

**Boise Rescue Mission Ministries**  
**River of Life Rescue Mission**  
**New Life Drug and Alcohol Recovery Program**

**PURPOSES:**

To provide substance abuse recovery services to chemically dependent/alcoholic individuals 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 phase program, the individual will learn the principles of the Christian faith, basic life skills, good work ethic, realize an increase in self-esteem and be motivated to progress to the next level. By understanding the nature of addiction, and the relapse process, he will learn to stay sober.

All aspects of recovery will be approached, spiritual, emotional, moral, social, psychological and physical. In this program Jesus Christ is our Higher Power. Through study of the Bible, each man will have the opportunity to lay hold of God's promise: "Therefore, any man who is in Christ, becomes a new creature, old things pass away, behold, all things become new." (II Corinthians 5:17)

A secondary purpose of this program is to provide these same opportunities to individuals who are homeless due to their circumstances, and to provide everyone the opportunity upon graduation for education, career training, job placement and follow up support so that graduates can be sober, responsible contributing members of the community.

**STRUCTURE AND LENGTH OF PROGRAM**

Phase 1:	Probationary Period	14 days
	Candidate Phase	16 days
Phase 2:	Basic Training	4-6 months
Phase 3:	Discipleship	4-6 months
Phase 4:	Development	4-6 months

*Graduation follows successful completion of phase four.*

Phase 5:	Transition/Job Training	13-19 months
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*The time ranges listed above are approximate, and depend on individual issues. Typical time to successfully complete the four phase recovery program is 13 to 19 months. The Transitional phase (phase five) would commence after this.*

## ***PHASE 1 (PROBATIONARY/CANDIDATE)***

### **PURPOSES:**

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 and readiness regarding our stated purposes. In Phase One, 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 Weekly House meeting. 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 Program staff.
- 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. Candidate will write an "Addiction Biography" detailing his drug/alcohol use in the past.
- F. Candidate will view the "Jesus" film and memorize the scripture as directed. (John 3:16; Rom. 3:23)
- G. Candidate will be assigned a counselor and attend scheduled counseling sessions each week.
- H. Candidate will be tested for academic studies placement.
- I. Candidate will submit a written request for advancement to Phase 2.

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

- A. Candidate will be given a bed in the Resident Program dormitory.
- B. Candidate will receive one day off each week.
- C. Candidate will be helped with personal needs such as dental, medical, legal and education, etc.
- D. Candidate will receive a Certificate of Completion for Phase 1.
- E. Candidate will receive a Life Recovery Bible or equivalent.

## ***PHASE 2 (BASIC TRAINING)***

### **PURPOSES:**

- 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 begin the “Staying Sober” Relapse Prevention curriculum.
- C. Resident will participate in Christian service activities for the Boise Rescue Mission.
- D. Resident will write out the plan of salvation and conflict resolution per John 3 & Matthew 18.
- E. Resident will attend weekly counseling sessions and/or outside counseling if necessary.
- F. Resident will begin to develop his goals for academic advancement.
- G. Resident will acquire State issued photo I.D. and a library card from the city/county Library.
- H. Resident will begin to clear up any outstanding legal issues, and provide a detailed list of financial obligations, confirmed by a credit and/or background check.
- I. Resident will submit a written “fearless moral inventory” to his counselor or case manager.
- J. Resident will submit a written request for advancement to Phase 3.
- K. Resident will be reviewed by staff and deemed ready for the next phase.

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

- A. Resident will receive a certificate of completion for Phase 2.
- B. Resident will receive a study tool, such as Concordance, Bible dictionary or recovery book.
- C. Resident may receive extra privileges such as two hour and/or four hour passes, to be used while in Phase 3.

### ***PHASE 3 (DISCIPLESHIP TRAINING)***

#### **PURPOSES:**

- A. To develop a 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.
- D. To learn to relate to others in a Biblical and God honoring way.
- E. To enhance academic skills, as well as introduce or improve computer skills.

#### **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 attendance, not necessarily membership) an Evangelical Church on the approved church list.
- D. To have demonstrated basic Bible knowledge/recovery principals.

#### **REQUIREMENTS:**

- A. Resident will begin mentoring Phases 1 & 2 program members. Mentoring may include:
  - Being an accountability partner for a lower phase program resident during his pass.
  - Sharing a room with a phase 1 or 2 resident.
  - Assisting with phase 1 or 2 resident homework/study, especially with the Genesis Process, Staying Sober, Healed by Grace, and Through the Bible in One Year Courses.
  - Regularly praying together with a phase 1 or 2 "prayer partner". Prayer partner and frequency to be assigned and monitored by program staff.
- B. Resident will develop short-term goals. (A one year plan, including goal of G.E.D or high school equivalency, if applicable).
- C. Resident will explain in writing the meaning of "Post Acute Withdrawal".
- 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 submit the names of three people, outside of the Mission, who he has "reality checks" with on a regular (minimum weekly) basis.
- G. Resident will develop a written testimony and present it verbally in Chapel or to the program residents at a house meeting.
- H. 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.
- I. Resident must be able to explain Spiritual Warfare, per Ephesians 6:10-20.
- J. Resident will submit a written request for advancement to Phase 4.
- K. Resident will be reviewed by staff and deemed ready for advancement.

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

- A. Certificate of advancement and special gift such as for Phase 2 advancement.
- B. Eligible for one (1) twenty-four (24) hour pass each month while in phase 4.
- C. Possibility of change in work assignment or day off.

## ***PHASE 4 (DEVELOPMENT TRAINING)***

### **PURPOSES:**

- A. To identify and begin to develop Spiritual gifts and other strengths.
- B. To acquire a G.E.D. or High School equivalency if necessary and possible.
- C. To begin and finalize vocational, career, higher education or training planning
- D. To secure a place to live after program graduation. Third floor transitional housing is available and encouraged.

### **QUALIFICATIONS:**

- A. To have completed all assigned studies with passing grades.
- B. To have attended all classes, counseling sessions 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 principles.

### **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 a first draft budget for use upon obtaining part time employment during the 2<sup>nd</sup> half of phase 4, or for use upon completion of the program.
- G. Resident will take the GED test. (If applicable)
- H. Resident will be able to explain the relapse process and how to interrupt that process.
- I. Resident will explain the importance of the support group to his continued recovery and describe a good recovery-maintenance program. (in writing)
- J. Resident will orally demonstrate thorough knowledge of his FASTER scale.
- K. Resident will establish and commit to a support & accountability group (change group) of 3-4 men. This group must meet a least once a week.
- L. 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 FOUR:**

- A. Graduation! Graduates will be honored at a Graduation Ceremony, conducted each spring.
- B. Graduate will become eligible to apply for residence in transitional housing and/or other programs offered by Boise Rescue Mission Ministries.
- C. Graduate may begin full time employment outside of the Mission or full time student status.
- D. Graduate may be offered extended Guest status to save their money for housing.
- E. Graduate may be eligible for scholarships for continuing education/vocational training.
- F. Graduate will be given a letter of recommendation from the Program Director.

## ***PHASE 5 (TRANSITIONAL LIVING/JOB TRAINING/CONTINUING EDUCATION)***

### **PURPOSES:**

- A. To allow Graduates of the New Life program the opportunity for vocational or academic training
- B. To have submitted a five year plan to the Executive Director, which is deemed attainable.
- 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. The Graduate will continue to demonstrate an earnest desire to live a responsible Christian Life.

### **REQUIREMENTS:**

- A. The Graduate will attend at least one outside Bible study each week.
- B. The Graduate will maintain affiliation with his local church.
- C. The Graduate will continue meeting with his support/accountability group (change group) on a weekly basis.
- D. The Graduate will continue to abstain from alcohol or any other drug use, including tobacco.
- E. The Graduate will submit to random drug testing.
- F. The Graduate will attend the Transition Community Meeting each week.
- G. The Graduate will attend at least two program house meetings each month.
- H. The Graduate will maintain his course of study as listed in the above requirements.
- I. The Graduate will remain under the authority of the Boise Rescue Mission staff.
- J. If the Graduate is able to earn income, he will give a portion of that income to the Boise Rescue Mission Ministries.
- K. The Graduate will obey all house rules and abide by his transitional contract.

### **BENEFITS OF COMPLETION OF PHASE FIVE:**

- A. The Graduate will have gained job or academic skills, credential or certificate.
- B. The Graduate will receive a letter of recommendation from the Executive Director.
- C. The Graduate will have an advantage with area employers who support Phase 5 (five).
- D. The Graduate will have additional, verifiable time in sobriety.
- E. The Graduate will be in a much safer environment than in a fully independent living situation.
- F. The Graduate will have greatly reduced living expenses, thereby giving him the time necessary to save money for his/her move to an independent living situation.
- G. The Graduate will be honored at the next Graduation Ceremony of the Boise Rescue Mission Ministries.