

WELCOME BINDER – PATHWAY INN



Dear Friend,

Welcome to our family. You have taken a courageous step by choosing to join The More We Love's Pathway Inn, and we are honored to walk alongside you. Here, you will find more than a place to rest your head - you will find a community that sees you, cares for you, and stands with you through every challenge and triumph.

Who We Are

At The More We Love; we believe in the power of presence. We show up, day in and day out, as a constant source of support. We celebrate your strengths, honor your story, and commit ourselves to helping you discover new possibilities.

What This Binder Is For

Everything inside these pages is designed to answer your questions, guide you through each step, and keep you organized on this journey. While it may look like a lot of information at first glance, our goal is simple: to provide you with the best possible services and resources, tailored to your needs.

Our Promise to You

- Safety: You are safe here - from the moment you arrive until you're ready to step forward on your own.
- Love: You are valued and respected for exactly who you are.
- New Beginnings: Every day is a fresh start, and we are excited to see what unfolds for you.

If anything is unclear, or if you simply need a listening ear, please reach out to any of our on-site volunteers ("Constants") or a member of The More We Love leadership team. We are here for you - no question is too small, no concern too great.

Thank you for placing your trust in us. We're so glad you're here, and we can't wait to support you as you write the next chapter of your life.

With warmth and hope,

The More We Love Team



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Welcome to The More We Love - Pathway Inn

We are so glad you're here. This program is a safe place to rest, recharge, and begin rebuilding. This binder holds all the tools, rules, and resources you'll need while you're staying with us.

We understand that taking this step may feel overwhelming, but we want you to know you are not alone. You are surrounded by people who care deeply and are committed to walking with you through this journey. This binder is your personal guide and a place to track your growth and progress. It belongs to you.

What to Expect When You Arrive

When you arrive at The More We Love:

- Morning Check-Ins: A Constant will knock on your door each morning to help you start your day.
- Wake-Up Time: Everyone must be up and out of bed by 9:00 AM.
- Sign In/Out: You must sign in and out whenever you leave or return. This includes all participants, Constants, staff, and leadership. It helps us ensure everyone's safety.
- Cleanliness:
 - Trash must be taken directly to the front dumpster.
 - No trash should be left outside doors or in hallways.
 - Keep your room tidy and clean.
- Accountability:
 - Attend scheduled one-on-one meetings.
 - Get your binder signed throughout the week by a Constant.
 - Follow all house rules and guidelines.



Three Strikes Policy

You may receive a strike for:

- Not taking out trash
- Unauthorized visitors
- Failing to keep your room clean
- Returning late without notice
- Missing one-on-ones
- Not getting your binder signed
- Dirty UA or Drug/ alcohol Paraphernalia

If you receive three strikes, you will have 24 hours to leave the Inn. For additional details, please see the Three Strikes Policy information on page 11.

Program Guidelines & Participant Responsibilities

- Sobriety: The space is clean and sober. No drugs, alcohol, or paraphernalia allowed.
- Respect: Treat others and the space with kindness and respect.
- Room Checks: Random checks are done by leadership for safety and cleanliness.
- Meals:
 - Provided when available through local partners.
 - Please apply for EBT and use local food banks. Meals are not guaranteed daily.

Weekly & Daily Expectations

- One-on-Ones: Weekly meetings with leadership are required and scheduled in advance.
- Binder Check-Ins: Present your binder to a Constant every day. They will initial or sign off that you've met your daily responsibilities.
- Sign-In/Out Log: Text whenever you leave or return to the property:
 - 206-531-9716
- Active Participation: Join daily programs, workshops, or outside appointments that support your growth.
- Personal Responsibility: This binder is part of your success. Keep it with you, care for it, and use it as a tool.



Contact List – Who to Call Daily for help

- UGM (Union Gospel Mission): 206-501-4357
- Family Intake Line: 206-245-1026
- DV Hope Line: 425-746-1940
- Emergency Services 911
- Participant specific resources given during check-ins

Hours of Operation

- Staffed Hours: 9:00 AM – 5:00 PM
- Quiet Hours: 10:00 PM – 7:00 AM

Room Guidelines

- Take garbage out to dumpster.
- No garbage outside your door.
- Your laundry is your responsibility.
- No visitors on site.
- Check In daily.
- We reserve the right to random UA's.
- We reserve the right to random room wellness checks.
- Make your bed and clean your room daily.
- Open curtains and let light in during waking hours.
- Kitchen hours: 9am-11am; 1pm-3pm; 5pm-7pm. Plan accordingly.
- If you have needs for supplies for your room, let office know in the morning. Room# 111



Kitchen Guidelines

- Only use the stove when approved by staff.
- Keep the kitchen clean (wipe counters, tidy surfaces)
- If you see the garbage is full, please take it out.
- Make sure to throw away expired food.
- Wash your hands before and after handling food.
- Wash your dishes.
- Do not leave dirty dishes in the sink.
- Label and date leftovers.
- Label your food with your name to avoid others eating it.

Kitchen Hours

- 9am-11am
- 1pm-3pm
- 5pm-7pm

Please plan accordingly.



SMART Goals

S	Specific What am I going to do? Why is this important to me?
M	Measurable How will I measure my success? How will I know when I have achieved my goal?
A	Attainable What will I do to achieve this goal? How will I accomplish this goal?
R	Relevant Is this goal worthwhile? How will achieving it help me? Does this goal fit my values?
T	Time-Bound When will I accomplish my goal? How long will I give myself?



Action Plan

My goal is

Date to finish	How will I measure my success?

Steps to Achieving my Goal

Description	Time Estimate	Completion date
Obstacles that may arise	How I will respond	
Helpful Tools	Helpful Resources	



The More We Love Stance on Spirituality and Religion

At *The More We Love*, we are not a faith-based organization, but we do believe that healing, for many people, includes believing in something greater than themselves. We honor and support every survivor's personal journey - whether that includes spirituality, religion, or nothing at all.

We are committed to providing access to spiritual resources for those who want them, without ever pressuring or expecting anyone to engage. As part of our care team, we are proud to have Carolyn, a kind and compassionate spiritual guide, available for prayer, support, and conversation. We also partner with local churches and faith-based volunteers who are here to serve with love and no agenda.

During your orientation phase, when we begin building your personalized service plan, you'll have the opportunity to share any spiritual or religious beliefs that are important to you. If they're part of your healing journey, we will do everything we can to connect you with the appropriate resources, communities, or supports.

At some of our events and meetings, Carolyn may offer a prayer at the beginning or end. This will always be announced in advance, and if you're not comfortable being present during that time, you are welcome to step out - no questions asked, no judgment, ever. We fully recognize that religious trauma is real, and we hold space for every story.

We believe in helping survivors as whole people, and for some, that includes faith. For others, it doesn't - and that's okay too. *The More We Love* leads with love, and part of loving people well means respecting their autonomy, their beliefs, and their individual path toward wholeness.



Important Contact Information

We are here for you. Below is a list of key contacts to support you during your stay. Please reach out when you need help, have questions, or just need someone to talk to.

Leadership & Support Team

Carolyn
Operations Manager/ The Pathway Inn
425-491-6979

Stephanie
Survivor Program Coordinator
425-332-4842

Lilly
Survivor Program Associate
206-531-9716

Program Event Updates

Sarah Ann Hamilton
Survivor Program Manager
206-735-0899

For maintenance issues, please contact:

- stephanie@themorewelove.org
- carolyn@themorewelove.org



Three Strikes Policy

At *The More We Love*, we are dedicated to fostering a safe, respectful, and accountable community within the **Pathway Inn** program. To support this environment, we follow a **Three Strikes Policy** for all participants.

Strike One – Verbal Warning

A first strike will be issued for behaviors such as:

- Breaking program rules
- Disrespecting staff or other participants
- Refusing to follow reasonable requests
- Any action that disrupts the safety or harmony of the community

When a first strike is given, a **verbal warning** will be issued, and the incident will be documented in the participant's file.

Strike Two – Written Warning

If concerning behavior continues, a **second strike** will result in a **written warning**. This will also be documented and reviewed with the participants, including a conversation about expectations and the next steps.

Strike Three – Exit from Program

A third strike may result in **dismissal from the Pathway Inn program**. Decisions will be made with care, based on the severity and frequency of the behavior, and always with the intent to preserve community safety and trust.

Reapplication Policy

Participants who are excited about the program may **reapply after 60 days**. Reentry is not guaranteed and will depend on both the individual's readiness and program capacity at that time.

Continued Support

Being exited from the Pathway Inn does **not** mean losing support from *The More We Love*. We remain committed to everyone's journey and will continue to offer:

- Case management



- Advocacy
- Referrals to alternative housing or supportive programs

Our goal is to maintain a respectful, stable, and healing community while walking with each participant toward long-term growth and stability.



What Happens When You Leave?

At *The More We Love*, we want to be very clear:

It has been an honor to serve you.

We don't check boxes or collect data just to meet a goal. We build real relationships. And once you've been part of this program, your part of the More We Love family. Period.

Leaving Pathway Inn doesn't mean your journey is over. Honestly, it's just another step forward in becoming the person you were always meant to be. Whether you're moving into treatment, permanent housing, or taking your next step, please know this: **we still want to walk with you.**

If you leave Pathway Inn on good terms (not exited from the program), here's what you can expect:

- **Friday Drop-In Days**

You're always welcome. Every Friday from 9:00 AM to 5:00 PM, our doors are open. Whether you need support, want to talk, or just want to hang out around people who care - you're invited.

- **Follow-Up Calls**

You'll be added to our follow-up list. A Constant or someone from the leadership team will check in a few times a week. You don't have to answer but know that we're reaching out because we genuinely care and want to make sure you're okay.

At *The More We Love* we're working hard to break the toxic message that tells survivors they don't deserve support. That's a lie.

We see you. We believe in you. And we'll keep showing up for you.

Like our Survivor Services Manager, Sarah Ann, always says: **"Relationships got you in, and relationships will get you out."**

We want to keep being your constant - in the good times, the hard moments, and everything in between.

You matter. You always have. And you always will.



Pathway Inn Program Exit Form

Participant Name: _____

Date of Exit: _____

Length of Stay: _____ days

Completed by (Staff Name): _____

Exit Information

1. Last Night Stayed: _____

2. Where are you going after leaving?

Permanent housing

Transitional housing

Shelter

Staying with family/friends

Unknown

Other: _____

3. Do you feel your next place is safe?

Yes

No

Unsure

If no or unsure, did staff offer a safety plan or alternative options?

Yes

No

4. What are your next steps or goals after leaving?

(Examples: job search, treatment, reunification, housing application, rest, etc.)

Feedback on Your Experience

5. How would you describe your experience staying at The More We Love Pathway Lodging?

Positive

Negative

Neutral

Mixed

6. What did you find most helpful during your stay?

7. Is there anything you would suggest we improve for future participants?



Staff Notes (For Internal Use)

- Discharge reason: _____
- Referrals provided: _____
- Follow-up scheduled? Yes No | Date: _____
- Transportation arranged? Yes No | Mode: _____
- Exit debrief completed? Yes No
- Are they able to re-enter the program? Yes No | If No WHY?

Participant Signature (if willing)

Date

Staff Signature of Staff

Date



Contact List – Who to Call Daily for help

- UGM (Union Gospel Mission): 206-501-4357
What was the outcome?

- Family Intake Line: 206-245-1026
What was the outcome?

- DV Hope Line: 425-746-1940
What was the outcome?

- REST (if applicable): 206-451-7378 (Schedule this one on a text at 6:00am)
What was the outcome?

- Participant specific resources given during check-ins

