, support, or information. Crisis can affect anyone at any time, and if teens have the opportunity to talk while experiencing a crisis, the risk to self or others is greatly diminished. Our Crisis Line is anonymous and confidential and available to ANYONE AT ANYTIME in need of assistance.

The Landing's 24-hour crisis line is here to provide a safe, non-judgmental source of support for anyone in any type of crisis. In addition to our 24-hour crisis line, we also offer crisis information through **text messaging**. Be in mind that standard text messaging and data rates may apply.

## ***After School Program (Coming Soon)***

The Landing will offer an academic environment that is supportive, individualized, and exciting, an environment that helps our students explore new interests and discover new and hidden talents and skills. A setting that addresses both the developmental and educational needs of our students.

Our goal is to offer extended learning and enrichment activities such as:

- Literacy Intervention
- Tutoring
- Substance Abuse & Violence Prevention
- GED Preparation
- Teen Leadership
- High school programming serving grades 9-12, that focuses on preparing students for I-STEP exams, career exploration, job readiness skills, college preparation, financial aid information and mentoring.
- Music Lessons/Venue - local teen bands playing at The Landing.

Our goal is to be open a couple days after school and possibly weekends for students to have a safe and supportive place to study and hang out in the coffee house, while improving academic achievement, developing problem-solving skills, citizenship, responsibility and discipline.

## ***Coffee House (Coming Soon)***

The coffee house will be open to students & the community.