

SURRENDER TO THE PROCESS OF RECOVERY

Surrender to the process of recovery and the journey will be simple but not easy.

The only resistance you will feel is your own resistance to acceptance and change itself. As a person in early recovery, this can seem like a tall order because we do not know what to expect or how to be. Recovery Epicenter Foundation's TN24 Recovery Coaching Program is designed to direct and assist you in overcoming the internal and external obstacles to achieve a positive and purposeful recovery experience.

We can only control our own actions and behaviors in every moment, so we learn to leave the outcomes up to our creator through working with our sponsors, fellowship, and our personal Recovery Coach.

We must walk this journey with guidance, experience and direction, without it we will proceed nowhere and continue on the same path as before. We all have intention to change, but intention without direction leads to regression. If you have the intention to change, we have the direction to lead you.

THE SOLUTION TO "OURSELVES"

Reinforcing one's love for themselves, begins by creating a balanced lifestyle **Spiritually, Physically, Mentally and Emotionally**. We teach the concept of healthy life skill sets, solution based thinking, educating one on a life of recovery and self-assessment positioning. The Recovery Coaching Program teaches the concept of self-sustaining lifestyles, with support based community networks of change. This will bring one back to a purpose driven life, while practicing discipline, love for themselves and others, while reconnecting with society and their creator.

OUR PURPOSE:

Our purpose is to engage in a person's assets and strengths, leading them to a self-sustaining life of recovery in all areas. Recovery isn't just from chemicals, it requires changing our behaviors, actions and attitudes and to live a life of structure and self control. We understand that addictions have negatively affected our lives, however what works for one may not work for another. **This is why our coaching is personalized for each individual's recovery track.** We will educate our participants in their own barriers and flaws, so we can help them with cutting edge resources and self evaluation daily to live a life beyond what they can imagine.

It's crucial during the stabilization and foundation phases that one practices humility and honesty, so our team of partners can best assess and sculpt a personalized recovery programming to the individual needs of each client. Our recovery coaches cannot correct and connect one with resources, unless we know what their struggle is. **Confidentiality is at the center of our Code of Ethics.**

RECOVERY PROGRAMMING

RECOVERY EPICENTER FOUNDATION'S TN24 RECOVERY COACHING PROGRAM INCLUDES:

- Personalized certified recovery coaching.
"Success requires a game plan; game plans require a coach."
- Cutting edge technology to assess, stabilize, and identify concerns for change (Spiritually, Physically, Mentally and Emotionally).
- Daily communication to direct, energize, educate and motivate a person to self sustaining living.
- Building on one's strengths and assets instead of focusing on one's weaknesses and defects.
- Building a bridge between clinical and recovery supportive services provided by multiple organizations. Teaching a person to maneuver through their communities building a solid based support network. Teaching the concept of hands up (self-supporting), not hands out (enabling).
- Educating clients in behavioral modification techniques.
- Educating clients in positive perceptions and perspective skill sets towards, life, circumstances, others and themselves.
- Building positive belief systems in themselves, their goals, family and friends. Focusing on solution based outcomes instead of fear based barriers.
- Building self esteem
- Defining and educating about depression worksheet
- Defining and educating about anxiety worksheet
- Educating focus on solution based positive thinking, not their problems and negative entitlement positioning.
- Workbooks, worksheets, classes, electronic assessments, screening and applications for educating and behavioral modification.
- Teaching goal setting, (personal, financial, future). When goals are achieved, self worth is re established.
- Helping others help themselves by creating personal recovery profiles and planning and establishing personal life mission statements.
- Principles exercised prior to personalities utilized, learning to live an integrity filled life with accountability and trust.

ALL SERVICES are provided by persons in recovery who have experienced and transcended their own struggles.

RECOVERY PROGRAMMING

Month #1 **STABILIZATION**

Meet daily schedule requirements, and become acclimated to a new life in recovery outside of the controlled setting of detox or treatment.

- Meet and begin working with individual Recovery Coach
- Initializing Goals and Standards for 6-month program established
- Begin weekly checklists, review and sign accountability contract
- Full emotional assessment worksheet
- Full thinking assessment worksheet
- Full physical assessment worksheet
- Full spiritual assessment worksheet
- Guiding those through legal issues and treatment center discharge plan follow up matching them with community resources.
- Teaching and guiding those to use smart phones, social media, internet and technologies to our benefit in recovery.
- Refer to community resources

Month #2 **FOUNDATION FOCUSING**

Maintaining abstinence from mind altering substances. Developing a daily meeting routine, obtaining a sponsor, and a home group.

- Continue Morning Meditation
- Continue weekly checklists, and must have recovery home group
- Structure weekly plans and goals, practice new healthy skill sets
- Set up financial training, checking and saving accounts
- Review struggles and discuss solutions, teaching self assessment and correction skills.
- Developing life skills stage, weekly routine on keeping personal area clean, laundry, cooking, etc.
- Finding employment to become self-supporting
- Write and review life story
- Review strengths and assets assessments
- Review Hope, Goals and Dream big booklet
- Refer to community resources
- Continue Nightly Daily Reprieve

RECOVERY PROGRAMMING

Month #3 **BATTLEFIELDS OF THE MIND**

Maintaining abstinence within the fellowships of AA, NA, Celebrate Recovery, Smart Recovery, TN24 or any chosen path for recovery.

- Continue Morning Meditation
- Continue Weekly Checklists, steps 4-7 completed with sponsor
- Review negative thinking assessment, teach positive thinking module
- Understand your enemy and identify negative thinking and self-destructive addictive behaviors
- Thinking your way into Supernatural living module
- Complete forgiveness and letting go classes 3 weeks
- Finding Employment or maintaining employment to become self- supporting
- Maintaining life skills, continue working new healthy habits
- Refer to community resources
- Continue Nightly Daily Reprieve

Month #4 **WHO AM I, WHY AM I HERE?**

Maintaining abstinence within the fellowships of AA, NA, Celebrate Recovery, Smart Recovery, TN24 or any chosen path for recovery.

- Continue Morning Meditation
- Continue Weekly Checklists
- Train and teach personal temperaments, understanding your strengths, be aware of your weaknesses
- Train and teach attitude adjustment and positive perception class
- Train and teach and identify talents and gifting skills class
- Begin personalized life mission statement assessments worksheet
- Review Goals from stabilization Phase 1. Reflection on progress
- Review assessments from stabilization Phase 1 and reassess life balance; emotional, thinking, physical and spiritual
- Maintaining employment
- Maintaining life skills
- Reviewing Goals
- Review to community services
- Continue Nightly Daily Reprieve

RECOVERY PROGRAMMING

Month #5 **LOVE AND SERVICE, GETTING PLUGGED BACK IN**

Maintaining abstinence within the fellowships of AA, NA, Celebrate Recovery, Smart Recovery, TN24 Recovery Services or any chosen path for recovery.

- Continue Morning Meditation
- Step 7-12 completed with sponsor
- Action word assessments for life mission statement
- Serving others in community
- Complete healthy relationships-co-dependent class 4 weeks.
- Complete love and forgiveness essay
- Continue Weekly Checklists
- Maintaining Employment
- Maintaining Life Skills
- Reviewing Goals
- Continue Nightly Daily Reprieve

Month #6 **EXIT STRATEGY**

Maintaining abstinence within the fellowships of AA, NA, Celebrate Recovery, Smart Recovery, TN24 Recovery Services or any chosen path for recovery.

- Continue Morning Meditation
- Continue Weekly Checklists
- Continue daily recovery reprieve efforts
- Maintaining Employment
- Maintaining Life Skills
- Reviewing Goals, set long term goals, frame life mission statement worksheets
- Living a life of compete self sufficiency, no longer dependent on others.
- Plan positioning, set exit action plan in place, living arrangements etc.
- Write gratitude and thank you cards
- Continue Nightly Daily Reprieve
- Graduation of Recovery Epicenter Foundation's The Next 24 Peer Recovery Coach Support Service Program.

RECOVERY PROGRAMMING

STANDARD QUESTIONS AND ANSWERS

WHY USE OUR RECOVERY COACHING PROGRAMMING?

Whether going home after your stay in a controlled setting, a sober home, back to your original environment, or attempting to stabilize yourself, it's crucial that you learn to how live your new life of recovery from mind altering substances. Learning to live life on life's terms, understanding and using your emotions in a positive manner, with out the need to self medicate. The Recovery coaching program teaches and educates you to thrive and survive in any environment or any community life throws at you.

WHO OVERSEES YOUR CARE?

Our team of certified recovery coaches. We are Certified Life Recovery Coaches, Certified Addiction Specialists and Certified Recovery Resident Administrators with the State of Florida, degreed in alcohol and substance abuse counseling, specializing in behavior modification. We all have our own personal journey in recovery and understand the darkness where addiction takes a person and the light where they need to be!

HOW TO USE OUR PARTNERSHIP RECOVERY PROGRAMMING?

Recovery is a daily journey of surrender and acceptance. Our Recovery Coaching program allows a personalized daily support network of coaching and cutting-edge resources to help achieve your recovery goals. Programming is customized to fit each person's solution plan, including but not limited to, weekly one on one telecommunications or face to face coaching, daily phone calls and motivational messages of encouragement. We will educate and guide your personal life of behavioral modification and learning to live daily with your changing emotions. We will coach you every 24 hours, until it's a new healthy habit by building on your strengths and assets, while we Integrate recovery products and applications for cutting edge resources and support.

HOW MUCH DOES TN24'S RECOVERY COACHING PROGRAM COST?

Recovery Epicenter Foundation's tn24 recovery coaching program is a six-month program that only costs \$1,000.00 a month for daily access and accountability from one of our certified recovery coaches. Along with our recovery coaching you will be developing and monitoring your progress through Dr. David Best's Recovery Capital Self-Assessment software. Through daily person to person guidance and state of the art technology, you will be giving yourself to best chance to sustain and grow in your new life of sobriety.

MORE QUESTIONS?

Call us. Recovery Epicenter Foundation 727-754-5790

**Perception is key and reflection leads to relapse.
We focus on God and reflect on our strengths.**