

SPIRITUAL LIFE MENTORING

Ministry Training



Miracle Hill
MINISTRIES

Miracle Hill Ministries

Overcomer Center
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Renewal Center
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Overcomer/Renewal Spiritual Life Mentoring Ministry

Training Program Overview

| | |
|-------------|--|
| Lesson 1: | What it Means to be a Spiritual Life Mentor “What do you need and how can I help you?” |
| Lesson 2: | Understanding Addictions and Recovery “Nothing changes until something changes” |
| Lesson 3: | Program & Transition Foundations “The most precious gift God has given us is the power to choose” |
| Lesson 4: | How the Covenant Relationships Works “With man it is impossible, but all things are possible through God” |
| Lesson 5: | Healthy Confrontation and Conflict Resolution “In matters of style, swim with the current: in matters of principle, stand like a rock” |
| Appendix | |
| Appendix A: | Renewal Program Foundations |
| Appendix B: | Overcomers Program Foundations |

Visits to Renewal Center and/or Overcomer Center
(timing to be determined)

Welcome interested mentors:

Let me take this opportunity to thank you for wanting to be a part of Miracle Hill's Mentor Training Program. Few things are more important to the success of an Overcomer or Renewal graduate than a significant and meaningful relationship with a caring mentor. Whether your mentee does well or does not, you will have been a "seed sower" of good things into his or her life. You can't change people or make them do what you think is best. But you can create an atmosphere or environment where God can work to make a difference. Also know that God will make a difference in your life too.

I've always thought that there were actually 2 Overcomer Programs and 2 Renewal Programs. There are some who only want to "Commit," meaning they will do what they are asked and focus substantially on graduation. Others really want to "Surrender," meaning that they really want internal transformation that will hopefully never end. We pray that God will move them from commitment toward surrender.

And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ. Philipplians 1:6 (ESV)

| Commitment | Surrender |
|------------------------|---------------------------|
| HARM REDUCTION | TRANSFORMATION |
| FOCUS ON EXTERNALS | FOCUS ON INTERNAL |
| THE CATEPILLAR | THE BUTTERFLY |
| OBEYING THE RULES | FOLLOWING THE SAVIOR |
| TOLERATING THE PROGRAM | EMBRACING THE PROGRAM |
| FOCUS ON COMPLETING | FOCUS ON NEVER COMPLETING |
| CONFLICT & RELUCTANCE | COOPERATION & ENTHUSIASM |
| GOSSIP & DIVISION | PRAYER & UNITY |

The Renewal and Overcomers Programs are perhaps a journey from "commitment" to "surrender." "Commitment isn't bad, but "surrender" is better. When, how, and if you move from "commitment" to "surrender" is an individual thing; for which we all fervently pray.

Again, welcome to the training. May God use what you learn to bless others.



Ryan T. Duerk, CEO
Miracle Hill Ministries

Spiritual Life Mentoring's Two-Fold Purpose

PURPOSE 1: To provide a mentoring and accountability relationship in the lives of the Overcomer and Renewal graduates.

GOAL: To increase the long term success rate for Overcomer/ Renewal graduates by supporting their commitment to becoming productive Christian members of their community and church family.

PURPOSE 2: To provide addictions training and understanding for members of local churches.

GOAL: To increase the long term ministry outreach of church members and to help local churches become more effective members of the body of Christ.

A Prayer for Our Ministry Journey

Holy Father, please show us just how special you have made us. Take us wherever you need to, so we can experience you like never before. Ignite our hearts. Let it burn for the things you desire most – people. Align our dreams and desires with yours.

Lord, we long to be known as a difference maker. Show us the way and your will, so we can follow. We fully acknowledge that we are nothing without you. Please grant us continued grace, love, and wisdom as we walk this journey with you.

God, give us strength to face our fears along the way. Fill us with your love. Make our motives pure and honorable. Teach us the things we still need to learn so we can truly honor you with all our lives. Grant us faith like never before. Help us move away from comforts and closer to your callings.

Father, help us find and fulfill the specific ministry in life you created us for so we can do your work in our generation for your glory.

In the name of Jesus we pray, Amen

Why Should We Be Interested in Ministry?

We have been CREATED for ministry! For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do. (Eph. 2:10)

We have been SAVED for ministry! It is He who saved us and chose us to do His holy work, not because we deserved it, but because that was His plan long before the world began. (2 Tim. 1:9)

We have been CALLED into ministry! God, in His grace, chose me before I was born, and called me to serve Him. (Gal. 1:15)

We have been GIFTED for ministry! God has given each of you some special abilities; be sure to use them to help each other, passing on to others God's many kinds of blessing. (1 Pet. 4:10)

We have been AUTHORIZED for ministry! Jesus said all authority in heaven and earth has been given to me. Therefore, go and make disciples. (Matt. 28:18-19)

We are COMMANDED to ministry! Your attitude must be like my own, for I, the Messiah, did not come to be served, but to serve. (Matt. 20:28)

We are to be PREPARED for ministry! God gave pastors and teachers to prepare God's people for works of ministry so that the body of Christ may be built up. (Eph. 4:11-12)

The Body of Christ NEEDS our ministry! All of you together are the one body of Christ and each of you is a separate and necessary part of it. (1 Cor. 12:27)

We are ACCOUNTABLE for our ministry! So then, each of us will give an account of himself to God. (Rom 14:12)

We will be REWARDED for our ministry! Whatever you do, work at it with all your heart, as working for the Lord, not men, since you know that you will receive an inheritance from the Lord as a reward. (Col. 3:23-24)

The Bible makes it very clear that ministry is not a minor topic.

Ministry is the CENTRAL ISSUE of the Christian life.

Ministry Related Scriptures

1. *The spiritual gifts scriptures - Romans 12:6-8; 1 Corinthians 12:8-10; 1 Corinthians 12:28; Ephesians 4:11; and 1 Peter 4:9-10*
2. *Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the LORD your God is with you wherever you go. Josh. 1:9*
3. *For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth. Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them. Ps. 139:13-16*
4. *Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths. Prov. 3:5-6*
5. *Commit your work to the LORD, and your plans will be established. Prov. 16:3*
6. *For I know the plans I have for you, declares the LORD, plans for welfare and not for evil, to give you a future and a hope. Jeremiah 29:11*
7. *Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. Mt. 11:28-29*
8. *And calling the crowd to him with his disciples, he said to them, "If anyone would come after me, let him deny himself and take up his cross and follow me. Mk. 8:34*
9. *Everyone to whom much was given, of him much will be required, and from him to whom they entrusted much, they will demand the more. Luke 12:48b*
10. *I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing. John 15:5*
11. *Present yourselves to God as those who have been brought from death to life, and your members to God as instruments for righteousness. Rom. 6:13b*
12. *Be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. Rom. 12:2b*
13. *Having gifts that differ according to the grace given to us, let us use them. Rom. 12:6a*
14. *Each of us will give an account of himself to God. Romans 14:12*
15. *Therefore, my beloved brothers, be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord your labor is not in vain. 1 Cor.15:58*

16. *For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. For in one Spirit we were all baptized into one body...all were made to drink of one Spirit. But as it is, God arranged the members in the body, each one of them, as he chose. 1 Cor. 12:12,13,18*
17. *But let each one test his own work, and then his reason to boast will be in himself alone and not in his neighbor. For each will have to bear his own load. Gal. 6:4-5*
18. *For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them. Eph. 2:10*
19. *To him who is able to do far more abundantly than all that we ask or think, according to the power at work within us. Eph. 3:20*
20. *Not by the way of eye-service, as people-pleasers, but as servants of Christ, doing the will of God from the heart, rendering service with a good will as to the Lord and not to man, knowing that whatever good anyone does, this he will receive back from the Lord, whether he is a slave or free. Eph. 6:6-8*
21. *And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ. Phil. 1:6*
22. *I pray that your love will keep on growing and that you will fully know and understand how to make the right choices. Then you will still be pure and innocent when Christ returns. And until that day, Jesus Christ will keep you busy doing good works that bring glory and praise to God. Philippians 1:9-11*
23. *It is God who works in you, both to will and to work for his good pleasure. Phil. 2:13*
24. *Not that I have already obtained this or am already perfect, but I press on to make it my own, because Christ Jesus has made me his own. Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus. Let those of us who are mature think this way, and if in anything you think otherwise, God will reveal that also to you. Only let us hold true to what we have attained. Phil. 3:12-16*
25. *Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ. Col. 3:23-24*
26. *Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith Hebrews 12:1-2a*

1: What it Means to be a Spiritual Life Mentor

“What do you need and how can I help you?”

God has called us to ministry but why this Lord?

- *John 1*
- *Matthew 22:37-40*
- *James 5:13-16*

Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing praise. Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith will save the one who is sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.

What it's like to have a "loser mentality"?

Humans are sometimes like elephants. When we are young, some unthinking, insensitive, unwise person says, "He's not very bright," or "He's not a leader," or "He'll never amount to anything," and zap, we drive a mental stake into our minds. It is negative reinforcement which leads to a victim mentality.



Often when we become mature adults, we are still held back by some of these inaccurate one-sentence "stakes" put in our minds.

Let's pull some stakes together!

The Fall and Grace

**Only two things have ever changed the human soul:
a) the fall and grace and b) the power of Satan
and the power of God. And God is infinitely more
powerful. Nothing is stronger than grace. Satan
doesn't have any. God is defined by it.**

-Larry Crabb

GRACE (God's Riches At Christ's Expense)

FAITH (Forsaking All, I Trust Him)

A Christian mentor makes all the difference!

Go back to an incident in your life where you were struggling with a really difficult issue. What difference would it have made if someone you really respected came along side you and asked two simple questions:

What do you need to do?

How can I help?

It is not about fixing someone else's life or making decisions for them. It is about being present.

Listening.

Loving like Jesus.

Spiritual Mentor Qualifications and Responsibilities

Qualifications:

- Member in good standing within his/her church
- Considered to be a growing Christian
- Known as a person who fulfills his/her commitments
- If in recovery, must be “clean” at least for the last two years

Responsibilities:

1. Complete and execute a covenant with your Mentee.
2. Make a minimum six-month commitment.
3. Be willing to attend your Mentee’s graduation.
4. Shepherd the Mentee to become involved in his church community.
5. Commit to an accountability partnership relationship with your Mentee.
6. Commit to meeting with Mentee weekly for the first six weeks (usually in Level 4) to develop the relationship.
7. For the first six months, commit to meet routinely with your Mentee.
8. Commit to be available to talk with your Mentee at all times.
9. Commit to respond to your Mentee’s contact as soon as possible.
10. Agree to actively pursue confrontation and conflict resolution.
11. Keep all conversations confidential.
12. Never loan or give money/material goods to the Mentee.

Both the Spiritual Mentor and Mentee must agree to work to develop an intimate relationship defined as “a mutual, consistent, sustained, significant sharing of thoughts, love, trust and respect both verbally and non-verbally”.

Three Important Mentoring Principles

**Being a mentor, or an accountability partner, is a
“two way street”**

Principle 1

You can't know any more about the other person than you are willing to know about yourself. Be honest regarding your own issues.

Principle 2

You can't take another person any further than you are willing to go yourself. Get additional support as needed to work on your own issues as well as those of your mentee.

Principle 3

You can't influence the other person any more than you are willing to expose yourself. Admit that you also have problems and challenges.



The greatest personal growth and healing comes in helping others.

2: Understanding Addictions and Recovery

“Nothing changes until something changes”

The Human Predicament - Genesis 3:1-6

- 3:1 Now the serpent was more crafty than any of the wild animals the LORD God had made. He said to the woman, "Did God really say, 'You must not eat from any tree in the garden'?"
- 3:2 The woman said to the serpent, "We may eat fruit from the trees in the garden,
- 3:3 but God did say, 'You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.'"
- 3:4 "You will not surely die," the serpent said to the woman.
- 3:5 "For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil."
- 3:6 When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it.

The one thing we cannot do is to be in control of our own life. God tells us that only He can do this.

Addiction is when we don't want to admit we are out of control and where we will medicate that reality to avoid pain. Biblically this is idolatry.

Addictions in the United States

Top 10:

1. Coffee
2. Tobacco
3. Alcohol
4. Sex
5. Illegal and prescription drugs
6. Gambling
7. Video Games
8. Food
9. Work
10. YOUR PHONE

Additional to consider:

1. Possessions (Money)
2. Social media (E-mail, Facebook, Twitter, etc.)
3. Television
4. People (rich, movie/TV stars, famous, reality, crime, sports, etc.)
5. Politics
6. Sin

The Brain and Addiction

- The first year of life – safe /dangerous
- The Limbic System (acts without thought; survival systems)
 - Food
 - Safety
 - Eventually Sexuality

- The 6 automatic responses
 - Fight
 - Flight
 - Freeze
 - Feign
 - Fuddle
 - Faith

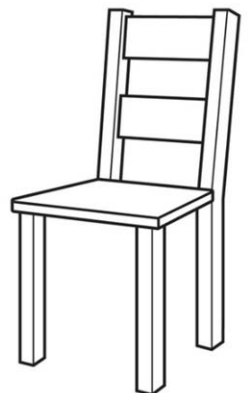
- The Limbic system imprints memories of
 - Fear and pain
 - Pleasure and reward
- The center of cravings – do it again
- Addictions are about self-gratification, and temporarily finding peace
- Definitionally they are self-destructive coping behaviors

- Addictions are anesthetics.
 - Temporarily push unwanted beliefs, emotions and behaviors out of the conscious awareness
 - Ultimately becomes not about feeling high, but feeling normal
 - Beliefs create thoughts that generate emotions that drive behavior

Behaviors come from our emotions that come from our heart

If you want to change behavior, you have to change the heart

Experience + Action + Time = Belief



Five Models of Addiction

In the addiction field there are many models from which the treatment community view AOD (alcohol and other drug) problems. This is important, as these are the ways that people think of drug and alcohol abuse (AODA). The perspective of the potential client and that of the family tend to indicate which approach will benefit the person long term. A less categorical approach is currently favored, in which the problem is viewed from many perspectives, and at this time is the trend in AODA treatment.

Below are some of the major categorical classifications of alcohol and other drug abuse perspectives in a developmental context and will familiarize you with some of the most common and prominent philosophies in AODA. Each section will discuss causal factors, or the theory that states the cause of AODA; suggested courses of treatment, or what is recommended in the intervention of AODA; and treatment specialists, or who specializes in each model.

1. Moral Model

This is perhaps the longest standing view of AODA, its suggested course of treatment and sources of its causal factors. From the viewpoint of the Moral Perspective AOD abuse is seen as an infringement of societal rules by the abuser. Proponents feel it is a punishable crime and the individual is responsible for his or her choices. Many in the religious community take this viewpoint and criticize AOD use as a sinful act and a crime by the laws of society.

Causal Factors

1. Spiritual Deficit
2. Conscious Choice

Suggested Courses of Treatment

1. Clergy Intervention (Spiritual Guidance)
2. *Moral Persuasion*
3. Imprisonment/Social Consequences

Treatment Specialists

1. Clergy, Law Enforcement

2. Temperance Model

The temperance model has habitually been confused with moral approaches. This perspective began with a prohibition movement in the late 19th century. The movement emphasized the idea of moderation as primary to the shortcomings of treatment. The conviction was that moderation was an impractical task. Abstinence was asserted as the only alternative. The core assumption of the temperance movement was that the addictive and destructive power of the drug is strong and that **it is the drug itself that is the problem.**

Causal Factors

1. The actual drug in itself

Suggested Courses of Treatment

1. Abstinence
2. Prohibition

Treatment Specialists

1. Abstainers
2. Legislators

3. Disease Model

After the successful repeal of Prohibition in the United States, a new viewpoint from which to view AODA was needed. In 1935, the same year Alcoholics Anonymous was founded by Bill W. and Dr. Bob, the American Disease perspective was developed primarily from the assertion that AODA is a **unique, irreversible, and progressive disease.** The belief of those who support this model is that while alcoholism and addiction cannot be cured, however, such **conditions can be arrested by abstaining from the substance the individual is addicted to.**

Causal Factors

1. Abnormal traits inherent in the individual
2. Constitutional disease or disorder

Suggested Courses of Treatment

1. Identification and confrontation of the condition
2. Lifelong abstinence

Treatment Specialists

1. Other Recovering Individuals
2. Peer Support Groups (Alcoholics Anonymous, Narcotics Anonymous)

4. Psychological or Characterological Model

The characterological approach to AODA views chemical dependency as rooted in abnormalities of personality or character. The proponents of this model follow that an "addictive personality" exists in such individuals and is inherent with a degree of deficit in personal and psychological boundaries. Traits associated with the "addictive personality" are poor impulse control; low self-esteem; an inability to cope with stressors; egocentricity; manipulative traits; and a need for control and power, while feeling impotent and powerless. The belief in treating AODA from this viewpoint is that a complete restructuring of the individuals personality is key.

Causal Factors

1. Personality or disposition ("addictive personality")
2. Low Self-Esteem
3. Poor Impulse Control

Suggested Courses of Treatment

1. Psychotherapy
2. Identification and modification of self-esteem, interpersonal skills, impulse control, improved boundary setting

Treatment Specialists

1. Psychotherapists and Social Workers with training in advanced practice

5. Social Education Model

The Social Education Model represents an integrative approach that borrows principles from the school of classical and operant conditioning, wherein AODA is seen as **a learned behavior stemming from cognitive processes, modeling influences and behavioral as well as genetic influences**. Although not all proponents of this model agree wholeheartedly, a cohesive philosophy retains that AODA is maintained by precursory causes (classical conditioning or expectancies) and further reinforcement of that behavior through operant conditioning ("I do A-action and get B-effect, B-effect reduces stressors, therefore A-action reduces stressors").

Unlike aversive conditioning and some earlier models related to the Social Education Model, the Social Education theorists extend their thinking to place an emphasis on human-environment interactions as key to shaping AODA behaviors. They stress, in particular, socialization processes, imitation of observable behavior, as well as the influence of modeling (role models) in both the forming of an AODA behavior, but also in the successful treatment thereof.

Causal Factors

1. Poor Socialization
2. Poor Modeling
3. Poor Coping Mechanisms and Skill Deficits

Suggested Courses of Treatment

1. Correct estimation and realistic goal setting
2. Appropriate Modeling
3. Cognitive Exercises and Reconditioning
4. Skill Training
5. Impulse-Control Training

Treatment Specialists

1. Appropriate peer modeling
2. Cognitive / Behavioral counseling

Summary

While most contemporary addiction professionals and treatment centers do not fit precisely with any one of the above models, each can be termed as such by talking about their general philosophy and your background. Determining which modality of treatment is best is best left to the family and the individual needing treatment.

Miracle Hill uses an eclectic approach that integrates pieces from each model as they individually relate to the unique person.

God's Reality

- Imago Dei

The term has its roots in Genesis 1:27, wherein "God created man in his own image. . ." This scriptural passage does not mean that God is in human form, but rather, that humans are in the image of God in their moral, spiritual, and intellectual nature. Thus, humans mirror God's divinity in their ability to actualize the unique qualities with which they have been endowed, and which make them different than all other creatures. We have decision making capacity unlike other creatures on the planet. This is not just us because we're Christians- it's every human being on this planet.

- Known and Valued

God knows each of us – Psalm 139

For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth. Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them.

That's all of us– fearfully and wonderfully made.

- John 3:16

For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.

John 3:16 principle- God loved the WHOLE world, Christ died for all of us -- despite our faults and failures and He did this also for the addict, and the adulterer, and the murderer.

- Two Rules

Matthew 22:37-40 And he said to him, "You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is like it: You shall love your neighbor as yourself. On these two commandments depend all the Law and the Prophets.

Two big rules to live by. The God of the universe valued loving our neighbors as the second most important thing. – Loving your neighbor is like loving God – loving our neighbors who have big issues and brokenness in their lives is what we're called to do.

**One of the biggest problems in many poverty-alleviation efforts is that their design and implementation exacerbates the poverty of being of the economically rich—their god-complexes—
and the poverty of being of the economically poor—their feelings of inferiority and shame.**

When Helping Hurts -Fikkert and Corbett



At Miracle Hill Ministries we believe that each person is a unique image bearer filled with immense value. We work to build a relationship with every guest and help them determine what steps they are ready to take towards wholeness. The path forward typically requires addressing

systems while confronting traumas and wounds from the past. This is never a short process and requires intentional relationship. A mentor is a huge part of that process.

The Complexity of Brokenness

Half of the political world believes someone experiences homelessness because of broken systems; the other half believes it is because of personal choices. The short answer is it is both- you can't eliminate one from the others. We must deal with broken systems while also dealing with the heart issues of why someone is experiencing brokenness.

While poor decisions affect the overall picture and exacerbate the issues surrounding the person's experience, poverty works its tentacles into every part of life. It affects every major system of their life: financial, medical, legal, mental, emotional, and spiritual.

To experience lasting change, every hard to access system must be addressed. It is almost never a reality of "get a job and everything will be ok." Those willing must determine the root causes of their situation whether mental health, addiction, trauma, or some other contributing factor. They then can start slowly climbing the mountain in front of them with the help of others.

Income is certainly a part of the solution but is often secondary to other issues that have a greater impact on the overall wellbeing of the person. If income is eventually achieved, it will not be maintained if the root causes are not identified and addressed.

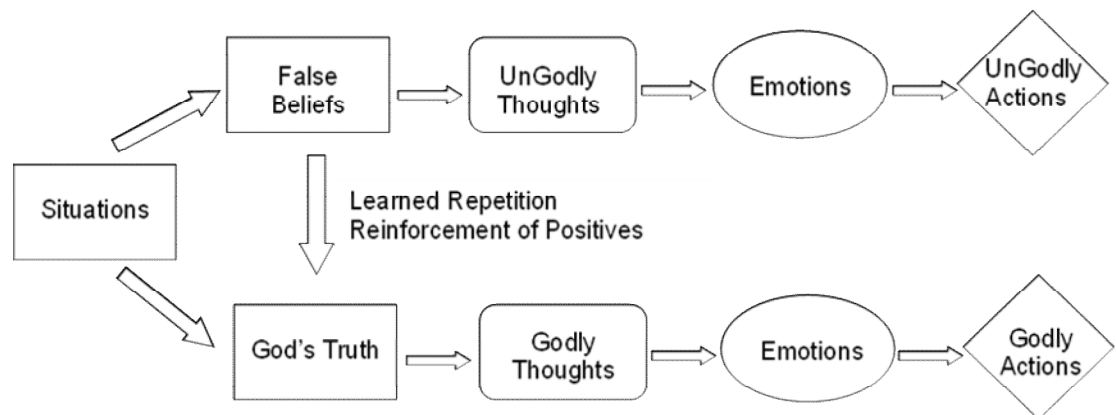


There is no way to separate the two ideas. Poverty is way more complicated than that and it isn't as simple as getting a job to fix the situation.

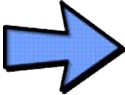
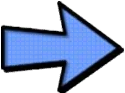
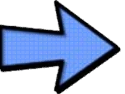
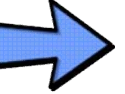
Growing Older or Growing Up (Maturity)

- *When addiction starts, maturity ends*
- *Growing up begins with a decision*
- *It can take 18 months for decision making to form.*
- *Nothing shapes our lives like the commitments we make*
- *Changing the autopilot*
- *Allow God to interact with you*
- *The "Trip In" diagram*

The "Trip In" Diagram – Automatic Sequence Addiction



Christian Understanding of the 12 Steps

| | | | |
|---------|--|---|-------------------|
| STEP 1 | I AM POWERLESS TO FIX MYSELF |  | CHANGE OF HEART |
| STEP 2 | GOD HAS THE POWER I NEED | | |
| STEP 3 | I WILL TURN MY LIFE OVER TO GOD AND CHRIST | | |
| | | | |
| STEP 4 | I HAVE IDENTIFIED SOME BAD THINKING |  | CHANGE OF MIND |
| STEP 5 | I NEED TO CONFESS MY BAD THINKING | | |
| STEP 6 | I NEED GOD TO FIX MY BAD THINKING | | |
| | | | |
| STEP 7 | I WILL ASK HIM TO REMOVE MY BAD THINKING |  | CHANGE OF ACTION |
| STEP 8 | I HAVE MESSED UP IN MY RELATIONSHIPS | | |
| STEP 9 | I WILL MAKE THINGS RIGHT IN MY RELATIONSHIPS | | |
| | | | |
| STEP 10 | I WANT TO CONTINUE THIS NEW WAY OF LIFE |  | CHANGE OF PURPOSE |
| STEP 11 | I WANT TO GROW IN MY NEW RELATIONSHIP WITH GOD AND CHRIST | | |
| STEP 12 | I WILL TELL THE WORLD ABOUT GOD'S LOVE AND THE CHANGE IN MY LIFE | | |

Repentance = Twelve Steps = Change of Identity

Twelve Step Christianity

1. WEAKNESS: WE ARE POWERLESS TO LIVE THE CHRISTIAN LIFE

Apart from Me you can do nothing. John 15:5

2. EXPERIENCING CHRIST: JESUS IS ALIVE, PERSONAL AND AVAILABLE

Come to Me all who are weary and heavy laden, and I will give you rest. Matt. 11:28

3. REPENTANCE: WE DECIDED TO COMPLETELY SURRENDER OUR LIFE OVER TO CHRIST

If anyone wishes to come after Me, let him deny himself, and take up his cross daily, and follow Me. Luke 9:23

4. SELF-EXAMINATION: HONESTLY EXPLORING THE IMPACT OF SIN IN OUR LIVES

Let us examine and probe our ways, and let us return to the Lord. Lam. 3:40

5. CONFESSION: WE ACKNOWLEDGE OUR SINS AND CONFESS THEM TO GOD AND ANOTHER PERSON

Therefore, confess your sins to one another, and pray for one another, so that you may be healed. James 5:16

6. RESISTING TEMPTATION: WE BECOME DETERMINED TO STOP SINNING

No one who is born of God practices sin, because His seed abides in him; and he cannot sin, because he is born of God. I John 3:9

7. PRUNING: WE HUMBLY ASK GOD TO REMOVE OUR IMPULSE TO SIN

Every branch in Me that does not bear fruit, He takes away; and every branch that bears fruit, He prunes it, that it may bear more fruit. John 15:2

8. RESTITUTION: ACKNOWLEDGE OUR SIN AGAINST GOD AND OTHERS

9. RESTORATION: MAKE OUR AMENDS FOR THE HARM OUR SIN HAS CAUSED OTHERS

When a man or woman wrongs another in any way and so is unfaithful to the Lord, that person is guilty and must confess the sin he has committed. He must make full restitution for his wrong ... Num. 5:6-7

10. DAILY SANCTIFICATION: DAILY RESIST THE TEMPTATION TO SIN AND WHEN WE DO SIN, IMMEDIATELY CONFESS AND MAKE RESTITUTION

For we who live are constantly being delivered over to death for Jesus' sake, that the life of Jesus also may be manifested in our mortal flesh. II Cor. 4:11

11. ABIDING: DAILY SEEK AND SUBMIT TO CHRIST'S WILL

I am the vine, you are the branches; he who abides in Me, and I in him, he bears much fruit; for apart from Me you can do nothing. John 15:5

12. WITNESSING: AFFECTING OTHERS FOR CHRIST

You are the light of the world. A city on a hill cannot be hidden. Matt. 5:14

I'd Rather "See a Sermon" Any Day!

- The most important thing we share is our genuine care and concern in order to build trust
- It is more than a relationship; it is a responsibility
- Use the "Linchpin" principle to tie into God's power
- a locking pin inserted crosswise (as through the end of an axle or shaft)
- a person or thing that holds something together
- the most important part of a complex situation or system
- Mentor and mentee must stay connected to God as they connect with each other
- The Mentor is the paraclete to the mentee

Keys to Success

- Overcoming codependency
- Restoring broken relationships
- Reconnecting to God, self, family and others

Unloving vs. Truly Helpful

- People persist in destructive behaviors as long as they feel the benefits outweigh the costs
- People recover from addiction when they learn to take responsibility (with God's help) for their own actions and lives
- Don't provide solutions or recommend specific actions or you'll become a parent.
- Don't give money or break the rules or you'll become an enabler
- We just can't do it for them
- Let them experience the consequences of their actions
- Consequences can be their salvation!

Relationship is Key to the Mentor and Mentee

The Three Connections:

- Reconnecting with God
- Reconnecting with self
- Reconnecting with other people

There is no simple or immediate way to discern the right response without a relationship

Authentic relationships with those in need have a way of correcting the we-will-rescue-you mind-set and replacing it with mutual admiration and respect... ”

-When Helping Hurts -Steve Corbett and Brian Fikkert

Remember the two key questions:

**What do you need to do?
How can I help?**

WHY DISCUSS BOUNDARIES?

- *This is a crucial activity*
- *People from dysfunctional families learn that they are not allowed to have personal boundaries. Though abused and mistreated, they do not feel they deserve anything else*
- *Saying "no" to drugs and alcohol - or to sin in any form - is a boundaries issue*

WHAT IS A HEALTHY BOUNDARY?

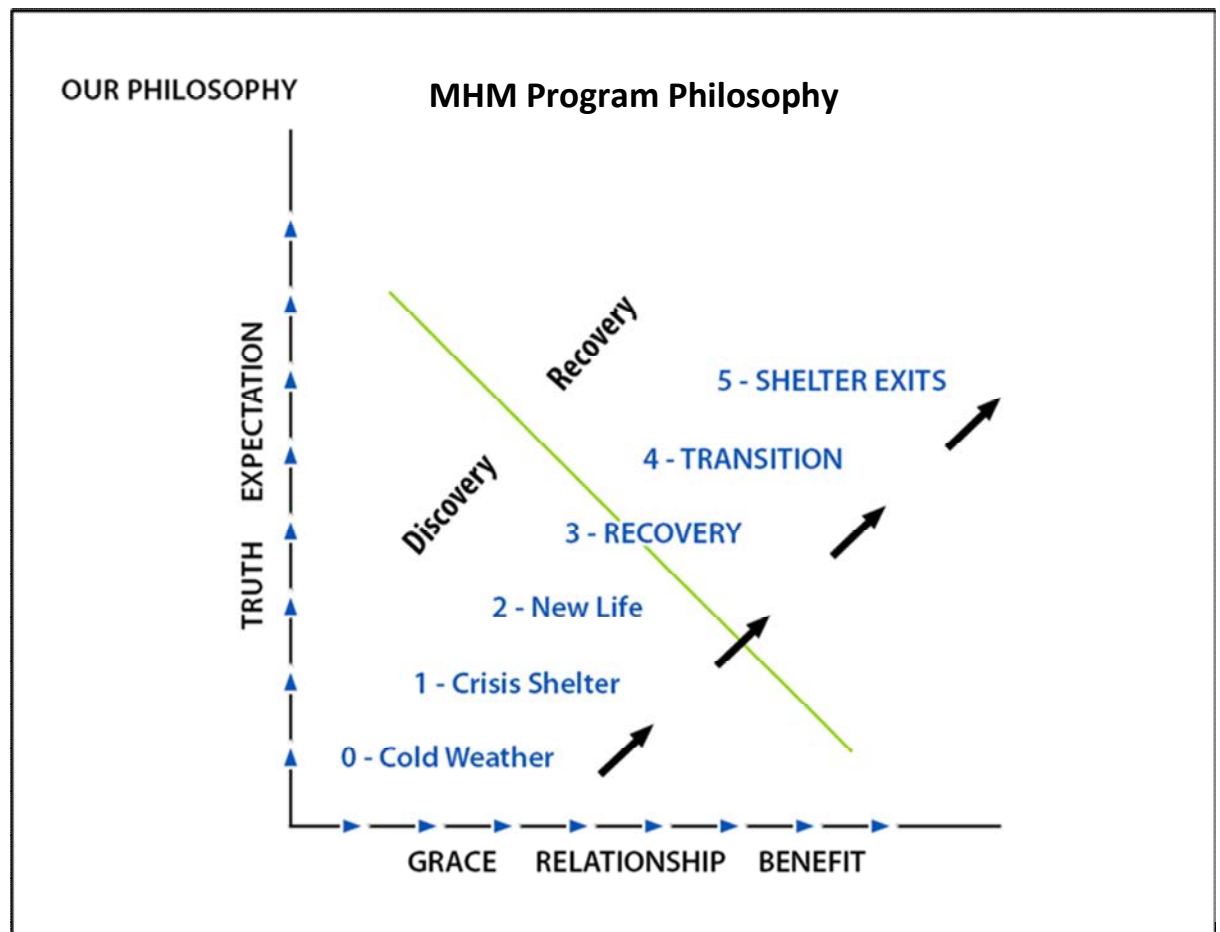
- *A personal boundary is, essentially, the line that divides me from you*
- *They tell me what is my responsibility and what's yours.*
- *They are an essential element of "self-care"*

ALLOWING PEOPLE TO FEEL

- *Addictions keep us from feeling*
- *Return of the emotional life signals the start of the road to recovery*
- *Repressed emotions - anger, sadness, loneliness and fear - can be very scary and painful*
- *Allow them to talk through feelings even when unrealistic or inaccurate reflections of their current situations arise*

"Life Themes" Identified As Essential for Recovery

- Spiritual
- Self – Insight
- Security
- Self – Awareness
- People Support
- Suppression
- Boundaries
- Relapse Prevention (Triggers and High Risk Situations)



Guests need to make decisions in small steps and then follow through with their commitments.

"Life Themes" Identified As Essential for Recovery



In 1992, the Knox Area Rescue Ministry commissioned a study of recovery from homelessness by the SRI Gallup organization. This survey identified six critical "life themes" that separated those homeless persons who recovered from those who did not. "Recovery from Homelessness" means that the individuals are sober, maintain their own residence, and employed.

The following are listed according to their degree of importance:

1. Spiritual: *Persons with a high evidence of the Spiritual theme believe in God, pray regularly, read the Bible and describe themselves as born again Christians. As they grow in the Spiritual, they become more discriminating in their activities. They know what their religion is, they attend church regularly, and belong to a church. This theme seems to be very important in the beginning of the recovery of homeless persons. This spirituality seems to not only strengthen a person individually; it also seems to be the basis for a commonality in building relationships with other people.*

When the Spiritual theme is weak, homeless persons do not seem to have the power to get on their road to recovery.

2. Self-Insight: *Persons are high on the Self-Insight theme when they can make rather accurate descriptions of themselves, both in terms of their weaknesses and of their strengths. Self-Insight has to do primarily with the cognitive dimensions of a person's life, of those dimensions about which there can be some fairly objective assessments. For example, they can be fairly objective about their own health. They can know that their behavior may be destroying themselves. As a result of that insight, they can decide that they want to make changes. Because they can own that there are reasons for their present condition, they can accept their current situation and plan for a better future. Many of the people who find themselves in a homeless situation have lacked discipline in their lives. When they can own that they lack that discipline, then they can begin to plan how they can put some order in their lives through the help of other people and thus became more effective.*

When the Self-Insight theme is weak, persons live in an unrealistic world. They make excuses for their condition and tend to blame other people for their situation rather than doing something about it themselves.

3. Security: *When the Security theme is strong, persons feel safe. They fear that others might be trying to hurt them subside. They feel all right about their health and they feel that they can manage any dependencies such as alcohol or drugs. They have people that they can access, talk to, live with; they have certain possessions that are important to them, that they attach themselves to. When the Security theme is strong, these persons feel that they can take risks with other people.*

4. Self-Awareness: Persons who are high on the Self-Awareness theme are in touch with their own emotions. They can name the feelings that are surging through themselves. The emotional dimensions of their behavior enables them to remember the things, the exciting things, and the difficult things, that happen over a period of time. As they grow, they can discuss their emotions with other people and they will tend to express them to other people rather than keep them inside. Then, they can talk about how they feel about their own life and its hurts, they can say that and then ask for help in making the corrections. They can own the bad things that have happened to them in their life, and they can know the good feelings that they want to achieve.

When the Self-Awareness theme is limited, people tend to be patently unmotivated. They have little that excites them either positively or negatively. If they have feelings, they are confusing rather than something that drive them to action.

5. People Support: Persons who are high on the People Support theme have others who care about them -- people who would care enough about them to write a letter or to pray for them. They have family members who are continuously concerned about them and know where they are. When homeless people are at their lowest level of existence, they don't have anyone amongst their family or from their friendships who knows where they are. In terms of friendships, they are lost persons. When they are high on the People Support theme, they have incoming messages of concern and support. They have people who will intentionally help them because they are friends or family, and they have people who look forward to seeing them. As the People Support theme develops, they have developed friends who give them recognition, praise them, and admire them.

When the People Support theme is in low evidence, persons have no connections to other individuals. No one has growth expectations for them. The People Support theme may be the best single theme explanation of why persons are described as homeless. In a way the real problem is they have no people support.

6. Suppression: The persons who have described themselves as homeless and are making progress in their recovery seem to block out some of the painful and embarrassing experiences that have been part of their lives. They tend to deny depressions and worries and shyness, and they don't seem to dwell on physical discomforts. They do not think of themselves as homeless persons, and they deny poor self concepts which they might have or others might project to them. As they move along in their recovery, they tend to move toward an attitude of being satisfied with themselves.

When the Suppression theme is in low evidence, persons will tend to be overwhelmed with negative thoughts. Those negative thoughts will interfere with any tendencies toward growth or recovery.

(Used by permission of SRI Gallup, Inc., Lincoln, NE and Knox Area Rescue Ministries, Knoxville, TN)

DISCLAIMER: THE GALLUP ORGANIZATION REQUIRES USERS OF ITS DATA WHO WISH TO DISCLOSE THE RESULTS OF A SURVEY TO DISCLOSE THOSE FINDINGS IN THEIR ENTIRETY. ANY PARTIAL RELEASE OF FINDINGS OR DISSEMINATION OF INFORMATION IN A FORM OTHER THAN THE ENTIRE

SRI Gallup "Life Themes" & the Twelve Steps

| | |
|---|--|
| <p>Step 1 - We admitted we were powerless over our human condition and that our lives had become unmanageable.</p> | <ul style="list-style-type: none"> • <i>Self-Insight</i> • <i>Self-Awareness</i> • <i>People Support</i> • <i>Suppression</i> |
| <p>Step 2- Came to believe that a power greater than ourselves could restore us to sanity.</p> | <ul style="list-style-type: none"> • <i>Spiritual</i> • <i>Self-Insight</i> • <i>Security</i> • <i>Self-Awareness</i> • <i>People Support</i> • <i>Suppression</i> |
| <p>Step 3- Made a decision to turn our will and our lives over to the care of God as we understood Him.</p> | <ul style="list-style-type: none"> • <i>Spiritual</i> • <i>Security</i> • <i>People Support</i> |
| <p>Step 4 - Made searching and fearless moral inventory of ourselves.</p> | <ul style="list-style-type: none"> • <i>Self-Insight</i> • <i>Self-Awareness</i> • <i>Suppression</i> |
| <p>Step 5 - Admitted to ourselves, and to another human being the exact nature of our wrongs.</p> | <ul style="list-style-type: none"> • <i>Spiritual</i> • <i>Self-Insight</i> • <i>Self-Awareness</i> • <i>Suppression</i> |
| <p>Step 6 - Were entirely ready to have God remove all these defects of character.</p> | <ul style="list-style-type: none"> • <i>Spiritual</i> • <i>Self-Insight</i> • <i>Self-Awareness</i> • <i>Suppression</i> |

| | |
|---|--|
| <p>Step 7 - Humbly asked Him to remove our shortcomings.</p> | <ul style="list-style-type: none"> • <i>Spiritual</i> • <i>Self-Insight</i> • <i>Self-Awareness</i> • <i>Suppression</i> |
| <p>Step 8 - Made a list of all persons we had harmed and become willing to make amends to them all.</p> | <ul style="list-style-type: none"> • <i>Self-Insight</i> • <i>Self-Awareness,</i> • <i>People Support</i> • <i>Suppression</i> |
| <p>Step 9 - Made direct amends to such people wherever possible, except when to do so would injure them or others.</p> | <ul style="list-style-type: none"> • <i>Self-Insight</i> • <i>Security</i> • <i>Self-Awareness</i> • <i>People Support</i> • <i>Suppression</i> |
| <p>Step 10 - Continued to take personal inventory and when we were wrong, promptly admitted it.</p> | <ul style="list-style-type: none"> • <i>Self-Insight</i> • <i>Self-Awareness</i> • <i>Suppression</i> |
| <p>Step 11 - Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.</p> | <ul style="list-style-type: none"> • <i>Spiritual</i> • <i>Self-Insight</i> • <i>Security</i> • <i>Self-Awareness</i> |
| <p>Step 12 - Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.</p> | <ul style="list-style-type: none"> • <i>Self-Insight</i> • <i>Security</i> • <i>Self-Awareness</i> • <i>People Support</i> |



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Drugs, Brains, and Behavior: The Science of Addiction

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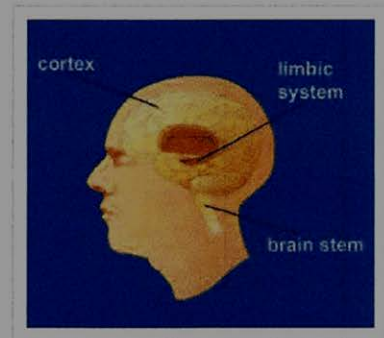
Drugs and the Brain

Introducing the Human Brain

The human brain is the most complex organ in the body. This three-pound mass of gray and white matter sits at the center of all human activity - you need it to drive a car, to enjoy a meal, to breathe, to create an artistic masterpiece, and to enjoy everyday activities. In brief, the brain regulates your basic body functions; enables you to interpret and respond to everything you experience; and shapes your thoughts, emotions, and behavior.

The brain is made up of many parts that all work together as a team. Different parts of the brain are responsible for coordinating and performing specific functions. Drugs can alter important brain areas that are necessary for life-sustaining functions and can drive the compulsive drug abuse that marks addiction. Brain areas affected by drug abuse -

- **The brain stem** controls basic functions critical to life, such as heart rate, breathing, and sleeping.
- **The limbic system** contains the brain's reward circuit - it links together a number of brain structures that control and regulate our ability to feel pleasure. Feeling pleasure motivates us to repeat behaviors such as eating - actions that are critical to our existence. The limbic system is activated when we perform these activities - and also by drugs of abuse. In addition, the limbic system is responsible for our perception of other emotions, both positive and negative, which explains the mood-altering properties of many drugs.
- **The cerebral cortex** is divided into areas that control specific functions. Different areas process information from our senses, enabling us to see, feel, hear, and taste. The front part of the cortex, the frontal cortex or forebrain, is the thinking center of the brain; it powers our ability to think, plan, solve problems, and make decisions.



How does the brain communicate?

The brain is a communications center consisting of billions of neurons, or nerve cells. Networks of neurons pass messages back and forth to different structures within the brain, the spinal column, and the peripheral nervous system. These nerve networks coordinate and regulate everything we feel, think, and do.

- **Neuron to Neuron**

Each nerve cell in the brain sends and receives messages in the form of electrical impulses. Once a cell receives and processes a message, it sends it on to other neurons.

- **Neurotransmitters - The Brain's Chemical Messengers**

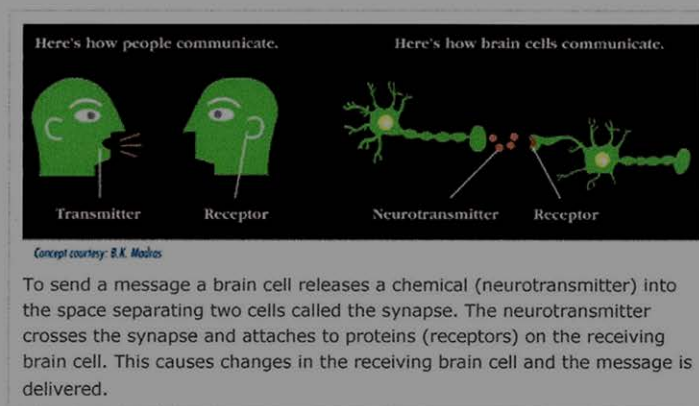
The messages are carried between neurons by chemicals called neurotransmitters. (They transmit messages between neurons.)

- **Receptors - The Brain's Chemical Receivers**

The neurotransmitter attaches to a specialized site on the receiving cell called a receptor. A neurotransmitter and its receptor operate like a "key and lock," an exquisitely specific mechanism that ensures that each receptor will forward the appropriate message only after interacting with the right kind of neurotransmitter.

- **Transporters - The Brain's Chemical Recyclers**

Located on the cell that releases the neurotransmitter, transporters recycle these neurotransmitters (i.e., bringing them back into the cell that released them), thereby shutting off the signal between neurons.



Most drugs of abuse target the brain's reward system by flooding the circuit with dopamine.

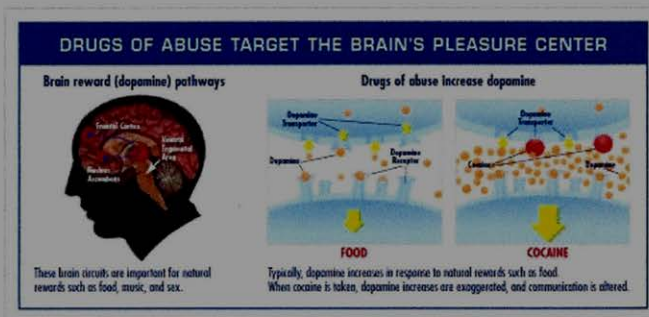
How do drugs work in the brain?

Drugs are chemicals. They work in the brain by tapping into the brain's communication system and interfering with the way nerve cells normally send, receive, and process information. Some drugs, such as marijuana and heroin, can activate neurons because their chemical structure mimics that of a natural neurotransmitter. This similarity in structure "fools" receptors and allows the drugs to lock onto and activate the nerve cells. Although these drugs mimic brain chemicals, they don't activate nerve cells in the same way as a natural neurotransmitter, and they lead to abnormal messages being transmitted through the network.

Other drugs, such as amphetamine or cocaine, can cause the nerve cells to release abnormally large amounts of natural neurotransmitters or prevent the normal recycling of these brain chemicals. This disruption produces a greatly amplified message, ultimately disrupting communication channels. The difference in effect can be described as the difference between someone whispering into your ear and someone shouting into a microphone.

How do drugs work in the brain to produce pleasure?

Most drugs of abuse directly or indirectly target the brain's reward system by flooding the circuit with dopamine. Dopamine is a neurotransmitter present in regions of the brain that regulate movement, emotion, cognition, motivation, and feelings of pleasure. The overstimulation of this system, which rewards our natural behaviors, produces the euphoric effects sought by people who abuse drugs and teaches them to repeat the behavior.



How does stimulation of the brain's pleasure circuit teach us to keep taking drugs?

Our brains are wired to ensure that we will repeat life-sustaining activities by associating those activities with pleasure or reward. Whenever this reward circuit is activated, the brain notes that something important is happening that needs to be remembered, and teaches us to do it again and again, without thinking about it. Because drugs of abuse stimulate the same circuit, we learn to abuse drugs in the same way.

Why are drugs more addictive than natural rewards?

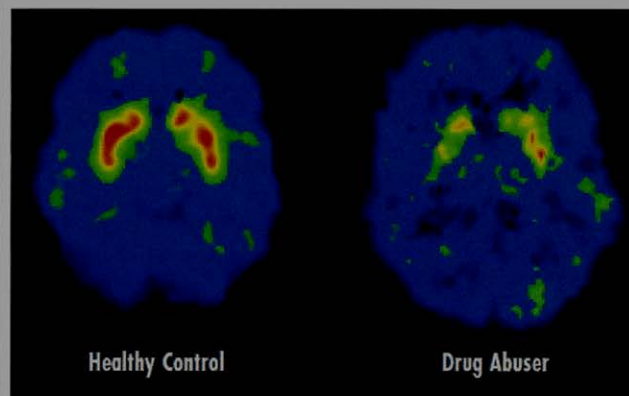
When some drugs of abuse are taken, they can release 2 to 10 times the amount of dopamine that natural rewards do.¹⁵ In some cases, this occurs almost immediately (as when drugs are smoked or injected), and the effects can last much longer than those produced by natural rewards. The resulting effects on the brain's pleasure circuit dwarfs those produced by naturally rewarding behaviors such as eating and sex.¹⁶ ¹² The effect of such a powerful reward strongly motivates people to take drugs again and again. This is why scientists sometimes say that drug abuse is something we learn to do very, very well.

Long-term drug abuse impairs brain functioning.

What happens to your brain if you keep taking drugs?

Just as we turn down the volume on a radio that is too loud, the brain adjusts to the overwhelming surges in dopamine (and other neurotransmitters) by producing less dopamine or by reducing the number of receptors that can receive signals. As a result, dopamine's impact on the reward circuit of a drug abuser's brain can become abnormally low, and the ability to experience any pleasure is reduced. This is why the abuser eventually feels flat, lifeless, and depressed, and is unable to enjoy things that previously brought them pleasure. Now, they need to take drugs just to try and bring their dopamine function back up to normal. And, they must take larger amounts of the drug than they first did to create the dopamine high - an effect known as tolerance.

Decreased Dopamine Transporters in a Methamphetamine Abuser



Methamphetamine abusers have significant reductions in dopamine transporters.

Source: *Am J Psychiatry* 158:377-382, 2001.

How does long-term drug taking affect brain circuits?

We know that the same sort of mechanisms involved in the development of tolerance can eventually lead to profound changes in neurons and brain circuits, with the potential to severely compromise the long-term health of the brain. For example, glutamate is another neurotransmitter that influences the reward circuit and the ability to learn. When the optimal concentration of glutamate is altered by drug abuse, the brain attempts to compensate for this change, which can cause impairment in cognitive function. Similarly, long-term drug abuse can trigger adaptations in habit or nonconscious memory systems. Conditioning is one example of this type of learning, whereby environmental cues become associated with the drug experience and can trigger uncontrollable cravings if the individual is later exposed to these cues, even without the drug itself being available. This learned "reflex" is extremely robust and can emerge even after many years of abstinence.

What other brain changes occur with abuse?

Chronic exposure to drugs of abuse disrupts the way critical brain structures interact to control and inhibit behaviors related to drug abuse. Just as continued abuse may lead to tolerance or the need for higher drug dosages to produce an effect, it may also lead to addiction, which can drive an abuser to seek out and take drugs compulsively. Drug addiction erodes a person's self-control and ability to make sound decisions, while sending intense impulses to take drugs.

For more information on drugs and the brain, order NIDA's Teaching Packets CD-ROM series or the Mind Over Matter series [here](#). These items and others are available to the public free of charge.

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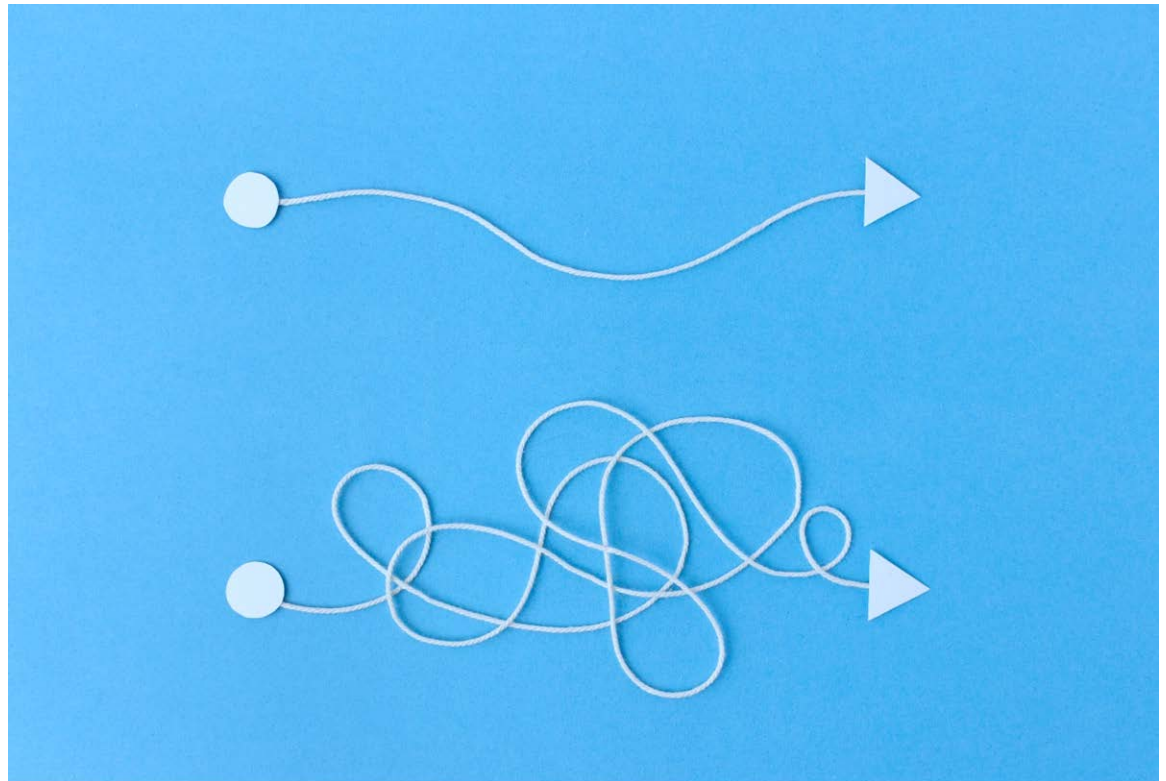
This page was last updated August 2010



NIH...Turning Discovery Into Health®

3: Program & Transition Foundations

“The most precious gift God has given us is the power to choose”



Desired Outcomes for our Graduates

- *To demonstrate a knowledge of personal triggers*
- *To identify and recognize relationships to addictions*
- *To demonstrate a recognition of cravings and a plan to deal with them without relapsing*
- *To understand the signals of relapse*
- *To develop a community support system*
- *To develop a plan for seeking work, lodging, transport, etc.*
- *To demonstrate a knowledge of boundaries that will promote healthy decisions regarding friends, activities, relationships, mentors, work, church and the overall support system.*
- *To conduct a daily inventory, set goals, create a budget, apply time management and set priorities*
- *To adapt to change, make sound decisions, practice daily forgiveness and adjust to varying environments.*
- *To demonstrate knowledge of each of the twelve steps*
- *To walk out their relationship with Christ through the practice of spiritual disciplines.*

Desired Outcomes One Year After Leaving The Program

- *Being gainfully employed and/or actively involved in continuing education*
- *Being free of primary life-controlling issues identified during the mission program*
- *Securing stabilized housing*
- *Maintaining and/or strengthening healthy relationships with God, family and friends*
- *Achieving financial stability*
- *Reaching contentment with quality of life*
- *Ongoing involvement in a local church*
- *Living/walking in accountability*
- *Healthy relationships in a thriving recovery community*

Level 4:

Issues and Key Actions that must be Addressed

Relapse and Re-entry

“Until we can live out in the real world, our goals and plans are of little value.”

1. *Relapse prevention*
2. *Employment*
3. *Routine*
4. *Finances*
5. *Need and want (more money equals more happiness)*
6. *All of the things you once had and then lost, if retained, will not keep you sober*
7. *Taking the easy way out again?*
8. *Opposite Gender/Relationships – one year or longer*
9. *Church and Christian function/attendance*
10. *Lawfulness vs. profitability*
11. *Returning directly home*
12. *Enabling the graduate (family, friends, and mentor)*
13. *Journaling*
14. *Devotion*
15. *Boredom*
16. *“Faith in little” later spells “faith in much”*
17. *Procrastination leads into old “cycles”*
18. *Fear and other deeply entrenched processes*
19. *Accountability (truthfulness in sharing with these individuals)*

Goals and Life Planning

The Renewal and Overcomer clients set goals for themselves including plans to achieve them. The goal setting process should be very focused and specify concrete activities. A time period, or multiple time periods (in one year, in six months, in one month, in the next week), should be used for each separate goal. The client must then decide what needs to be accomplished in each of these time periods in order to meet the goal established at the end of one year. The more concrete the actions of the written plan, the more realistic the goals will be and the simpler they will be to clearly define.

The following 'life areas' should be considered:

- *Spiritual*
- *Sobriety*
- *Family*
- *Relationships*
- *Social*
- *Physical*
- *Emotional*
- *Educational*
- *Financial*
- *Career*

For each of the above 'life areas,' the following questions should be answered:

- *Where am I in my life right now?*
- *Where do I want to be?*
- *When do I want to get there?*
- *How am I going to get there?*

Life Goals Worksheet

| | Where do I want to be? | How am I going to get there? | When do I get there? |
|------------------|--|---|-----------------------------------|
| Life Area | Goal | Activities to achieve Goal | Time period or Frequency |
| Spiritual | To grow closer to Jesus | Read the One Year Bible | Daily |
| | | Prayer time – 15 Minutes | Daily |
| | | Attend Sunday Worship | Weekly |
| | | Join Men or Women’s Group | Weekly or 2x Month |
| | | Accountability Relationship | Weekly |
| Work | Get any job | Sign up at temp agency | ASAP |
| | | Check job boards | |
| | Look for my ideal job | Same as above | |
| | | Talk with friends at church | |
| Relationships | Do NOT make close friends of opposite gender | | Minimum - 1 year since graduation |
| | 2 close Christian friends of same gender | Join group at church | 3 months |
| | | At work | 3 months |
| | Stay away from people in addictions | | Rest of my life |
| Amends | Past amends-completed | Letter, phone, in person | 3 months |
| | Current Amends | Acknowledge my sin and ask for forgiveness immediately to the person and to God | Within 24 hours |

Transition is the Essential Element

MHM Transitional Housing Guidelines

The goal of Miracle Hill Transitional Housing Program is to promote Christian living and spiritual growth while encouraging each individual to become independent. These Transition Housing *policies are not to restrict but to guide and promote growth toward a life of stability and independence.*

GENERAL Guidelines:

- **Drugs & Alcohol:** *There is zero tolerance for alcohol or drug use (including synthetic drugs, kratom, etc.). Use of herbs, supplements, prescribed drugs, or any substance must be approved by the transition counselor. A failed screen, refusal to be screened, or unauthorized use of substances (not approved by staff) will result in an automatic disqualification from transition.*
- **Tobacco:** *For those in addiction recovery, Miracle Hill property is tobacco free (which includes vaping and vaping paraphernalia). We desire for all guests in recovery to remain tobacco free and to respect all who intend to remain tobacco free. For shelter guests in transition housing, smoking is allowed outside but only and in designated areas approved by the transition counselor.*
- **Curfew:** *House curfew is 11:00 p.m. (exceptions may be permitted for special events or employment by the transition counselor). Being late for curfew may result in immediate disqualification.*
- **Dating & Relationships:**
 - *Recovery guests transitioning back to self sufficiency demands that we take extra precautions with high risk situations. Considering that unhealthy relationships are a leading cause of relapse, recovery guests are required to refrain from dating while in transition unless approved by the transition counselor. Guests are encouraged to pursue healthy and appropriate accountability and mentoring relationships within their church body and recovery circles. Furthermore, married men and women are encouraged to pursue marital counseling to strengthen their existing relationship. The transition counselor can help provide resources with which guests can pursue this option.*
 - *No sexual activity is allowed in transition housing*
 - *All visitors must be approved by both the transitional counselor and all guests in the house*

HOUSE Guidelines:

House Organization

Miracle Hill's Transitional houses work on an modified Oxford Model. Each house sustains itself through house leaders/facilitators. Each house elects the following guests to serve at least two months (and can be elected for a second two months):

- **Meeting Facilitator:** who calls and leads weekly meetings; provides essential information to the house guests; meets with the Chore & Resource Facilitators prior to meetings to go over meeting agenda and issues to cover; coordinates with transition counselor after meetings to draw attention to specific concerns; keeps notes on what was discussed.
- **Chore Facilitator:** assigns and monitors house chores; coordinates with the Meeting Facilitator on all house issues so that these items can be covered during meetings.

- **Resource Facilitator:** responsible for helping consolidate money for house cleaning supplies or other items needed; assists with helping collect money for house/transition events; coordinates pickup of needed supplies; maintains financial records of any money collected and keeps the guests informed.

House Meetings

- *House meetings are to be held every week.*
- *Each guest is required to attend 3 of 4 house meetings per month. If absence is required a pass should be obtained from the transition counselor.*
- *Guests in the house will vote what day and time the house meeting should be. This time should be a time that works for all guest.*
- *House meeting agenda: Pray-in; Short devotion that will rotate between house guest; Discuss and resolve house issues (if issue can not be resolved, transition counselor must be made aware); Pray-out*

Conflicts

- *In any home there will be disagreements. When these happen they are to be settled through biblical means (Matt. 18:15-17) to foster community and growth.*
- *Issues are to remain in the house and not reviewed in public. However, the transitional counselor is to be apprised of all house issues.*

Chores

- *All guests are required to fulfill their assigned chore(s) up to standard/completed by the end of the day. If the guest is away, they must arrange for someone to perform the assigned chore. Guests must ensure the daily cleanliness of their room and bathroom.*
- *Cleaning supplies and trash bags are to be supplied by the occupants of the house.*
- *Each house guest is responsible for their bedroom and common area. Bathrooms must be cleaned and left neat after use. Beds are to be made daily and sheets are to be washed weekly. Rooms are to be kept in an orderly manner. The outside yard is to be kept mowed and maintained.*

Visitors

- *All visitors must be approved by the other house guests and transitional counselor to enter a transitional home.*
- *No visitor will be permitted after 9:00 p.m. and overnight visitors are never allowed.*
- *Visitors of the opposite sex are not permitted*
- *Utilities, such as the washing machine, shower, and outside faucets, should not be used by visitors.*

Common Areas and Other

- *No personal items are to be left in common areas overnight*
- *Shoes and shirts (with sleeves) are to be worn outside of the house and inside if visitors are present. You are to be clothed outside your room.*
- *All guests are expected to exercise healthy hygiene habits*
- *No pets are permitted*

SPIRITUAL Guidelines:

Guests of Miracle Hill Transition Housing will:

- *Be committed to pursuing healthy relationships*
 - *Each guest should be connected to a healthy community. It is strongly recommended that each guest attend Sunday services weekly and attending a mid-week services and/or Bible studies. Guest in program transition housing are required to attend a Sunday service each week.*
 - *It is recommended that all guests develop a relationship with a mentor. A good source for a mentor is your church family. Your Transition counselor can assist you if you with finding a mentor.*
 - *Graduates of addiction recovery programs are required to meet with their mentor weekly and call and speak with your mentor a minimum of twice weekly.*
 - *All guests in addiction recovery should attend a weekly Celebrate Recovery, AA, NA, or a similar support group; program graduates are required to attend one of these group meetings weekly.*
 - *Make arrangements to and meet with your transition counselor at least every other week*
 - *Attend 3 of 4 house meetings per month. If absence is necessary, prior approval to miss the meeting must be obtained from the transition counselor.*
 - *Be committed to work towards stability in all areas of your life.*
 - *Develop a personal and spiritual growth plan with your transition counselor and work towards agreed upon goals*
 - *Attend any necessary life skills classes recommended by the transition counselor (examples are Faith and Finances, Jobs for Life, etc.)*
 - *Consider doing volunteer work in your church or community*

EMPLOYMENT Guidelines:

- *Each resident of the house is to be employed to enter transition housing. If full-time work is not an option (i.e. due to disability), the resident may discuss other possible opportunities with the Transition Counselor. Our goal is for guests to move towards stability which includes a career with full-time medical and retirement benefits.*
- *Day labor employment is prohibited.*
- *First shift work is preferred. Second shift jobs are not permitted unless approved by the Transition counselor. If approved, an agreed upon curfew time must also be approved. Third shift jobs are not allowed in transition.*
- *Quitting a job could result in being asked to leave transition housing*
- *If you become unemployed see your Transition counselor immediately. Priority must be given to finding employment. Unemployed guests are not allowed to be at home between 8am-5pm Monday – Friday and should be seeking employment (unless working at Thrift part-time – see Financial Guidelines below).*
- *If a guest does not find a job within two weeks, the guest may be disqualified from transition housing.*
- *Before accepting any employment, be sure you have reliable transportation to and from work for employment opportunities (city bus is considered reliable transportation).*

FINANCIAL Guidelines:

- *Program fees are \$100 per week and are to be paid weekly (by money order made out to Miracle Hill – no cash or checks) by Monday evening at 9:00 pm (exceptions must be approved ahead of time by the transition counselor). Fees must be paid on time. Failure to pay program fees on time may result in disqualification from transition housing.*
- *The initial program fee for the first week of transition can be turned in Monday after completing two weeks of employment. A total of \$200 will be due that Monday for both the first and second weeks.*
- *Guests are not permitted to remain more than two weeks behind in program fees. Special considerations may be made for guests if they work with their transition counselor.*
- *A maintenance fee of \$200.00 is required to be paid within the first 30 days of living in the transition house. This fee will be refunded when you leave Transition provided you fulfilled your commitments, given a proper a two-week notice, and program fees are current (emergency circumstances will be evaluated on an individual basis).*
- *It is highly recommended that guests work with the transition counselor on the goal to establish an emergency fund to ensure program fees can be paid in case of sudden unemployment.*
- *Each guest is responsible for their own food. In the case of sudden involuntary unemployment, vouchers may be offered from the warehouse on a short term basis to cover the \$100 program fee as well as provide a \$25 stipend. This is at the discretion of the Transition Counselor and approval by the Facility Director.*

MISCELLANEOUS INFORMATION

- *Electricity, Water, Sewer and Trash are provided by MHM.*
- *Cable and internet services are only allowed with approval by transition counselor in coordination with the Director and/or other appropriate staff (like IT). This would also include personal modems, wireless routers, and other device connections – they must be approved prior to installation.*
- *TVs are not allowed in bedrooms as this discourages house community. A TV is in the common area.*
- *Vehicles on the Property of Miracle Hill must have current Registration, Insurance and Proof of ownership and must be available for review at any time.*
- *No service contracts may be engaged in the name of the house.*

DAMAGE, LOSS, THEFT AND DISMISSAL FROM THE FACILITY:

- *Guests are financially responsible for damage to the property or facilities caused by his or her actions.*
- *Miracle Hill is not responsible for guest's personal items at ANY time during residency in transition. When a guest signs this agreement, they assume ALL responsibility for their personal effects. Guests are responsible for ALL loss, theft, damage and other situations which would require reimbursement.*
- *Miracle Hill will not store any items for guests that have left for any reason. Items left on Miracle Hill property will be donated to our thrift ministry (or discarded) after 72 hours. Food items will be used or discarded immediately. No attempt will be made on Miracle Hill's part to locate the guest before these actions are taken.*
- *All personal items should be the responsibility of the guest (at all times) until the conclusion of occupancy in Transitional Housing. All personal items must be removed from the home upon completion of transition or dismissal.*

Passes:

- *All passes must be approved three days in advance by transition counselor.*
- *No passes allowed for the first 2 weeks for shelter guests and the first 4 weeks for those in recovery.*
- *Guests are permitted one 48-hour pass per month. Guests with a minimum of one month in transition who are working towards repairing a marriage, or rebuilding a relationship with their children may be approved an extra pass each month.*
- *Guests must have met all of their weekly requirements in order to be approved for a pass. Requirements include meeting with case manager, payment of program fees, pursuing life goals, attending recovery meetings (if applicable), attending house meetings, and completing assigned chores. Any guest who does not fulfill their weekly obligations will not be eligible for a pass.*

Each house member must understand and remain in good standing with Miracle Hill Transition Guidelines. This is accomplished by adhering to Miracle Hill Ministry transition policies, keeping current on program fees, upholding cleanliness standards, attending required activities, and turning in all required paperwork to the transitional counselor each week in a timely manner.

4: HOW THE COVENANT RELATIONSHIP WORKS

“With man it is impossible, but all things are possible through God.”



Process for a Guest to have a Spiritual Life Mentor

- *The Director begins considering a mentor relationship beginning in Level 3, and the relationship is initiated in Level 3 or Level 4*
- *The Renewal or Overcomer guests spend some time visiting churches*
- *The Renewal or Overcomer guests choose a home church*
- *Facility Director or Volunteer Coordinator will contact Church Mentor Manager, Lead Mentor, or Pastor*
- *Church or Lead Mentor Manager will assign a mentor for the mentee; in the event there is not a church mentor system, the Director will work with the church to assign a mentor or work with other churches if there is not a mentor available from the mentee's church.*
- *Staff member will facilitate meeting between mentor and mentee*
- *Mentor and Mentee enter a mentoring relationship through the Covenant of Mutual Benefit*
- *Both commit to a six-month relationship and mutual accountability*
- *Mentee will commit to a willingness to share and discuss their life plans, goals, needs, triggers and high risk situations with their Spiritual Mentor*
- *The Mentor will receive support and guidance as needed from Director or designated staff in the facility*

Mentor Program

Mentee Partner | Covenant of Mutual Benefit

I, _____, am a Disciple of Jesus Christ and commit myself this day to become an effective Mentee Partner. I will give myself to reaching my full potential and become all that God wants me to be. I agree to participate in a Spiritual Life Mentoring experience according to the following commitments:

1. I recognize that my Mentor is only a tool in God's hands. I plan to follow through on all commitments in cooperation with God's purposes to make me a trustworthy disciple.
2. I agree to share and discuss my accountability questions, goals and my needs, triggers and high risk situations with my Mentor.
3. I will submit to the accountability of my Mentor.
4. I commit to finish well, regardless of my human tendency to seek shortcuts or simply quit. The maximum initial contract is for six (6) months:

FROM: _____ TO: _____

5. I will be faithful and responsible by calling and speaking with my mentor at least once a week through the initial contract period.
6. I will adhere to the Ministry policy to not borrow or loan money or material goods to my Mentor.
7. I commit to become regularly involved with my church family both through Sunday worship, ministry groups and volunteer service to help me develop Godly character grow in my relationship with Jesus as my Lord and Savior.
8. I agree to be committed to developing Godly character and with the help of my Mentor to continuously review and change my Spiritual Life Plan as I grow up in Christ Jesus.

CONFIDENTIALITY

I regard the information you share with me with the greatest respect. The privacy and confidentiality of our conversations and any documents or records kept as a part of our Mentor relationship is a privilege of yours and is protected by my ethical principles and in my covenant with the Spiritual Life Mentoring Ministry. There are only two circumstances in which I cannot guarantee confidentiality, legally and/or ethically: (1) when I believe you intend to harm yourself, another person or society at large, and, (2) when I believe a child or elder person has been or will be abused or neglected. Otherwise, I will not disclose any of our communication without your full knowledge and consent.

Signed: _____ **Date:** _____
Mentee Partner

Signed _____ **Date:** _____
Mentor

Signed _____ **Date:** _____
Staff or Director

Mentor Program

Spiritual Life Mentor - Covenant of Mutual Benefit

I, _____, am a Disciple of Jesus Christ and commit myself this day to become an effective Mentor Partner. I will give myself to reaching my full potential, and become all that God wants me to become. I agree to participate in a Spiritual Mentoring experience according to the following commitments:

1. I recognize that I am only a tool in God's hands. In cooperation with God's purposes for me, I commit to being a trustworthy Spiritual Mentor.
2. I agree to develop my own personal accountability list and to review it with my Mentee once each week.
3. I will submit to the accountability of my Mentee partner.
4. I purpose to finish well, regardless of the human tendency to seek shortcuts or simply quit. The maximum initial contract is for six (6) months:

FROM: _____ TO: _____

5. I will promote accountability and responsibility through Godly love that leads to continued growth and change of my mentee.
6. I will adhere to the Spiritual Life Mentor Ministry policy to not borrow or loan money or material goods to my Mentee.
7. I agree to support my Mentee's involvement in our Church family to help him develop other close relationships within our church community.
8. I commit to participate in the in the Spiritual Life Mentor Training.
9. I commit to meet with him weekly during the first six weeks of this covenant partnership so we can get to know each other and build up a level of trust between us.

CONFIDENTIALITY

I regard the information you share with me with the greatest respect. The privacy and confidentiality of our conversations and any documents or records kept as a part of our Spiritual Mentoring relationship is a privilege of yours and is protected by my ethical principles and in my covenant with the Spiritual Mentoring Ministry. There are only two circumstances in which I cannot guarantee confidentiality, legally and/or ethically: (1) when I believe you intend to harm yourself, another person or society at large, and, (2) when I believe a child or elder person has been or will be abused or neglected. Otherwise, I will not disclose any of our communication without your full knowledge and consent.

Signed: _____ **Date:** _____
Spiritual Mentor

Signed: _____ **Date:** _____
Mentee

Signed: _____ **Date:** _____
Staff or Director

Church Ministry Manager Description

POSITION TITLE: CHURCH MINISTRY MANAGER

PURPOSE: To direct the awareness, development and growth of Spiritual Life Mentoring throughout his/her church so that there is a consistent pool of mentors, accountability partners and friends to meet the needs of the graduates.

DUTIES AND RESPONSIBILITIES:

1. Recruit, employ and deploy mentors
 - a. Motivate and encourage men/women to become mentors
 - b. Facilitate and support the potential graduate/mentor relationship
 - c. Find opportunities to make the whole church family aware and supportive of the overcomer/renewal ministry
 - d. Keep mentors involved and encouraged when not mentoring
 - e. Introduce mentors to church staff

2. Oversee and support the mentoring process
 - a. Meet with mentor and graduate to discuss their relationship
 - b. Review covenants with mentor and graduate to ensure their understanding of and commitment to them.
 - c. Sign the mentor covenants at above meeting
 - d. Phone contact with each active mentor once a week for the first month of their mentor relationship and a minimum of once a month for the duration of the mentoring covenant
 - e. In the second week of a new mentor relationship meet with both the mentor and Overcomer/Renewal partner to discuss how they are doing
 - f. Meet together with active mentors on a monthly basis (invite inactive but not required) for "Support Group" session

3. Perform administrative responsibilities and notify Miracle Hill contact when a graduate completes, slips or relapses

MINIMUM QUALIFICATIONS

- *Member of his/her church*
- *Heart for men/women in recovery to grow spiritually*
- *Graduate of mentor training*
- *2 – 5 hours per week availability*
- *Committed to attending mentoring meetings for the ongoing development of the ministry*

The Mentor's "Encouraging Role" toward the Mentee

- *I will work to lift you, not to win*
- *Let's work it out as soon as possible*
- *I will forgive you, not punish you*
- *I will keep to the subject*
- *I will judge your actions, not motives*
- *I won't attack what you can't change*
- *I won't call you names*

It is better to lose an argument than to lose an opportunity for positive influence in the life of the individual God has placed in your path.

What do you need to do?

How can I help?

Sample Accountability Questions

TO START:

- *How has God blessed you this week? (What went right?)*
- *What problem has consumed your thoughts this week? (What went wrong?)*

SPIRITUAL LIFE:

- *Have you read God's Word daily? (How long? Why not? Will you next week?)*
- *Describe your prayers. (for yourself, for others, praise, confession, gratitude)*
- *How is your relationship with Christ changing?*
- *How have you been tempted this week? In what way and how did you respond?*
- *Do you have any willful sin in your life? (What is it?)*
- *Are you asking the Holy Spirit to guide you daily? (Are you being obedient to His guidance? How?)*
- *Did you worship in church this week? (Was your faith in Jesus strengthened? Was He honored?)*

HOME LIFE:

- *How is it going with your spouse? (Attitudes, time, irritations, disappointments, progress)*
- *Are you keeping your marriage as your number #2 priority after your relationship with Jesus?*
- *How is it going with the kids? (Quantity and quality of time, values & beliefs, parenting, how are you encouraging them?)*

WORK LIFE:

- *How are things going on the job? (career progress, relationships, temptations, workload, stress, problems, working too much)*

CRITICAL CONCERNS:

- *Do you feel in the center of God's will? Do you sense His peace?*
- *What are you wrestling with in your thought life?*
- *What have you done for someone else this week? (the poor, encouragement, service)*
- *Are your priorities in the right order?*
- *Is your moral and ethical behavior what it should be?*
- *How are you doing in your personal high-risk area?*
- *Is the "visible" you and the "real" you consistent in this relationship?*

Additional Sample Accountability Questions

(This is meant as a working model only. The mentor mentee should personalize the questions to meet each of their own needs.)

- *Have you been with someone of the opposite gender anywhere this past week that might be seen as compromising?*
- *Have any of your financial dealings lacked integrity?*
- *Have you exposed yourself to any sexually explicit material?*
- *Have you spent adequate time reading and studying the Bible and in prayer?*
- *Have you done your Daily Attitude Inventory?*
- *Have you fulfilled the mandates of your recovery?*
- *Have you just lied, exaggerated or misrepresented anything?*

*Chuck Swindoll has seven questions that he and a group of fellow pastors challenge each other with periodically: The Body by Chuck Colson, page 131. Questions 1, 2, 3, 4, and 7 are from Chuck Swindoll list.

**The best questions are those
that are pertinent to the
Mentee,
especially if no one else will
ask them.**

Mentoring Needs, Triggers and High Risk Situations Sheet

- *What are the most important needs you want to meet through a mentor/accountability relationship*
- *Potential triggers list*
- *High risk thinking and situations list*

Relationships: Before TRUST comes HONESTY

- *Commitment to caring*
- *Commitment to communications*
- *The key to relationship*



Important Guidelines for Managing Finances

1. *Put your current financial picture in writing*
2. *Set goals and put them in writing*
3. *Understand where your money is going*
4. *Become debt free*
5. *Establish an emergency fund of an amount to cover 6 months of expenses*
6. *Save 8-10% of your income for retirement and life uncertainties.*
7. *Tithe (10% of your gross income) and listen to God's guidance about giving more.*
8. *The three most important tools: Sacrifice, Discipline, and Organization.*

The Mentor's Role with Finances

- *Help them, with God's guidance, gain control of their finances.*
- *Put it in writing and review it regularly.*

Small steps add up to long distances.

One step at a time.

Financial Resource

Overcomers Resource

Understanding the Ultimate Financial Planning Guide

Are you being a good steward of God's resources?

Our use of money and possessions is a decisive statement of our eternal values.
Randy Alcorn, Money Possessions and Eternity

Jesus Christ said more about money than about any other single thing because, when it comes to a man's real nature, money is of first importance. Money is an exact index to a man's true character. All through Scripture there is an intimate correlation between the development of a man's character and how he handles his money.

Richard Halverson

Our Goal:

- To help you gain a better understanding of what the Bible says about debt, saving for emergencies, retirement, budgeting, giving, hoarding, materialism, etc.
- To provide the resources to assist you in applying these principles

Home

God's Word on Money

Contact & Blog

Other Resources

Planning Process

www.overcomersresource.com

REMEMBER

**Giving your
Mentee ANY
amount of money
will hurt her/him
more than it will
help her/him!**

Mentee Help Sheet

| Four Levels of Addiction | |
|--|--|
| Behavior | Outcomes |
| <ul style="list-style-type: none">• Refuses Treatment and Support• Hasn't changed/not committed to recovery• Has Changed/weak commitment to recovery• Has changed/strong commitment to recovery | <ul style="list-style-type: none">• Death• Relapse/Program• Relapse/Relapse• Track/Recovery• Slip/Recovery |
| Three Temptations that lead Addicts to Relapse | |
| <ul style="list-style-type: none">• Women/Men<ul style="list-style-type: none">• Money• Too much free time | |
| Relationship Builders with Mentee | |
| <ul style="list-style-type: none">• Visit his/her place of employment, meet her boss to put in an encouraging word for her and leave your phone number• Visit his/her housing location to meet the manager and her roommate/s and leave your phone number | |
| Some Relapse Indicators | |
| <ul style="list-style-type: none">• Doesn't return your phone calls or stops calling her Mentor• She/He starts missing appointments with Mentor or in Church involvement• Lack of interest and/or negative attitude | |

If You Feel Your Partner Is About To Relapse

Call the Director of Renewal or Overcomers to arrange a meeting to lovingly confront your mentee explaining your feelings and concerns and asking how you can help.

If your Partner Relapses

- *Call a staff member and/or Church Ministry Manager*
- *Offer constructive choices to getting back into recovery*
- *Assure them that if they return to a recovery lifestyle you will continue the Mentor relationship*
- *If they need housing, offer to help to get short term housing. DO NOT TAKE YOUR MENTEE INTO YOUR HOME!*
- *Offer to intercede with their employer for a second chance if necessary*

Keeping our Focus

Playing to an audience of ONE

Don't try to do God's Job.

Don't expect God to do for you what He's called you to do and empowered you to do.

R-E-C-O-V-E-R-Y (Purpose Driven Life Model)

R

Realize I'm not God; I admit that I am powerless to control my tendency to do the wrong thing and my life is unmanageable.

E

Earnestly believe that God exists, that I matter to him, and that he has the power to help me recover.

C

Consciously choose to commit all my life and will to Christ's care and control.

O

Openly examine and confess my faults to God, to myself, and to another person whom I trust.

V

Voluntarily submit to any and all changes God wants to make in my life.

E

Evaluate all my relationships; Offer forgiveness to those who have hurt me and make amends for harm I've done to others when possible, without expecting any reward.

R

Reserve a daily time with God for prayer, Bible reading, and self-examination in order to know God and his will for my life and to gain the power to follow his will.

Y

Yield myself to be used by God to bring this Good News to others, both by my example and by my words.

5: Healthy Communication

Purpose of Healthy/Effective Communication

Purpose of communication is not to just exchange information but to understand emotions and intention behind the information. The goal is to clearly convey a message and for that message to be heard in a way that gains the full meaning of what was said.

Good communication can help build connection and trust in relationships.

Philippians 2:3-4 “Do nothing from rivalry or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others”

Types of Communication

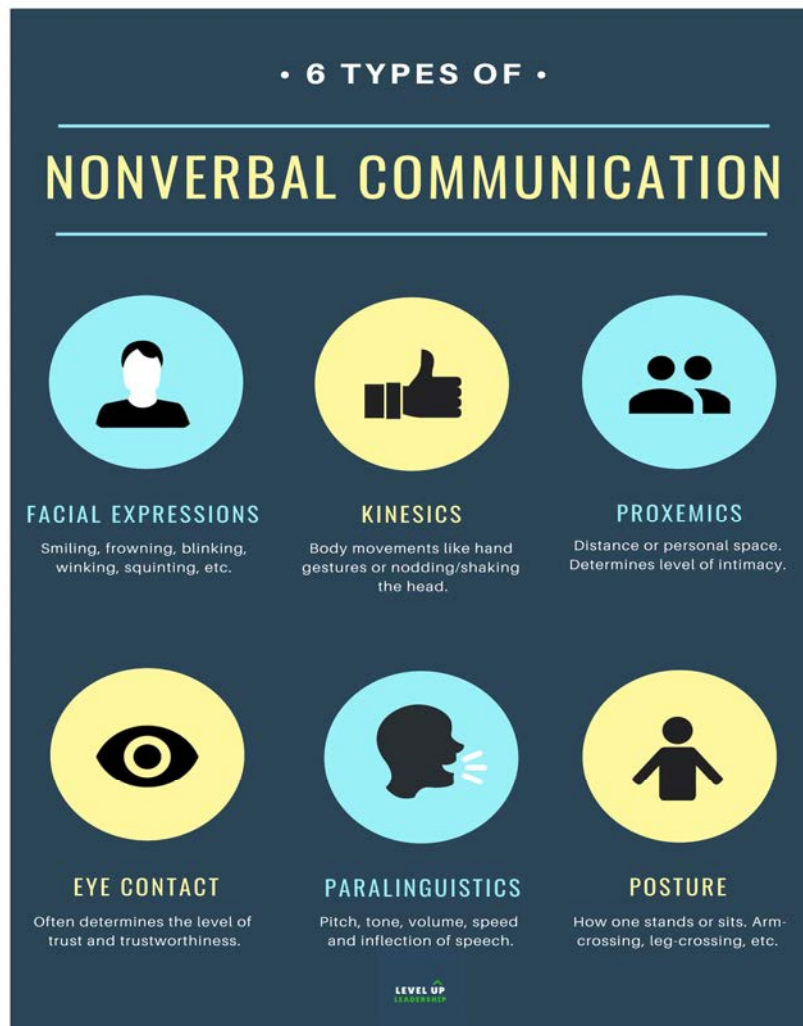
Communication is 55% nonverbal, 38% vocal, and only 7% words. How the nonverbal and vocal components are interpreted conveys much more information and influences how the words are interpreted.

Verbal Communication- clear words and simple statements are often vital good communication. Be careful about being too southern.

Vocal Communication- a person’s voice does not change but the tone conveys emotion and mood. Volume communicates much of our meaning. Sympathy, concern, humor, excitement can all be conveyed through vocal communication.



Nonverbal Communication



How people bond

- *Learn how your mentee likes to form relationships.*
- *Men often bond and form closer relationships over side by side activity. This leads to stronger trust and communication.*
- *Females often bond through face-to-face interactions that foster communication and intimacy and desire to have strong emotional connection.*

Barriers to good communication

- *Distractions- when you are spending time with a mentee do everything you can to be fully present. When other things take priority of if someone is constantly checking a cell phone, it communicates that the mentee relationship is not as important as other things in life.*

- *Stress and heightened emotions- emotions impair clear thinking. Heightened emotions such as anger or fear begin to affect the executive functions of thinking and studies prove it decreases intelligence. Typically, if stress or emotions are driven by outside influences it will be a distraction. If the mentor is triggered by something in the mentor relationships, they should evaluate what that is and seek counsel if necessary.*
- *Inconsistent or negative body language. Since nonverbal communication is the majority of things being communicated, it is important that one does not close off by avoiding all eye contact or crossing arms in a way that can be perceived as negative or defensive.*

Active Listening

Active listening is a way of listening and responding to someone that is designed to increase a mutual understanding.

- *Open Ended Questions- Open ended questions are designed to encourage or open up communication.*

Ex) “What has God through your quiet time been teaching you this week?” or “How was your weekend?”

- *Closed Ended Questions- Are designed to get clear answers with yes or no answers.*

Ex) “Did you go to church this week?” or “Was seeing your family this weekend a trigger?”

- *Non-verbal Ques*
 - *Provide eye contact.*
 - *Encouraging body gestures such as a nod. Lean in with open body language. Be relaxed.*
 - *Be still & pay attention while listening.*
 - *Make sure to allow the other person to finish their thoughts.*
- *Verbal Ques*
 - *Summarizing or restating feelings- state what you believe the feelings were during the event being described.*

Ex) “**It sounds like** your brother not showing up this weekend made you angry.” Or “If my brother did not show up, I know I would be pretty mad.”
 - *Summarizing Statements- restate what you believe they said in your own words.*

Ex) “**What I heard you say** was that hanging out with your old friends made you think about using again.”
 - *Encouraging words- words that prompt continued conversation.*

Ex) "Tell me more" or "Go on", or "I hear you"

- *Provide Feedback and Withhold Judgement- be careful to withhold judgement while listening to someone. It is easy to jump to conclusions and even if the "judgement" is correct, it can close down communication. Typically, people know the right answer if they work through information well, the mentor can help by using active listening and allow the mentee to come to the right answer.*
 - *Galatians 6:1 "Brothers, if anyone is caught in any transgression, you who are spiritual should restore him in a spirit of gentleness. Keep watch on yourself, lest you too be tempted."*

Healthy Conflict

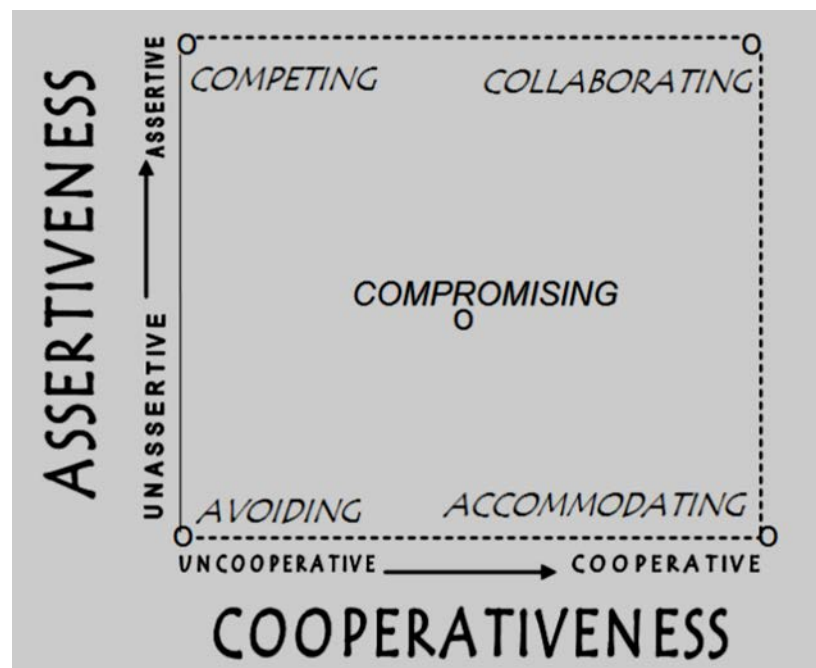
Conflict is part of communication. Anytime 2 or more people are in a room for any length of time, there will be conflict.

Being able to model healthy communication and conflict aids many individuals who have never mastered those skills or who never/rarely saw those modeled in life.

We cannot always avoid conflict, but it is important to reduce unnecessary conflict by clarifying expectations and reasons why in advance. It helps to have ground rules to tough questions and conversations as well as checking regularly that the individual is okay and able to voice concerns.

Remember the goal is to love them well; we have to get to know them and what works for them where they are at, while encouraging growth.

Conflict Styles



- *Avoiding*
 - *They tend to value avoiding confrontation more than either their goals or relationships. They tend to find it easier to withdraw from a conflict rather than face it. This might even include completely giving up relationships, goals, or objects that are associated with the conflict.*
 - *Connect by reassuring them of their safety from pain, hassle, or drama. Be supportive and helpful. Help them to see what is at stake if they win or lose for the objective and the relationships involved. Actively seek them out and call on them because silence is not the same as consent or agreement.*

- *Competing*
 - *Typically value their goals over relationships, meaning that if forced to choose, they would seek to achieve their goals even at the cost of the relationship involved. They are typically more concerned with accomplishing their goals than with being liked by others. They might try to force opponents to accept their solution to the conflict by overpowering them.*
 - *Speak in terms of gaining advantage and obtaining the goal. Be assertive and even blunt as being sensitive may be seen as weak. Use alliances and partnerships as tools to create more powerful competitive advantages.*

- *Accommodating*
 - *Typically value relationships over their own goals; if forced to choose, they will often sacrifice their goals in order to maintain relationships. They generally want to be liked by others and prefer to avoid conflict because they believe addressing it will damage relationships. They try to smooth over conflict to prevent damage to the relationship.*
 - *Connect by assuring them the relationship is safe. Maintain eye contact, smile and remain warm. Reassure them that differing views does and will not jeopardize the relationship.*

- *Compromising*
 - *Are moderately concerned with both their goals and their relationships with others. They typically seek a compromise; they give up part of their goals and persuade the other person in a conflict to give up part of their goals. They seek a conflict solution in which both sides gain something; the middle ground between two extreme positions. They are willing to sacrifice part of their goals in order to find agreement for the common good.*
 - *Connect by offering practical potential solutions that incorporate the needs of all. Stay engaged but do not over do the relational sensitivity or your commitment to the task. Convince them to not shut down early but continue to work to a solution that satisfies or is great for all.*

- Collaborating
 - *Highly value both their goals and their relationships. They view conflict as a problem to be solved and seek a solution that achieves both their goals and the goals of the other person. They see conflicts as a means of improving relationships by reducing tensions between two people. They try to begin a discussion that identifies the conflict as a problem and strive to resolve tensions and maintain the relationship by seeking solutions that satisfy both themselves and the other person.*
 - *Connect by being open with your data, goals and feelings and assertively laying out what you want. Be curious about those things from the other party. Then find a way to take on the goals of the other party involved authentically and work to help them do the same for you.*

Adapted from: Conflict Management Styles Descriptions. Docstoc, <http://img.docstoccdn.com/thumb/orig/47081621.png>

THANK YOU

FROM

The Renewal and Overcomer Graduates

Merci beaucoup
Thank You
お疲れ様
Danke
Gracias
Grazie
Danke
谢谢你
Thanks
Obrigado

Appendices

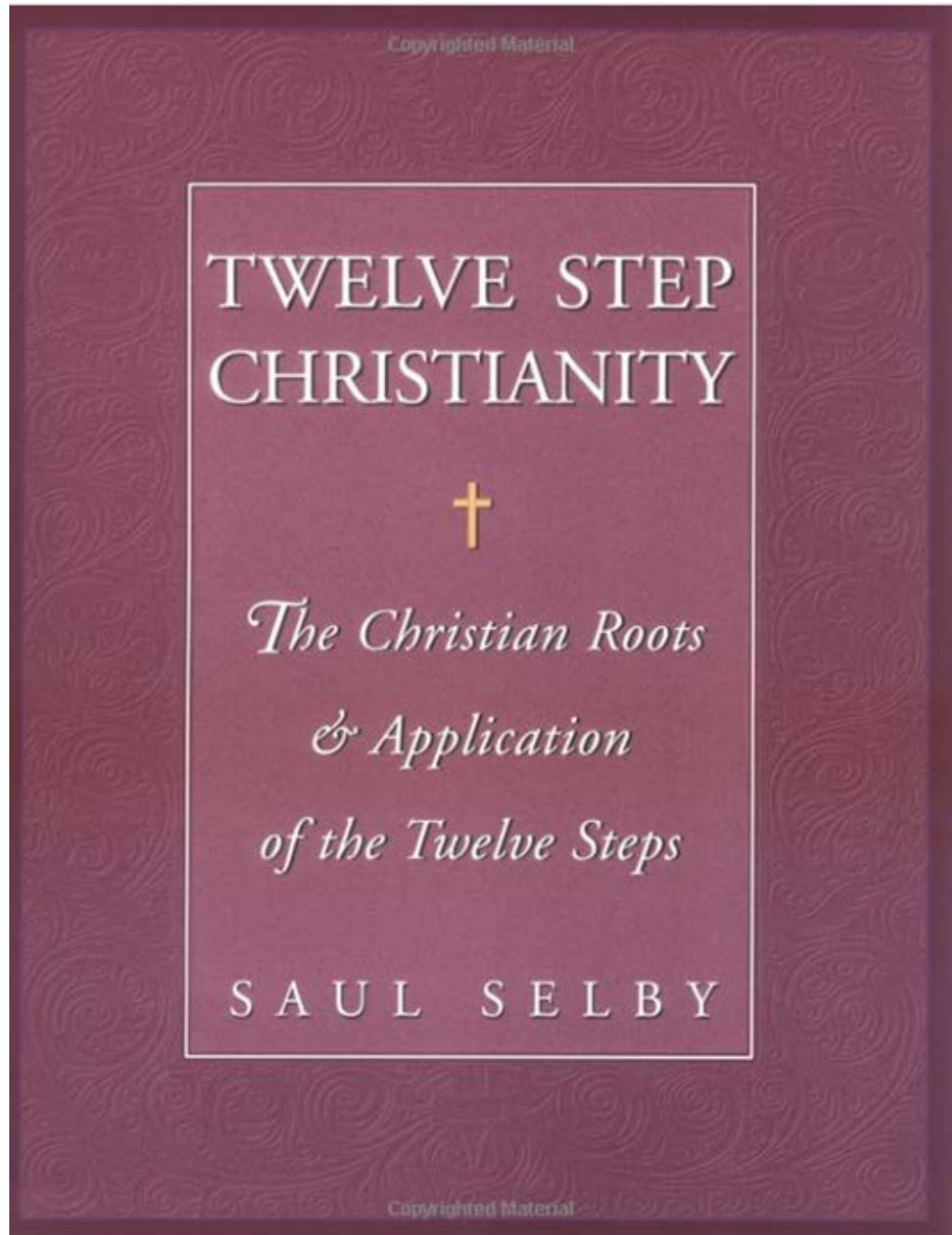
Appendix A: Renewal Resources

Appendix B: Overcomer Resources

Appendix C: Conflict Management

Appendix A: Renewal Resources

Renewal Foundations



Renewal Program Overview of Levels

Level 1: Spiritual Foundations

(Steps 1,2,3)

Residents begin identifying powerlessness and unmanageability due to one's addiction. They will work with a counselor to establish a program plan based on individual assessment information. They will begin to attend Renewal classes and activities.

Level 2: Inner Healing

(Steps 4,5,6)

Residents begin looking internally by identifying and processing destructive thought patterns and areas of personal hurt that have contributed to their addiction.

Level 3: Planning a healthy lifestyle and relationships

(Steps 7,8,9)

Residents are encouraged to ask God to change negative character traits and behavior and begin to focus on making peace with others by learning how to set healthy boundaries and building healthy relationships. They will also develop and follow a plan for making amends and restitution as needed.

Level 4: Prevention and Planning

(Steps 10,11, 12)

Renewal Participants continue to develop their aftercare plan. They will receive training and support on life skills such as resume writing, job preparation, practical budgeting and relapse prevention.

Level 1

- *Spiritual Foundations – There is no other foundation to build on but Christ.*
- *I am powerless over my addiction and my life has become unmanageable. I am powerless to live the Christian life.*
- *I came to believe that Jesus is personal and available and can restore me to sanity.*
- *I made the decision to turn my life and will over to the care of Jesus.*
- *I am learning that I have worth and value in the eyes of God. I am learning my identity in Him.*
- *I am learning about God’s grace, forgiveness and how to live guilt-free.*

Level 2

1. *In counseling, resident reads their written 1-19 years. Our purpose is to look at family structure and relationship dynamics during formative childhood and young adult years in order to identify personal wounds. Counseling assignments are individualized to target personal areas of hurt. Prayer is the most powerful component.*
2. *Residents work through steps 4,5,6 in the Twelve Step Christianity Book.*
 - *Step 4 Self Examination (honestly exploring our sin)*
 - *Step 5 Confession (acknowledging our sin to God and another person)*
 - *Step 6 Resisting Temptation (Our determination not to sin)*
3. *Resident completes a moral inventory, and upon completion of that, a personal confession time with one other person.*
4. *Resident learns to apply Christian principles to their daily life.*
5. *Resident learns to effectively handle conflict (the Jesus Way) according to Matthew 7:3-5 and Matthew 18:5-17 and Phil. 2:1-11.*
6. *Resident learns to personally identify destructive thoughts, patterns and behaviors through class participation and counseling.*

Level 2 Core Classes:

12 Step Christianity

Refuge (Domestic Violence)

Boundaries (Healthy Relationships)

Level 3

Relationships: Client is encouraged to look to God for change in present negative character traits and behaviors and to begin to focus on being at peace with self and others. The client learns daily how to initiate healthy boundaries and build toward healthy relationships with God first, self, and then others.

Level 3 Objectives:

- *Pruning Prayers—1 John 1:9-10 allowing client to self-reflect through a daily inventory of Thinking, Attitude, and Behavior.*
- *Client will learn how to identify problems and solutions related to her Middle and Late Recovery.*
- *Client will complete a spiritual and Triggers Plan for the highest priority is to live out the purpose and personality of Jesus in the clients' world for total dependence on Jesus as her Savior. Teacher, Lord, and Friend without the use of alcohol and other drugs.*
- *Client will learn the core elements of developing a Relapse Prevention Plan to ensure a strategy for long-term sobriety.*
- *Client begins to learn how to develop and follow through with a plan for making amends and restitution as needed.*

Level 3 Step Focus:

Step 7—'Asked God to remove our impulse to sin'

Client learns how to identify and pray according to scripture regarding her character defects and negative behavior traits.

Step 8 & 9—'Made restitution for the harm our sin has done to others'

Client learns the importance of recognizing the need to list ALL persons she has harmed and become willing to make amends/restitution as necessary. The client learns to achieve this through allowing the scriptures to reshape thinking, strive to live in integrity, and reliance upon the Holy Spirit in achieving healthy interrelations.

Level 3 Core Classes:

Level 3 - 12 Step Christianity by Saul Selby

- Healthy Boundaries
- Pruning Prayers
- Amends & Restitutions

Relapse Prevention by Terence Gorski

- Recovery Plan
- How to avoid relapse
- How relapse begins

Life Plans

- Spiritual Plan
- Triggers Plan

Level 4

Prevention and Planning

Proverbs 16:9 “In his heart, a man plans his course but the Lord determines his steps”

The primary purpose of a Level 4 Counselor is to assist the residents in preparing for transition by connecting them with spiritual support and community resources for job training, job placement and other employment readiness to equip them for earning a living wage and strive towards independent living. Together, we explore areas of weakness that could lead to relapse and develop strategies to prevent returning to their old self-defeating thoughts and behavioral patterns.

Class Curriculum:

- *Substance abuse education in the middle and late stages of the recovery process using the book Passages Through Recovery by Terrence Gorski. Residents are educated on the different stages of the recovery process by learning to evaluate goals, examine their lives and make changes.*
- *Relapse prevention focuses on managing feelings, urges and desires to use. Residents discuss high risk situations toward redirecting self-defeating thought and behavioral patterns by using scripture for instruction. (Terrence Gorski Relapse Prevention Workbook)*
- *Life Plans: The residents develop plans for continued spiritual growth and development, transitioning, relationships and family.*
- *Changing from the inside out by utilizing the word of God to overcome the hindrances of pride, fear, laziness, rebellion and ignorance.*
- *Steps 10-11-12; Daily sanctification, Daily seeking and submitting to God’s will and affecting others for Christ (Saul Selby’s Twelve Step Christianity)*

In Miracle Hill’s Transitional Housing, residents receive case management and individual counseling. They continue to work on individual goals and planning for the future.

All the transitional participants come together once a month at the Renewal Center for inspiring testimonies of how God has answered prayers and to address current struggles.

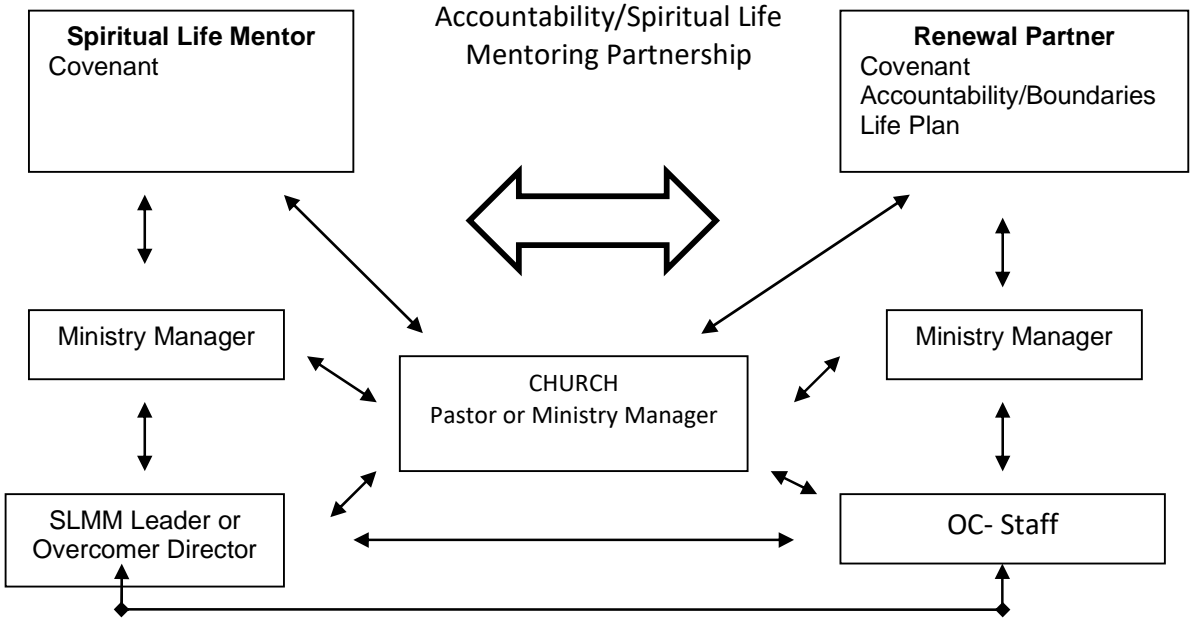
This is also a time to address any non-compliance to guidelines in effort to keep the ladies on track with their commitments.

Appendix B: Overcomer Resources

1. *Church Ministry Manager Description*
2. *Conflict Resolution Process*
3. *Overcomers – Classes, Privileges, Events*
4. *Daily Attitude Inventory*
5. *The 12 Steps*
6. *Transition Plan*

Conflict Resolution Process

Conflict Resolution Process



Your "Church" should own this ministry,
not Miracle Hill

OVERCOMERS PROGRAM Classes, Privileges, & Events

| PP (4 Weeks) Weeks 1-4 | LEVEL 1 (6 Weeks) 5-10 | LEVEL 2 (6 Weeks) 11-16 | LEVEL 3 (6 Weeks) 17-22 | LEVEL 4 (6 Weeks) 23-28 |
|--|--|--|--|--|
| Study Habits | Critical Thinking | 4th step | Church Relationships | Finance Training |
| Community | Nature of God | 5th step | Mentor Relationship | Employment training |
| How to Journal | God's will vs. Our will | Personal Wounds | Spiritual gifts | Goal setting |
| Transparency / Honesty | Submission vs. Surrender | Johari windows | Personal Ministry | Evangelism |
| Accountability | | Humility vs. Pride | Amends and forgiveness | Healthy Relationships |
| Daily Attitude Inventory | | | Healthy Relationships | |
| Commitment vs. Surrender | | | Commitment | |
| Integrity | | | | |
| Handbook & OC Philosophy | | | | |
| Addiction and Mind Coping skills / resilience Bible understanding Relapse prevention & 12 Steps Scripture Memorization Boundaries Discipleship | Addiction and Mind Coping skills / resilience Bible understanding Relapse prevention & 12 Steps Scripture memorization Boundaries Discipleship | Addiction and Mind Coping skills / resilience Bible understanding Relapse prevention & 12 Steps Scripture memorization Boundaries Discipleship | Addiction and Mind Coping skills / resilience Bible understanding Relapse prevention & 12 Steps Scripture memorization Boundaries Discipleship | Addiction and Mind Coping skills / resilience Bible understanding Relapse prevention & 12 Steps Scripture memorization Boundaries Discipleship |
| | 3- 10 Minute Phone calls | Visitation 1-5pm Saturdays Two Hour Pass Begin Visiting Churches 2.4 | 2 Hour Pass + 24 Hour Pass Develop Transition Plan Identify Church Home by 3.4 | 2 Hour Pass + 48 Hour Pass Job Readiness Training Job Search |
| | | | Mentor / Mentee Covenant Begin Mentor Meetings | Attending Home Church Weekly Mentor Meetings |
| | | | Attend Celebrate Recovery | Attend CR & AA/NA |
| | | | | Preparing for Transition |

Daily Attitude Inventory

| MONTH: _____ | DAILY ATTITUDE INVENTORY (DAI) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|--------------------------------|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|---------------------|
| DEFECTS: | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | VIRTUES: |
| Mark a minus) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | (Mark a plus) |
| Selfish | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | unselfish |
| Dishonest | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | honest |
| Proud | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | humble |
| Greedy | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | giving |
| Lusting | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | pure thoughts |
| Angry | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | cheerful |
| Impatient | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | patient |
| Resentful | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | thankful |
| Self-pity | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | compassion |
| Self-justification | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | admitting fault |
| Blame shifting | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | taking ownership |
| Making excuses | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | responsible |
| Impulsive | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | not reactionary |
| Jealous | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | rejoice with others |
| Manipulating | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | not scheming |
| Worry | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | prayerful |
| Perfectionism | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | content |
| Mistrust | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | trusting God/others |
| Procrastination | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | punctual |
| Denial | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | transparent |
| Negative Thinking | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | positive thoughts |
| Gluttony | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | eat in moderation |
| Unforgiveness | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | forgiving |
| Laziness | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | hard working |
| Critical Spirit | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | encourage others |
| HOW TO DO YOUR DAI: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. Identify each day the defects that your are struggling with and pray about them. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2. Ask God to change you and make you more like Christ (II Cor. 3:18). | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3. Journal about your struggles and victories. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4. Put a + (plus) for Virtues/Put a - (minus) for Defects | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

The Steps

Step One: We admitted we were powerless over our human condition-that our lives had become unmanageable.

In this step we come to the end of ourselves and find out that we're powerless over a person, a place, a chemical, a habit, a compulsion, or something like that. Eventually we'll learn that we're powerless, period. In our human condition-that is, in our fallen, self-centered nature-we have no power. And this is our dilemma-a lack of power.

Step Two: Came to believe that a power greater than ourselves could restore us to sanity.

We're powerless, and all of us need a power by which we can live, and it has to be a power that has the power to run our lives, and there are only two powers. There's either God's power or the power He allows Satan to have. Everybody serves somebody, and, on a daily basis, you'll either serve God or you'll serve the devil or self.

Also, the wording of the step would indicate that we are insane. You might say, "Well, I may have a couple of problems, but I'm not *insane*. That's pretty strong language. I mean, insane?" For our purposes, insanity is defined as: "Doing the same thing over and over again, expecting a different result-and never getting it." That is, we get the same result which is self-destructive and usually destructive to others.

Step Three: We made a decision to turn our will and our lives over to the care of God as we understood Him.

Having developed some trust in God in taking Step Two, we now let God have these pieces of our lives over which we've been trying, unsuccessfully, to control and exercise our own self-will power.

Step Four: Made a searching and fearless moral inventory of ourselves.

This inventory is an actual writing-picking up paper, writing down and mirroring ourselves on paper as to who we are, what we are, and what we've done. We are looking for patterns in our lives that have been destructive to ourselves or destructive to others.

At this point, the process begins to get tough on us. The first three steps are kind of fun and kind of uplifting, and "oh, boy," and "ain't it neat that God's going to do all these wonderful things for me, and I don't have to do anything for myself like I used to." And then we get into what I call "death valley" which is Steps Four through Nine. This is where the cutting part comes in. This is where we're going to work on getting rid of the things that we aren't, the lies about ourselves, so we can become who we are in Christ.

Step Five: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

In this step we share the writing of Step Four with God, ourselves, and another human being. This is a very humbling process, but very necessary if we are to gain the freedom that we seek through these steps.

Step Six: We're entirely ready to have God remove all these defects of character.

Believe it or not, we're going to find one or two defects of character in Four and Five, even though we are perfected in Christ Jesus. Yes, we really are. We become willing to have those removed in Step Six.

Step Seven: Humbly asked God to remove those defects of character.

At this point, we actually get down on our knees and pray a deliberate, specific, and sincere prayer. We begin to release our faith in the ability of God to actually remove those defects of character.

Step Eight: Made a list of all persons we had harmed and became willing to make amends to them all.

Out of what we've done in Steps Four and Five, we're going to have three lists: we're going to have defects, amends, and resentments. We'll need God to help us get rid of our resentments and our defects, and we're going to have to become willing to make our amends.

Step Nine: Made direct amends to those people wherever possible, except when to do so would harm them or others.

In this step we make direct amends to those we've harmed, either by telephone, by letter, or in a face-to-face visit. There are right and wrong ways of taking this step.

Step Ten: Continued to take personal inventory and when we were wrong promptly admitted it.

Step Ten throws us back into Steps Four through Nine. There are three types of inventories in Step Ten: daily, on-going, and periodic.

Step Eleven: Sought through prayer and meditation to continue our conscious contact with God as we understood Him, praying only for the knowledge of His will for us and the power to carry it out.

We continue to grow in our experience and our walk with God through prayer and meditation. Step Eleven is an enormous undertaking as it is designed to implement our walk in Christ in our lives on a daily basis.

Step Twelve: Having had a spiritual awakening as a result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.

In Step Twelve we're going to give this process or this awakening away to other people. We're going to find that Step Twelve tells us how we'll know when it's timely to give that away and what we're to give away. We'll also look at what it means to practice all these principles in our affairs.

An Outline

Now I want to go over an outline of the Twelve Steps and show you the basic generic goal and underlying theme of the Twelve Steps:

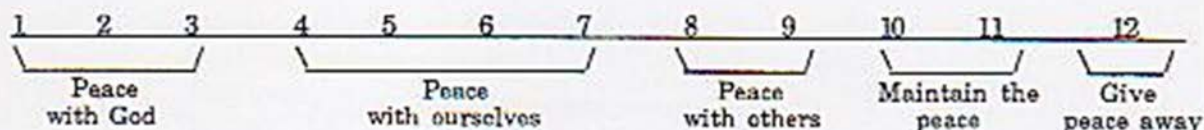
In Steps One, Two, and Three we make peace with God.

In Steps Four, Five, Six, and Seven we make peace with ourselves.

In Steps Eight and Nine we make peace with others.

In Steps Ten and Eleven we maintain the peace.

And in Twelve, we give that peace away.



So, as we go through the steps, we make peace with God, make peace with ourselves, and make peace with others. Is there anybody else to be at war with by the time we get past Step Nine? I don't think so. We've covered persons, places, and things. So the goal from Step One through Step Nine is to be at peace.

Transition Plan

The first year, after a long term Program, is the most important part of a guest's recovery. A solid transitional plan is the beginning of the next season of life. A guest's success will depend on how much effort they put into forming a solid transition plan and their adherence to that plan the following year. Following are the requirements for your transition plan:

1. Choose a home Church with the name of the person picking you up. This person must be a male church representative (deacon, driver, Pastor, etc.). A family member cannot drive you to and from church. When you choose a church by the end of week 3.4 you must attach a copy of the church doctrine.
2. Formulate an accountability network. This network should include a total of five people (men). You can have two current Overcomer guest but the other three should come from your church, meetings, or pastoral men that come to the center and share. (NO FAMILY MEMBERS ALLOWED).
3. Submit in writing your plans for the following: employment, Homes of Hope, Ministry Trainee, etc. also, write out why you are making this decision.
4. List your choices for housing and your reasoning as to why you are making this choice.
5. Make a list of meetings you will be attending weekly (minimum of two). Phone number and name of person leading this meeting.
6. Once you have identified a church let the level 3 counselor know. He will provide that information to the Overcomers mentor coordinator. The Overcomer coordinator mentor will find a mentor from your church. He will contact the mentor to set up a time with guest, mentor, and coordinator (or a staff member) to go over mentor agreement.
7. Describe in detail what you will do for transportation. (Own vehicle, bus, bicycle, etc.).
8. Make a detailed plan for financial accountability.
9. List the church activities you will be attending. (Sunday School, Sunday morning service, Sunday evening service, Wednesday evening service, Bible Studies, or prayer groups. Will you be attending a men's group during the week?
10. Describe how you will maintain your relationship with Christ going forward (i.e. what you will do for daily devotions, scripture memorization, prayer time, listening to Bible teachings on Podcasts, sharing testimony, etc.)
11. Write out a list of you top ten triggers as well as your top ten high-risk situations. A copy of this list will be given to your mentor, counselor, and added to your case plan.
12. In addition to the lists of triggers and high-risk situations you will come up with appropriate boundaries for each trigger and high-risk situations. A copy of this will also be given to your mentor and counselor.
13. List and explain any judicial, financial, relational, or other issues you will need to address before the completion of the Program.
14. Final transition plan must be finished by week 3.5 of level three and approved by level three counselor and/or staff before moving to level four.

Appendix C: Conflict Resolution