



## **Residential Recovery Program Phase Requirements/Class Synopsizes**

### **Phase I**

#### **Boundaries – 8 sessions**

Uses the Boundaries Video Series by Dr. Henry Cloud and Dr. John Townsend. Presents a biblical view of boundaries: what they are, what they protect and how to use them. It discusses physical, mental, emotional, and spiritual boundaries. Helps to bring an awareness that we all need to know when to say 'yes' and when to say 'no' so that we can take control of our life.

#### **Codependency – 6 sessions**

Studies the signs and symptoms of codependency, with a personal exploration of our own experience. Looks at relationships with family, work, friends, and the world at large. Discusses personal fears and anxieties about what other people think of us, how we control others, how we fail to set healthy limits with people, and more.

#### **Introduction to 12-Step – 12 sessions**

Gospel approach to 12-Step Recovery using biblical passages as a background for understanding the power of the Gospel at work in the 12-Steps.

#### **Peer 12 – 12 sessions**

Introduction to the twelve step that NA and AA use. I uses questions out of the Working the Steps step study guide. Intent is to help participants better understand what each step is and does for them if they work them. Also gives them a better understanding so when they are in meetings that talk about the steps, they know a little bit about what is being shared.

#### **Self-Esteem – 4 sessions**

Based off of the book, "The Search for Significance", this class discusses why people have a desire to feel significant. Discussions about what behaviors, and thoughts lead people away from the true meaning of significance, and what can make it difficult to come to God. Also discussed are ways that people can restore their relationship with God, the source of True significance.

#### **Spiritual Formations (Group) – 8 sessions**

In the context of a supportive community, program participants are encouraged to develop a discipline - a "holy habit" -- of growing their relationship with God. Through exploring six traditions of the church - prayer, accountability in community for moral choices, witness of the Holy Spirit, social justice (how

we serve others in need), sharing the message of hope, and seeing the connection between faith and works – group members practice a “spiritual exercise” each week and then share with each other what they learned about God and what they learned about themselves. The goal is accountable discipleship within an intentional and nurturing community.

### **Stop the Chaos – 4 sessions**

Class 1 asks the question “What does recovery mean?” and how do we integrate the principles of recovery into our daily life? Introduces the HOW principle, (honest, open, willing), addresses we must admit we are powerless, and the patience required since this is a lifelong journey rather than a destination. Class 2 deals with accepting the severity of our addiction, coping with emotions, identifying feelings, owning our feelings, the A+B=C formula, our belief system and how it affects our decisions, asking for help, looking at the role of anger and resentment, and spirituality. Class 3 deals with susceptibility in early recovery. Identifying dangerous situations, developing and emergency plan (our support system), stress in relapse. Introduces HALT (hungry, angry, lonely, tired) and behavioral changes needed. Class 4 the video, is in two parts, the first part listens in on a home group as they discuss what is working for them, and the second part is several scenarios that are likely to occur and how the “addict” in each segment handles the stressful situation.

## **PHASE II**

### **Anger – 8 sessions**

Uses scripture and biblical lessons to prove that anger is a gift from God, like any of the other 5 basic emotions, and that its primary purpose is as a motivator for positive change as well as for survival. Anger is the most misunderstood, as well as the most often used emotion to cover up what’s really going on. This is why it can be so destructive to self, and others.

Anger cannot be “managed”, any more than we can “manage” our happiness, but we can learn to live with it in peace when it occurs, and this class proposes (hopefully) this understanding and some tools that can be intentionally practiced in order to get there.

### **Forgiveness – 8 sessions**

Uses the Companions in Christ- (small group experience in Spiritual Formations). Group encourages individual to live a forgiven and forgiving life in response to Christ’s call. It encourages the growth in the heart and mind of Christ. It deals with living in God’s Blessing, releasing shame and guilt, receiving God’s forgiveness and forgiving others, seeking reconciliation and becoming the Beloved Community.

### **Christian Car Care – 8 sessions**

Hands-on basics of car care which includes weekly Bible life-application lessons tied to the car lesson.

### **Decision Making – 4 sessions**

Discusses the successful strategies for making strong, healthy decisions. Topics discussed include: Defining the problem, investigating options, evaluate the outcomes, committing, and action

### **Hooked for Life – 6 sessions**

Teaches the basics of fishing, with each week tied to a biblical life-application lesson. Includes two fishing outings.

## **PHASE III**

### **Behavior Modification - 8 weeks**

An introduction to what needs to change. Is a self awareness class that promotes change. A negative behavior is selected and monitored throughout the eight weeks. Participants are asked to write down everybody in the class's behavior as well and monitor those. Halfway through the class we see how many times we recognize the behavior and choose a positive behavior instead. A scripture that goes in line with each class. It deals with instant gratification, payoffs, consequences, rewards, defense mechanisms, feelings and fear

### **Relapse Issues – 6 sessions**

A class about life-coping tools that can be used when we get back into old behavior patterns or old ways of thinking while we are working a good recovery program. The class helps recovering addicts understand that relapse is a part of recovery. Class points out that recovery is a life time process that needs maintenance with having a sponsor, getting a support group, attending church regularly, being with family, and being honest.

Relapse issues uses two books: Coming Back from a Relapse (a workbook) and Relapse and The Addict. In the latter book, we talk about triggers and an eight stage relapse process.

### **Spiritual Journey – 12 sessions**

A combination of AA's 12-steps and scripture. Each step is given a related Biblical text and a spiritual discipline. The first 4 weeks are looking at your personal story and the requirements of completing the study. Also covered are the need for community and an overview of common behavior characteristics. The remaining 12 weeks deal with each step of the 12 steps and require that you do the homework in the book prior to class. Class time becomes an opportunity to discuss what we have learned about ourselves, our behaviors, and to answer questions (as a group) that may arise.

### **Stage II Recovery – 8 sessions**

Stage II Recovery focuses on the importance of building healthy relationships as a necessity of long-term recovery. The approach is that abstinence, although of key importance, is only the first step of real recovery, and the real hard work begins after this has been sustained for a time.

Healthy relationships are impossible (therefore recovery is impossible), if one is not willing to address the underlying personality dysfunctions and behavior patterns that are associated with addictions. In order to achieve this, we need to look at our beliefs and survival tactics that were learned from a very young age. We have to question whether or not our belief systems are based in reality, or false information (Michael Dye would call this "projected lies").

### **Safe People – 8 sessions**

A relationship class based on the book, “Safe People” Dr. Henry Cloud and Dr. John Townsend. The class focuses on the traits of safe and unsafe people with the goal of helping us recognize those people who are trustworthy. We learn how to avoid unhealthy relationships while building positive ones with a romantic partner, family, friends, co-workers and others we come in contact with in our daily lives. We deal with forgiveness, both forgiving and being forgiven and many other issues that help us determine whether we, ourselves, are safe people. In the final chapters, we discuss what to do about relationships that we are involved in that may be unhealthy for us.

### **Social Integration – 6 sessions**

Examines interactions and relationships and how they affect the Recovery process. Goal is to discover how to use the principles of Recovery in relationships.

## **PHASE IV**

### **Money Management – 5 sessions**

Intended to help prepare students think through practical financial issues as they approach their return to managing household finances. It consists of presenting basic money management strategies as well as scriptural principals found in the Bible.

The classroom discussion and homework walk students through most aspects of day-to-day financial issues and includes: creating a budget, methods to capture income and expenses for budget comparison, presenting/sharing ideas on saving money and generating extra revenue, and common-sense methods of saving and investing.

### **Intro to Christianity – 5 sessions**

Participants are introduced to the Bible (history, lay-out, how to use for study and prayer), church history, denominations, sacraments, grace, forgiveness and faith. Students are encouraged to explore their faith, know why they believe what they believe, and are required to attend a worship experience different than what they are accustomed to.

### **Job Skills – 6 sessions**

Prepares participants for the opportunity of finding employment in Phase IV. Explores coping with on the job stress, employment applications, employment interviews, housing applications, housing interviews, teamwork on the job, dressing for success, budgeting and other areas to prepare the participants for their future career path.

## **PHASE V - Transition**

Participants begin the graduation application process, including goals and plans for employment and housing.