



Exploring the Starlight Community



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Miracles Await!

Tamassee has always been a place of miracles. A place where children find love and healing. Where education opens doors of opportunity. Where lives are restored, and futures brightened. Where people encounter the sunlight of God.

A miracle awaits you too! Whatever wounds you've known, whatever things you regret, whatever behaviors have held you back - all of that can be healed and restored. You can live whole and free. You can be the mother you've longed to be. You can have a career, a home, a future. It will certainly be hard work, but you won't be alone. A team of loving, caring staff and sisters in the recovery journey will walk with you every step of the way.

Starlight is not a state licensed drug and alcohol treatment program. We are a voluntary, sober-living community offering spiritual, emotional, mental, physical, parenting, and educational support to moms who experience life controlling problems. We provide the skills, love, and discipline to help you become a healthy person and a responsible member of society. The miracle is a total lifestyle change, putting the former things behind you and reaching for the very best things. If you apply yourself wholeheartedly, you will graduate as a much more spiritually alive, emotionally balanced, socially adjusted, mentally sound, physically well, highly employable, and confident, loving mother.

Since the 1930s, star lights have lined the sidewalks of Tamassee's campus, lighting the way for thousands of children. Stars inspire us to dream, guide us home, and shine with elegant beauty against the darkest night. That's what Starlight at Tamassee offers you and your children. Our campus is a peaceful and beautiful place for learning and growing, healing and renewing. One day your children will say their lives and family changed when their mom was brave enough to come to Starlight at Tamassee and find your way back home.

I am so grateful and honored you may join our community! Tamassee is a special place, and you will make it even more so. This handbook will introduce you to Starlight and help you decide if our community is a good fit for you and your children. The members of the Starlight staff team are here to answer your questions and to support you in any way possible.



Miracles Await,

A handwritten signature in black ink that reads "Jon Holland".

The Rev. Jon Holland
CEO, Tamassee DAR School

Getting to Know Tamassee

Our Vision

empowering today's families and students for tomorrow's journey

Our Mission

Tamassee is a place to
belong where everyone experiences the peace of God,
heal where mothers and children embrace holistic recovery and long-term success, and
grow where students engage a passion for learning and exceptional citizenship.

This institution is prohibited by law from discriminating based on race, color, national origin, sex, age or disability. (Not all prohibited bases apply to all programs).

Our Values

We inspire family.

We believe the Triune God blesses and heals us through biological and spiritual families. We welcome each other to be at home in the Tamassee family, see the inherent value and unique gifts of each person, and empower one another to be our true and best selves in healthy relationships.

We never stop learning.

There is always something new to discover and wonderful to explore. We are committed to ongoing learning and development because education brightens our future and expands our impact and influence.

We maximize every opportunity and resource.

We strive to be present in every moment so we never miss an opportunity to impact others positively. We seek creative solutions no matter the challenge, and we maximize every resource entrusted to us.

We own our excellence.

We are committed to doing everything with the highest standards of excellence and utilizing best practices. Each team member takes ownership to act with integrity, always follow through, and support others' success.

We have fun!

We believe we are made to be happy and to enjoy each other and the good things of life. We believe learning is meant to be fun. We laugh and play. We even turn our challenges into opportunities to shine and revel in each other's success.

Our Faith

We believe in the Triune God.

There is one God who exists eternally as three persons – a community of love in perfect harmony and unity – Father, Son, and Spirit. From the overflow of their love, God created everything that exists, intending all things to participate in the Trinity's beauty and goodness. As the pinnacle of creation, the Trinity fashioned human beings in God's own image and likeness, humble yet honored, worthy of dignity and love. God designed us to relate to the Trinity and one another in love and trust, enveloped within the circle of Trinitarian community.

We believe in humanity's corruption.

God makes humans free so that we may choose to love and be loved, relating within the Trinitarian circle, creating families and communities, and cultivating creation. Tragically, we choose to reject God's love and instruction, thus stepping outside the Trinity's circle. Alienated from the eternal source of life and love, we selfishly abuse and neglect ourselves, each other, and creation, corrupting ourselves, our communities, and the whole world. The result is death in all its forms and measures.

We believe in Jesus.

God has not and will not abandon us. Because of the Trinity's inexhaustible love and our immeasurable value, the Son became one of us – fully God and fully human. As the Father's beloved, Jesus showed us a human life completely connected to the love of the Father, and he taught us how to live in the kingdom of God – communities of heaven on earth. In order to experience and own the depth of our emptiness and separation, Jesus suffered crucifixion, then conquered darkness and death by rising to life again. Jesus' death and resurrection atoned for our failures, reconciled the world to God, modeled the path to healing, and inaugurated a new creation.

We believe in the Holy Spirit.

Jesus ascended to the Father, who celebrated his Son by lavishly pouring out the Spirit on creation. The Holy Spirit saturates Jesus' friends in God's presence, assures us we are God's beloved children, guides us in Jesus' way, equips us to love and serve each other in community, and empowers us to share God's love and Jesus' teaching with others.

We believe in the healing of all things.

The Trinity's design for humanity and creation is now restored, and the Spirit is healing all things. The circle of loving community is ever expanding, and when Jesus returns, it will envelop and renew the whole world. We are all invited to turn away from darkness, join the community, and learn to live in love and light, trusting God and each other. When we do, every single one of us – no matter who we are, where we have been, or what we have done – finds healing from our pain and corruption, freedom to be who God always intended us to be, and purpose to enjoy and offer a community of heaven on earth to others.

What Starlight Offers Your Family

At Tamassee, **we believe in you and your children**, and our recovery and education programs empower your family to find lasting freedom and wholeness. Starlight at Tamassee offers a faith-infused, family-centered, therapeutic community with holistic, evidence-based, trauma-informed services.

Nestled in the foothills of the Blue Ridge Mountains, Tamassee's campus provides a safe and loving home to families in the Starlight program. Tamassee supports your family's reintegration into the larger community so you can maintain long-term recovery, secure housing and employment to support your family, and your children can thrive in school and life.

Recovery & Counseling

At Starlight you will have a loving community of recovery services and support to find lasting freedom from addiction. Through group sessions, interactive journaling, individual coaching, and prayer exercises, you will address the root causes of addiction, learn to recognize and prevent relapse, and build a long-term recovery support network. Counseling will empower you and your children to heal from trauma and overcome other challenges so you can be your best self.

Parenting & Life Skills

Starlight offers grace-filled parenting training and coaching so you can bond with your children, play together, learn to set healthy boundaries, and cultivate your children's character. You will grow into the mother you long to be, and your children will chart a course to being exceptional citizens.

You will discover an array of essential life skills to live independently and productively – everything from healthy eating and exercise, to home management and car care, from financial literacy and time management, to healthy relationships and emotional intelligence. Tamassee will nurture a community where your family encounters Jesus' love and grace and discovers the fullness of life God has for you.

Education & Job Skills

Starlight welcomes children from **newborns to elementary age**. Your children will be able to focus on their education in safe, loving, therapeutic classrooms. Our [Early Learning Center](#) for infants to preschoolers stimulates brain development and kindergarten readiness. Our [Elementary Academy](#) offers individualized academic instruction and support as well as social-emotional learning. All so that when you complete your time in Starlight, your children can enter public school classrooms and succeed.

Tamassee supports your education from GED completion to technical college pursuits. You will learn soft job skills and save for your future through on-campus jobs, and you will have the opportunity to attend Vocational Rehabilitation to develop job skills for employment upon graduation. You will feel the pride of providing for your children while securing their future.

Starlight Family Rights

All mothers and children in the Starlight community deserve to be treated with dignity and respect. To create a community of safety and empowerment, each mother and child in Starlight is guaranteed the following rights.

- To receive adequate and appropriate food, clothing, and housing.
- To live in a clean and safe environment and have a personal bed.
- To have every effort made to ensure their safety.
- To always receive fair treatment with compassion, dignity, and respect.
- To have needs met in a timely and polite manner.
- To receive competent care without discrimination to race, religion, disability, or ethnic origin.
- To communicate with significant others outside the program, at appropriate points.
- To keep one's own possessions.
- To have her opinion heard and be included, to the greatest extent possible, when decisions are made that affect her life.
- To enjoy reasonable freedom of thought, conscience, and conviction.
- To receive appropriate and reasonable guidance, support, and supervision.
- To respect body and person.
- To be free from physical, mental, emotional, or sexual abuse and freedom from inhumane treatment of any type.
- To confidential handling of all personal information and case planning.
- To live in an environment free of bullying or harassment and to have any such activity dealt with quickly, thoroughly, and fairly.
- To report suspected abuse or neglect of herself or others without fear of consequences.
- To refuse service and leave the Starlight Program.
- To file a grievance if any of these rights have been breached.

What Nourishes Our Community

Starlight at Tamassee has three convictions that nourish our community and are infused throughout the program: Spiritual Connection; Trauma-Informed Care; and Hope for Recovery.

Connection – Growing Spiritually

We are wounded in relationships, and we heal in relationships. Addiction is essentially about connection – learning to trust again and be loved over time. No relationship is more important than our relationship with God because he is our maker and the lover of our souls. Living as his beloved, treasured, and precious children secures our identity, heals us from trauma, liberates us from shame and fear, renews our minds with truth, restores us to healthy relationships with others, provides us with a community of support, empowers us to live a new life, and teaches us healthy coping skills – all so we become the people he dreamed of us being when he created each of us.

That's why Starlight is a healing Christian community where families find wholeness in Jesus. Families share in prayer, Scripture, meditation, and other spiritual practices in the cottage and in the programming, and they attend weekly worship services in the community. Faith is infused throughout each component of the program for moms and children.

Compassion – Trauma-Informed Care

The overwhelming majority of people who struggle with serious addiction have experienced significant trauma, often in childhood. Trauma comes from experiences of neglect, abuse, or family and community challenges, and trauma creates a significant deprivation of safety, belonging, or dignity. Trauma overwhelms one's ability to cope and rewires our brains. It causes the survival and emotional functions of our brains to be overdeveloped and our executive functions to be underdeveloped. The "fight, flight, freeze, fawn" responses are easily triggered, and the pleasure / pain centers are hyperactive.

Trauma-Informed Care (TIC) recognizes the presence of trauma symptoms, and acknowledges the role trauma plays in a person's life and restoration. TIC believes healing takes time, and we are more powerful than what's happened to us. TIC doesn't ask, "What's wrong with you?" but "What happened to you?" TIC listens for what's going on beneath the surface and works to heal the brain. TIC keeps a safe and stable environment, offers trustworthy and transparent relationships full of sympathetic and appropriate support, avoids triggering and re-traumatizing, and protects each person's voice and power to collaborate on the healing journey. In time, trauma no longer controls us, and we live whole.

Hope – Recovery as a Way of Life

We believe in lasting healing and freedom! We do not believe you have to live the rest of your life trapped in the addictive cycle, and we do not believe families are doomed to repeat broken, adverse patterns across generations. Recovery is hard work, and it takes time – something Starlight provides. Yet, people can and do recover and live in wholeness for the rest of their lives. Starlight supports you to discover your true self, learn the skills to maintain lasting recovery, and rear your children to break generational patterns of destructive behaviors. Starlight offers a holistic and integrated approach to recovery as a new way of life – the life you were always meant to experience.

Your Guides for the Journey

Starlight has a team of staff who will work alongside you as you rebuild your life as a family. These amazing people are committed to your best and to offering excellent support and programming.

Recovery Program Officer (RPO). The RPO oversees the entire Starlight community – staff, admissions, discharges/graduations, programming, moms, and children. She reports to the CEO and is a professional with a master's degree, has licensures in the addictions field, and has multiple years of experience in recovery and social work. She leads one of the recovery program tracks and supports group therapy.

Recovery and Family Counselor (RFC). The RFC leads the therapeutic services for Starlight mothers and families. She offers individual and family counseling and leads group therapy sessions. She reports to the RPO and works in partnership with the other Starlight staff and outside providers, specialized

therapists/psychiatrists, and pastoral caregivers. She has a master's degree in counseling or social work and appropriate certifications or licensures.

Family Advocate and Case Manager (FACM). The FACM manages the cases for Starlight, interacts with outside partners involved in case management, advocates for Starlight families, and leads the life skills group. She reports to the RPO, has a bachelor's degree in social work or human services, and multiple years of experience in the field.

Parenting and Family Coach (PFC). The PFC leads coaching and training for parenting skills with mothers, and she helps plan and lead programming for children outside of school. She works closely with the CLC to plan family activities. She reports to the RPO and works in partnership with the other Starlight staff and the education staff. She has relevant education and experience in her field.

Child Life Development Specialist (CLDS). The CLDS designs and implements therapeutic interventions for each Starlight child to support their healing from trauma and healthy age-appropriate development. The CLDS works closely with the PFC and Early Learning Teachers and Academy Teachers. She reports to the PFC and has relevant education and experience in her field.

Community Life Coordinator (CLC). The CLC supports planning and administering the day-to-day schedule for the program, works in partnership with the other Starlight staff, and leads the emotionally healthy relationships group. She shares on-call responsibilities with the CLA. She reports to the RPO, has a bachelor's degree in children and family services, and multiple years of experience in the field.

Community Life Assistant (CLA). The CLA supports the job functions of the CLC as well as evening and weekend support for family outings and cottage life. She shares on-call responsibilities with the CLC. She reports to the CLC and has relevant education and experience in her field.

Chief Executive Officer (CEO). The CEO oversees all the programs and departments at Tamassee. He is involved in the Starlight program by supporting the Starlight staff and leading the spiritual growth group and a recovery group. He has a master's degree and multiple years of experience in related fields.

On Call Staff. All program staff will share 24/7 on call duties, on a rotating basis, for the program so that you always have someone to help in case of emergencies or other after hour's needs.

A Place to Call Home

Tamassee's beautiful and peaceful campus is home to the Starlight community. Known as "the place of the sunlight of God," Tamassee has been a sanctuary of love and learning for over a century. In Starlight, one of our cottages will be your home. Your family will have your own bedroom(s), while most of the cottages have shared bathrooms (while still respecting your privacy). You will make and share meals with other families in the cottage and share living room and play spaces for your family.

Faith Cottage. This cute ranch-style house was built in the 1930s and can house up to four moms and their children for transitional living. Renovations to this house were completed in 2024 for Starlight families.



Grace Cottage. Built in 1989, this brick ranch-style home can house up to six moms and their children. The house was renovated in 2021-2022 for Starlight families.

Hope Cottage. This brick ranch-style home, built in 1960, can house up to six moms and their children. The house was renovated in 2022-2023 for Starlight families.



Joy Cottage. Built in 1958, this brick, two-story home is the current program center. It will one day house up to six moms and their children for transitional living. The cottage was renovated in 2019 and 2022.

Peace Cottage. This stone, three-story home was built in 1937 and renovated in 2018. It can house up to eight moms and their children, and it can serve as an alternate place for groups and meetings.



Starlight Center. Built in 1947, Pouch Cottage has additional classrooms for the Early Learning Center downstairs (renovated in 2023) and will eventually house the Starlight Center upstairs.

Early Learning Center. Tamassee's Early Learning Center is home to our education program for infants to four-year-old kindergarteners. The facility was built in 1939 and has been renovated several times.



Academy/Education Building. The Academy for elementary age Starlight kids is housed in the Education Building, constructed in 1942. Renovations were most recently done in 2010-2012 and in 2019.

What You'll Be Doing

Stages

During your time in the Starlight community, you will have the opportunity to progress through four stages. The stages are designed to empower you to move through trauma, build lasting recovery, develop as a parent, and prepare to live independently. Moms who complete Stage 2 graduate and are invited to remain at Tamassee for Stages 3 and 4. Here's an overview of the stages.

Stage	Goals	Focus of Programming	Length
1 Foundations	Moms & Kids: Settle into the Starlight Community	Intake & Assessment(s) Learn Essential Community Life Skills Learn Essential Parenting Skills Foundational Programming	3 months
2 Core	Moms: Deepen Healing, Recovery, & Parenting Kids: Healing & Education	Recovery & Counseling for Moms Parenting & Life Skills for Moms Education & Counseling for Kids	9 months
Graduation			
3 Advanced	Moms: Career Preparation Kids: Healing & Education	Recovery Maintenance for Moms Education & Job Skills for Moms Work Opportunities for Moms Education & Counseling for Kids	4-12 months
4 Transition	Moms & Kids: Independent Living at Tamassee	Recovery Maintenance for Moms Career Development for Moms	12-18 months

Tracks

During Stages 1 and 2, there are several tracks of programming, summarized in the following table.

Track	Key Topics
Spiritual Growth	Gratitude The Good News of Life in Christ Prayer & Meditation <i>The Shack</i>
Recovery: Genesis Process	The Mystery of Addiction The Twelve Steps (Back to Basics and Interactive Journals) Relapse Prevention Coaching Change Groups
Recovery: Interactive Journaling	Getting Started Substance Using Behaviors Feelings Anger Self-Worth Family & Relationships Life Management Coping Skills Successful Living Power of Self-Talk Recovery Maintenance

Parenting	Essential Parenting Skills Being a Mom Addressing Shame & Guilt Childhood Brain Development Circle of Security Love and Logic
Group Therapy	Anger Management Boundaries Codependency Rejection Self-Worth Anxiety and Stress Depression Grief Forgiveness
Emotionally Healthy Relationships	Community Temperature Reading Check Assumptions & Clarify Expectations Sharing Emotions & Active Listening Resolving Conflicts & Dealing with Offence Learning to Rest & Walking through Grief Learning How to Love Wisely & Well
Life Skills	Schedule & Chores Meal Planning & Healthy Eating Body Care: Hygiene, Fitness, & Sexuality Etiquette Home & Car Care Time & Task Management Financial Literacy Soft Job Skills

Daily & Weekly Schedule

During Stages 1 and 2, you will observe the following basic daily and weekly schedule. Your “job” in the first year of the program is to participate fully in the programming and your other appointments, being on time and ready to engage in each group or class. If you remain for Stage 3, your “work day” will continue to mirror your children’s school day, but the focus will shift to career preparation while maintaining healthy recovery practices.

Your schedule will coincide with your children’s school day, so that both moms and kids will be engaged in programming from 8 am to 3 pm. The afternoons and evenings and the weekends are times for you to bond as a family and to practice life skills for every day, successful living.

Time	Saturday & Sunday	Monday & Friday	Tuesday to Thursday
6-8 am		Morning Routine	Morning Routine
8-10 am	Morning Routine	Appointments or Volunteer Led Classes/Groups	Life Skills, Spiritual Growth, & Group Therapy Tracks
10-12 pm	Cottage Chores or Church	Appointments or Volunteer Led Classes/Groups	Recovery & Parenting Tracks
12-1 pm	Lunch	Lunch	Lunch
1-3 pm	Family Activities, Life Work, Visits/Passes	Appointments or Volunteer Led Classes/Groups	Emotionally Healthy Track, Life Skills, 1-1s with Staff
3-5 pm	Parent-Child Bonding Dinner Preparation	Parent-Child Bonding Dinner Preparation	Parent-Child Bonding Dinner Preparation
5-6 pm	Dinner	Dinner	Dinner
7-10 pm	Bedtime Routine Life Work	Bedtime Routine Life Work	Bedtime Routine Life Work

Celebrating Your Accomplishments

Starlight moms and children work incredibly hard to rebuild their lives and break adverse cycles. You will be changing everything about yourself, your lifestyle, and your parenting. It requires incredible determination, and that's why we believe you are one of the most courageous women we have ever met. Your hard work is worth celebrating! We do that in multiple ways on a regular basis, but three ways are special and worth a brief overview.

Starlight Bucks and the Starlight Shoppe

Healthy families enjoy celebrating special occasions and giving thoughtful gifts to each other. Birthdays, Mother's Day, and Christmas are opportunities to show our love through gift giving. Starlight supports each family to mark these milestones by "buying" gifts from the Starlight Shoppe using Starlight Bucks. Both Starlight moms and children earn Starlight Bucks for exceptional progress and achievements in the program. Starlight Bucks are discussed among the staff and given out once each week. Moms and children then use their Starlight Bucks in the Starlight Shoppe to purchase gifts for special occasions. Gifts are age appropriate for children, and they are priced so that every mom and child can purchase gifts if they are faithfully progressing in the program. Donors graciously and generously provide these gifts for Starlight families, and the Tamassee staff manages the stocking of the shop. The Starlight Shoppe is in the downstairs playroom at Joy Cottage and includes a gift-wrapping station to add the personal, fun touch to each present for the appropriate occasion.

Monthly Celebrations and Charms

As you navigate your recovery journey, we want to encourage each of your accomplishments in a tangible way. That's why we have a monthly celebration meeting where we cheerlead your growth through shout outs, recovery chips, and award individual charms for your own Starlight charm bracelet. Here's a list of the charms you can earn.

- **Red Star.** Completing Stage 1 of the program.
- **Yellow Star.** Completing Stage 2 of the program and graduating.
- **White Star.** Completing Stage 3 of the program.
- **Blue Star.** Completing Stage 4 of the program and moving into independent living.
- **Cross.** Being baptized or renewing your commitment to Jesus.
- **Dove.** Significant spiritual breakthrough or growth; completing the Spiritual Growth Track.
- **Tree of Life.** Completing the Recovery Genesis Track.
- **Journal.** Completing the Recovery Interactive Journaling Track.
- **Bird Flying.** Staying clean and sober for one year.
- **Mom.** Completing the Parenting Track.
- **Heart.** Significant spiritual breakthrough or growth in counseling.
- **Holding Hands.** Completing the Emotionally Healthy Relationships Track.
- **Smiley Face.** Completing Self-Esteem and Anger Management in the Group Therapy Track.
- **Fence.** Completing Boundaries and Codependency in the Group Therapy Track.
- **Song Note.** Completing Grief and Loss and Inner Healing in the Group Therapy Track.
- **Runner.** Progress in healthy lifestyle and fitness.
- **House.** Progress in chores and home management.
- **Watch.** Progress in time management.
- **Dollar Sign.** Progress in financial literacy and money management.
- **Diploma.** Earning a GED or other significant education accomplishment.
- **Car.** Getting a driver's license and/or buying a car.
- **Job.** Reaching a milestone in an on or off campus job.
- **Flower.** Any significant accomplishment or milestone.
- **Plate.** Any significant accomplishment or milestone in healthy eating.

Graduation Ceremonies

Graduation is a momentous occasion for Starlight Families. You will graduate when you have successfully completed stages one and two of the program. Starlight graduates have:

- successfully completed all core program tracks and components;
- made significant strides forward in therapy with the RFC;
- completed a relapse prevention plan and built a recovery support system;
- bonded with your children and demonstrated competent, loving parenting skills;
- demonstrated life and interpersonal skills for living successfully and relationally healthy; and
- secured housing and employment to provide for your children or committed to Stage 3.

Each Mom's graduation from Starlight is a milestone event – for many, one of the greatest accomplishments of your life. The ceremony is scheduled in plenty of time so supportive family and

friends can attend. The ceremony includes honoring your accomplishments and those of your children, and it includes a final special gift from Starlight to commemorate your achievement.

Following graduation, Starlight families are encouraged to remain at Tamassee for Stages 3 and 4. If you choose to return to the larger community after graduation, the designated staff will plan with you for your transition.

When You're Ready to Apply

If you are ready for the challenging and rewarding work of healing your family and if you believe Starlight can help, then you need to apply for admission to Starlight. We rely upon the accuracy of the information you share on the application and in the interview. Any misrepresentations, falsifications, or material omissions in any of the information provided to Tamassee may result in your exclusion from further consideration or, if you have been admitted, discharge.

Application

You may obtain a copy of the Starlight Application in one of the following ways.

- Website – starlight.tdarschool.org
- Email – starlight@tdarschool.org
- Phone Call Request – 864-944-1390

One of the Starlight staff will respond within twenty-four (24) hours to ensure you have the application and to answer any initial questions. You must complete the application in its entirety. If you leave any questions left unanswered, the application will be returned to you to be fully completed before being reviewed. All moms are subject to background checks, so please be fully honest on the application.

If the Starlight staff agree you are potentially eligible, one of the staff will contact you to schedule an interview. We'll also make sure you have this Family Handbook and Interview Preparation Guide. If staff determine you are ineligible after the application is reviewed, you will receive a letter explaining the reason your application was denied and a list of other resources, providers, and referrals who may be able to meet your needs.

Interview

If you are eligible for Starlight, the interview will normally take place in person on Tamassee's campus. Here's what to expect during the interview.

- You will meet with the Recovery Program Officer and the Family Advocate and Case Manager.
- Your children are encouraged to attend the interview, so they meet the teachers in the Early Learning Center and/or Academy.
- You'll sign all applicable background check and consent forms, including releases of information, to obtain records and/or facilitate referrals.
- You'll receive a drug screening.
- You'll take a campus tour and meet the other Starlight and educational staff.
- You may be asked to complete additional assessments during the interview or following it.

Acceptance or Referral

As soon as possible, you will receive letter with a final decision regarding your application. If you are accepted into Starlight, a Starlight staff will begin coordinating your transition onto campus. You're acceptance may be pending, awaiting further follow up. If you are denied admission, a letter will explain the reasons for ineligibility and offer a list of other resources, providers, and referrals who may be able to meet your needs.

Moving In

Before You Move In

Once admitted to Starlight but before you move on campus, you will work with the Family Advocate and Case Manager to complete enrollment documents and forms, to obtain essential documents (such as birth certificates, social security cards, ID card, etc.), and to apply for all government assistance for which you may qualify (Medicaid, EBT, SNAP, WIC, ABC Vouchers, etc.). **Your move in date may be delayed if you do not have essential documents and benefits in place.**

Move In Date

Once admitted to Starlight, a date for you and your children to move into one of the Starlight Cottages will be set. Staff will work with you to prepare for the big day. Upon arrival, you will settle into your room, and then review and sign the Admissions Contract, the Family Handbook, and all relevant forms and consents. Your move in will likely occur on Monday, and you will begin acclimating to the community and participating in programming immediately.

What to Bring

When you come Tamassee, you will need to bring the following items. See the Dress Code section later in this Handbook for more information. **You are not permitted to bring food to Starlight (except baby formula).**

- Twelve (12) complete outfits for each person:
 - Includes one top and one bottom of a “business casual” nature – dressy jeans, pants, capri pants, and skirts may be considered a bottom and needs to be appropriate for classes/groups, school, and work.
 - Includes play clothes for children.
- Two (2) seasonally appropriate dresses for mothers.
- Eight (8) days of undergarments for each person
- Four to five (4-5) pairs of shoes for each person:
 - Includes two pairs (2) business/school casual, one pair (1) dress, one pair (1) athletic, and one pair (1) flip flops for shower.
- Four (4) pairs of pajamas or pajama sets (adequate for up to 8 days of wear) per person.
- Outer-wear attire including: a coat, raincoat, sweatshirt/hoodie, and sweater (no more than 1 of each per person).
- Personal care items or toiletries (Starlight will supplement any necessities).
- Bed and bath linens (Starlight will supplement any necessities).

- Doctor-prescribed and Starlight-approved medications.
- Pharmacy print-out of all current prescription medications.
- A few pictures of supportive family or friends.
- A couple of positive, personal mementos.

If you do not have all these items, please let Starlight staff know, so we can support you. If you bring items not on this list, or if you bring items of greater quantity than the list specifies, you will be required to send them back home or to a family member or friend. Requests for items not on this list must be submitted in writing and pre-approved.

You may also bring a few pictures of supportive family or friends, a couple of positive, personal mementos, and a few pieces of jewelry. Please limit the personal valuables you bring. You will have a place to store your valuables. However, you are responsible for your belongings.

You will complete a Personal Items Inventory detailing all items you brought with you to Starlight. This inventory will be used upon discharge or graduation to confirm you take with you only what is yours.

What Tamassee Provides

Tamassee will provide the following items for you and each of your children so that your time in the Starlight community is safe and comfortable.

- Your own bed and nightstand
- A dresser or chest of drawers and closet space with hangers
- Two (2) sets of sheets, comforter, blanket, and pillow
- Alarm clock, nightlight (if desired), and sound machine (if desired)
- Initial personal care / hygiene items
- A bath caddy and bath linens (towels and washcloths)
- A Bible, a journal, curriculum materials/books, and pens/pencils

The First 90 Days

The first ninety (90) days of your time in Starlight is foundational to your success in the program. During this time, you will evaluate the program, and our staff will evaluate and closely monitor you to confirm Starlight is a good fit for you and your children. During Stage 1 (the first 90 days):

- You will complete a Stage 1 Contract outlining your tasks and goals to advance to Stage 2.
- You may not leave the premises except to attend approved appointments or outings.
- You will have limited contact with friends or family members. If you have children living elsewhere, you will be permitted to call them and/or they can visit at the discretion of staff. We strongly encourage communication with the children who are not with you, but these arrangements must be made through staff.
- You will complete a full health examination by a medical professional (to include a TB skin test, and tests for HIV, Hepatitis C, COVID, etc.), a mental health evaluation, and an alcohol and drug assessment.

- You are expected to practice healthy habits such as good nutrition, exercise, cleanliness, and good hygiene. Our staff and your Starlight sisters will support you in these areas.
- Your initial programming will focus on community life skills and parenting skills. Once you have shown success in these areas, you will begin foundational classes and groups to prepare you for Stage 2 programming.

Essential Community Life Skills	Essential Parenting Skills	Foundational Programming
Gratitude	Bedtime Routines	Being a Mom & Becoming a Child
Accountability & Grievances	Morning Routines	Addressing Shame & Guilt
Medications	Living by the Daily Schedule	Early Childhood Development
Cottage Chores & Inspections	Nutrition & Child Development	Parenting Style
Cottage Cleaning	Healthy Meals & Snacks	Family Culture
Laundry	Table Manners & Kids Helping	Adverse Childhood Experiences
Meal Planning	Positive Behavior Formation	Emotionally Healthy Relationships
Grocery List Preparation	Corrective Behavior Formation	MEE IJ: Getting Started
Grocery Shopping	Abuse & Neglect	MEE IJ: Substance Using Behaviors
Hygiene	Bonding through Play	Genesis: Mystery of Addiction
Cottage & Campus Safety	Creating Intrinsic Motivation	Genesis: Back to Basics 12 Steps

At the end of Stage 1, the staff and you will evaluate your progress and needs. If you are living by community guidelines, showing growth in parenting, and demonstrating engagement in the foundational groups, you will enter Stage 2. Should it be determined that Starlight is not the best fit for your needs, then you will be discharged per the Discharge Guidelines.

We Look Forward to Supporting You!

Thank you for exploring Starlight at Tamassee. Please reach out to our staff with any questions. We look forward to receiving your application and considering you for participation in this life-changing community. We pray for many blessings for you and your children!