

# New Life Recovery Program Structure

## Lighthouse Rescue Mission

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### **PURPOSE:**

To provide substance abuse recovery services to drug and alcohol dependent men in a supportive, drug-free environment so that they may begin to develop and implement long-range recovery plans. By attaining realistic goals at each level of the program, individuals will be taught the principals of the Christian faith, basic life skills and good work ethic; realize their potential and worth (in God's eyes) and be motivated to progress to the next level. Furthermore, by understanding the nature of "addiction" and the "relapse process", individuals will be taught how to stay clean and sober.

All aspects of recovery will be approached: spiritual, emotional, moral, social, and physical. In this program, Jesus Christ – the Son of God – is made clear to be the only and true Higher Power. Through study of the Bible – God's holy word, individuals will have the opportunity to lay hold of God's promise: "Therefore if any be in Christ, *he is* a new creature: old things are passed away; behold, all things are become new." (II Corinthians 5:17)

A Secondary Purpose of this program is to provide to these individuals the opportunity upon graduation for education, career training, job placement, and follow up support so that graduates can remain clean and sober and become responsible, contributing members of the community.

### **STRUCTURE AND LENGTH OF PROGRAM**

	Candidate Phase	30 days
1.	Basics Training	2 months
2.	Discipleship Training	3 months
3.	Development Training	3 months
4.	Transition Living/Job Training/ Continuing Education Prep	3 months

*Time in each Phase may be adjusted by the Director and Case Manager.*

### **CANDIDATE PHASE**

### **PURPOSE:**

In the probationary period, the candidate will evaluate the program and decide if it meets his present needs. The Program Staff will evaluate the candidate's sincerity regarding our stated purposes. In this phase, the candidate will begin to participate in all program activities.

### **QUALIFICATIONS:**

- A. Candidate must be open to knowing Jesus Christ as Savior and Lord. (Higher Power)
- B. Candidate must demonstrate a desire to be in a disciplined, structured, recovery program.
- C. Candidate must demonstrate a desire to grow spiritually, emotionally and mentally.

### **REQUIREMENTS:**

- A. Candidate will be assigned to Bible study classes, Personal Development classes, Morning Devotions, Daily Work assignment, Evening Chapel service, and the Morning House meetings. All of these activities are mandatory. Candidate will complete the Intake Document, and sign his Individual Recovery Plan.
- B. Candidate will attend a local evangelical church approved by the Director.
- C. Candidate must follow **all** Mission policies and guidelines. Candidate will receive a copy to study.  
**All Program Members must submit to random drug/alcohol testing.**
- D. Candidate will sign up for County Medical Services program.
- E. Candidates will attend scheduled counseling sessions each week.
- F. Candidate will be tested for academic studies placement.
- G. Candidate will submit a written request for advancement to Phase 1.
- H. Candidate will complete Lessons 1-8 of the Assurance of Salvation Booklet.
- I. Candidate will watch and reflect on the "Jesus Film" movie.

### **REQUIREMENTS (CONT'D):**

- J. Candidate will memorize selected verses from the Bible (see Candidate Requirements check off sheet for specific verses that will be memorized).
- K. Candidates will read and do an application for each chapter of the book 1John.
- L. Candidate will complete a list of short and long term goals.
- M. Candidate will write an "Addiction Biography" detailing his drug/alcohol use in the past.

### **REWARDS FOR COMPLETION OF CANDIDATE PHASE:**

- A. Resident will receive one day off each week.
- B. Resident will be helped with personal needs such as dental, medical, legal and education, etc.
- C. Resident will receive a Certificate of Completion for Candidate Phase.
- D. After 30 days within Phase 1, the resident will receive one 4-hour pass weekly.

## **PHASE 1: "BASICS" TRAINING**

### **PURPOSE:**

- A. To learn basic principles and doctrines of The Bible.
- B. To learn basic principles of addiction and recovery.
- C. To begin to develop habits and behaviors which honor God and assist in recovery.
- D. To begin to develop healthy relationships with people in the community.
- E. To begin enhancement of academic skills.

### **QUALIFICATIONS:**

- A. Resident must have successfully completed the Candidate Phase.
- B. Resident must have attended all required functions.
- C. Resident will have been reviewed by staff and deemed ready for advancement.

### **REQUIREMENTS:**

- A. Resident will participate (interact/do homework) in **ALL** classes as assigned.
- B. Resident will participate in Christian service activities for the Lighthouse Rescue Mission.
- C. Resident will write out the plan of salvation and conflict resolution per John 3 & Matt. 18.
- D. Resident will attend weekly counseling sessions and (or) outside counseling if necessary.
- E. Resident will participate in and meet his goals for academic advancement.
- F. Resident will acquire State issued photo I.D. and a Library Card from the county Library.
- G. Resident will begin to clear up any outstanding legal issues, including back child support.
- H. Resident will submit a written "fearless moral inventory" to his counselor or case manager.
- I. Resident will submit a written request for advancement to Phase 2.
- J. Resident will be reviewed by staff and deemed ready for the next phase.

### **REWARDS FOR COMPLETION OF PHASE 1:**

- A. Resident will receive a certificate of completion for Phase 1.
- B. Resident may receive one 8-hour pass within Phase 2 on a weekly basis.

## **PHASE 2: DISCIPLESHIP TRAINING**

### **PURPOSE:**

- A. To develop deeper understanding of God's Word and addiction/recovery principles.
- B. To truly break cycles of addictive behavior, thinking and attitudes.
- C. To learn to share our faith in Christ by scripture memorization and evangelistic training.
- D. To learn to relate to others in a Biblical and God honoring way.
- E. To enhance academic skills and become computer literate.
- F. To develop a one-year plan for rebuilding his life.

### **QUALIFICATIONS:**

- A. To have successfully completed all assigned studies/classes.
- B. To have participated in all Christian Service opportunities.
- C. To have attended and committed to, by membership, an Evangelical Church.
- D. To have demonstrated basic Bible knowledge/recovery principals.

### **REQUIREMENTS:**

- A. Resident will begin the “Staying Sober” Relapse Prevention curriculum.
- B. Resident will write out short-term goals. (A one year plan)
- C. Resident will explain in writing what “Post Acute Withdrawal” is.
- D. Resident will explain in writing how to deal with “P.A.W.” symptoms.
- E. Resident will write four (4) critical relapse warning signs from his experience.
- F. Resident will develop a written testimony and present it verbally in Chapel.
- G. Resident will begin to attend a minimum of two (2) outside meetings per week, at least one of which will be a Christian Recovery meeting.
- H. Resident must be able to explain Spiritual Warfare, per Ephesians 6:10-20.
- I. Resident will submit a written request for advancement to Phase 3.
- J. Resident will be reviewed by staff and deemed ready for advancement.

### **REWARDS FOR COMPLETION OF PHASE 2:**

- A. Certificate of advancement for completion of Phase 2.
- B. Eligible for one 4-hour pass and one 8-hour pass on a weekly basis.

## **PHASE 3: DEVELOPMENT TRAINING**

### **PURPOSE:**

- A. To develop Spiritual gifts and leadership skills.
- B. To begin mentoring program members in Candidate, Phase 1 and Phase 2.
- C. To acquire a G.E.D. or High School diploma before starting to work.
- D. To begin or continue in career of choice or continuing higher education.
- E. To begin job training or vocational rehabilitation if necessary.

### **QUALIFICATIONS:**

- A. To have completed all assigned studies with passing grades.
- B. To have attended all classes, counseling session and assigned functions.
- C. To have shown progress in relationships and attitudes which are God honoring.
- D. To have demonstrated understanding and application of Christian life principals.

### **REQUIREMENTS:**

- A. Resident will create a resume.
- B. Resident will begin career counseling or vocational training.
- C. Resident will complete all assignments related to program graduation.
- D. Resident will write a five-year plan for his life.
- E. Resident will be actively serving in his church as possible.
- F. Resident will establish and live within a budget. (Including savings)
- G. Resident will submit the names of three people, outside of the Mission, who he has “reality checks” with on a regular (minimum weekly) basis.
- H. Resident will take the GED test. (If applicable)
- I. Resident will be able to explain the relapse process and how to interrupt that process.
- J. Resident will explain the importance of the support group to his continued recovery and describe a good recovery-maintenance program. (in writing)
- K. Resident will become involved in outreach ministries such as Chapel services, Morning Devotions, Street evangelism, Bible studies, Relapse prevention group, Community service, etc.

### **REWARDS FOR COMPLETION OF PHASE 3:**

- A. Certificate of advancement for completion of Phase 3.
- B. Residents may receive one 4-hour pass and one 8-hour pass on a weekly basis.
- C. Residents may receive one 24-hour pass monthly during Phase 4 with approval of the Director and Case Manager.
- D. Residents may be eligible for part time employment after completion of 30 days in Phase 4.

## **PHASE 4: TRANSITIONAL LIVING/JOB TRAINING/ CONTINUING EDUCATION PREP**

### **PURPOSE:**

- A. To allow residents of the New Life program the opportunity for vocational or academic training
- B. To have submitted a realistic, attainable 5-year plan to the Case Manager.
- C. To have enrolled in and been accepted by one of the following:
  - a. Vocation Training Program
  - b. Bible College (or other college level academic course of study)
- D. To be working full or part-time.
- E. To secure a place to live after program graduation.
- F. The resident will continue to demonstrate an earnest desire to live a responsible Christian Life.

### **REQUIREMENTS:**

- A. The resident will attend at least one outside Bible study each week.
- B. The resident will maintain affiliation with his/her local church.
- C. The resident will continue to abstain from alcohol or any other drug use.
- D. The resident will submit to random drug testing.
- E. The resident will attend the regularly scheduled House Meeting each week.
- F. The resident will maintain his course of study as listed in "Qualifications" above.
- G. The resident will remain under the authority of the BRM staff.
- H. The resident will obey all house rules and abide by his/her transitional contract.
- I. All money from work except for expenses will be deposited in resident's own bank account or in Mission's bank account.

### **BENEFITS OF COMPLETION OF PHASE 4:**

- A. The Graduate will have gained job or academic skills, credential or certificate.
- B. The Graduate will receive a letter of recommendation from the Director and/or the Case Manager.
- C. The Graduate will have an advantage with area employers who support Phase 4.
- D. The Graduate will have additional, verifiable time in sobriety.
- E. The Graduate will be given the time necessary to save money for his/her move to an independent living situation.
- F. The Graduate will be honored at the next Graduation Ceremony of the Boise Rescue Mission Ministries should he remain clean and sober.
- G. Graduates will be eligible for financial assistance for continuing education/vocational training.
- H. Graduates may be able to move into transitional housing units managed by the Lighthouse Rescue Mission or by the River of Life Rescue Mission.