



## Comprehensive Five-Phase Program

### Recovery Center

The Isaiah House is an up to 8 month in house recovery program with a 90 day Continuum of Care. The potential to achieve all that must be achieved to complete this program can be attained in 6 months. As such, a suitable entry student may complete in as little as 6 months and could graduate in 9 from COC. If the entry student has a need to accomplish court ordered A/E, GED and so on then this process may take longer. As a rule a typical student will do 8 months in house to complete and an additional 90 days COC in order to graduate. If a student in conjunction with the court, family and staff believe that more than 8 months is needed we will assist until all are satisfied.

The following will explain the 5 phases in order to complete and graduate.

Phase I: Freshman Phase

Phase II: Sophomore Phase

Phase III: Junior Phase

Phase IV: Senior Phase

Phase V: Continuum of Care Phase



# Comprehensive Five-Phase Program

## Phase I: Freshman Phase

### Day 1-2

#### Intake interview:

- Basic personal information
- In-depth personal & family history
- Basic medical - blood pressure, weight, glucose testing
- Medication as prescribed under supervision of staff

### Day 2- 90

#### Celebrate Recovery: Monday through Friday 9 am until noon.

- Completion of 12 step recovery group is required to graduate to sophomore phase. This is a closed session and will remain open through approximately the first 21 days or lesson 4. At this point all new applicants into the program will go through other group studies until the previous group completes the 12 step class.

#### Group studies: (How to deal with taking thoughts captive, bitterness, resentment, unforgiveness and submission to authority) Monday through Friday 6 pm until 7:30 pm

- Student will participate in several group studies during the evening

#### Job training with volunteer hours only:

- This will begin at day 2 and run through the end of Celebrate Recovery. This is generally Monday through Friday 1pm until 5pm but may involve occasional Saturdays and Sundays.

#### Schedule disciplines:

- Set wake-up and bed time
- Set studies schedule
- Set exercise time
- Set work periods on campus
- Student will not have phone privileges for 30 days. After 30 days once per week for 10 minutes until completion
- Student will not have any visits for 30 days
- Student will have a potential onsite 4 hour visit after day 30 and before day 60 depending on center's scheduled visit weekend
- Student will have a potential offsite 4 hour visit after day 60 and before day 90 depending on center's scheduled visit weekend.

#### Goal setting & achievement method with monitored progress:

- Short term (1 week to 6 months)
- Long term (6 months to 5 years)
- Sobriety monitoring with random 10 panel & suboxone testing

#### Life training skills:

- GED tutoring
- Job application training/basic computer training
- Instructions in basic food preparation and safety
  - cooking classes with kitchen safety
  - opportunity to practice cooking skills
  - food budgeting for cost efficiency training
  - training to complete a food handler's permit

#### Recovery dynamics:

- Daily 12 step recovery group
- A/E classes
- DVO classes/Batter Intervention Program
- Weekly anger management program
- Journaling
- One-on-one counseling/Cognitive Behavior Therapy
- Group Counseling
- Positive peer pressure culture (entry level student 30 – 60 days, potential for dorm watchman at 60 – 90 days, dorm shepherd 90 days)
- Fully involve residents in the helping process
- Extensive lapse and relapse education

#### Family counseling begins: Available Monday through Friday 1pm until 5pm except Wednesday.

- Structured family counseling with our PhD pastoral family counselor.



# Comprehensive Five-Phase Program

## Phase II: Sophomore Phase

*Day 90-120*

**Job training skills with potential on site full-time employment:**

- Ground maintenance and landscaping (currently volunteer only)
- Food preparation (possible stipend paid)
- Catering (paid)
- Production line training (paid)
- Baling/packaging (paid)
- General contracting training (paid)
- Community service projects including: Fuller Center for Housing, Habitat for Humanity, Recycling Center, Community Action, and Road Cleanup Crew (volunteer)

**Group studies: (How to deal with taking thoughts captive, bitterness, resentment, unforgiveness and submission to authority)** Monday through Friday 6 pm until 7:30 pm

**Peer leadership advancement & training:**

- You will have the potential to progress through student leadership Phase II dorm shepherd potential day 90 w/LRC potential day 120

**Continued disciplines as found in Phase I: EXCEPT**

- Student will have a potential off site weekend pass from 4pm Friday through 3pm Sunday from 90 days to 120 days of entry on the center's scheduled visit weekend and every month after.

**Continued goal setting & achievement method with monitored progress as found in phase I**

**Continued life training skills as found in Phase I**

**Continued recovery dynamics as found in Phase I: EXCEPT**

- No daily Celebrate Recovery, offered once per week.

**Continued needed family counseling**

**Continued assistance with Social Security Disability and SSI**

## Phase III: Junior Phase

*Day 120 – 180*

**Continuation of job training skills as found in Phase II:**

**Continuation of evening group studies:** To also include

- Advanced teaching for personal faith and social interaction
- Personal financial management using Crown Financial or Financial Peace

**Continued life training skills as found in Phase II:** To also include

- Job interview skills (how to present yourself to an employer)
- Resume training and preparation

**Continued disciplines as found in Phase II**

**Continued goal setting & achievement method with monitored progress as found in Phase I**

**Continued recovery dynamics as found in Phase II**

**Continued needed family counseling**

**Individual study:** Dealing with personal and interpersonal relationships

- Student will have 2 individual studies per month, to complete a 500 word essay on each

**Continued assistance with Social Security Disability and SSI**



# Comprehensive Five-Phase Program

## Phase IV: Senior Phase

Day 180-240

**Continuation of job training skills as found in Phase III: EXCEPT**

- Student has the potential to work off site to further secure his sobriety from day 181 through 240 with transportation supplied by center.

**Leadership training:**

- Today Matters 6pm – 7:30 evening class once per week

**Continuation of evening group studies:** To also include

- Advanced teaching for personal faith and social interaction
- Personal financial management using Crown Financial or Financial Peace.
- Marriage classes

**Continued life training skills as found in Phase II:** To also include

- Job interview skills (how to present yourself to an employer)
- Resume training and preparation

**Continued disciplines as found in Phase II**

**Continued goal setting and achievement method with monitored progress as found in Phase I**

**Continued recovery dynamics as found in Phase II**

**Assistance with Social Security Disability and SSI**

**Continued needed family counseling**

**Continued individual study as in Phase III:** To also include

- Parenting skills
- Sexual purity and responsibility

**Continued assistance with Social Security Disability and SSI**

**Assistance in higher education advancement by interfacing with:**

- Bluegrass Community and Technical College
- National College of Business and Technology
- Eastern Kentucky University
- St. Catherine College

## Phase V: Continuum of Care

Day 240 - 330

**Assistance in permanent job placement into the community**

**Assistance in residential acquisition**

**Assistance in transportation acquisition**

**Accountability partnerships established (i.e. 12 step groups, recovery groups, church community, etc.)**

**Accountability:**

- Weekly follow-up phone contact with pastor, family & 12 step leader, accountability partner, as well as resident with pertinent diagnostic questions
- One-two weekends per month volunteer at the Isaiah House
- One- two random 10 panel drug screens per month
- One face-to-face lunch with Isaiah House after care representative per month
- Three 12 - step meetings per week with sign off by step leader
- Maintain full time employment

Day 330 – 1825

**Five year continuum of care to include:**

- Follow-up phone counseling on an unlimited basis
- Remain available to schedule appointments for one-on-one counseling, marital counseling and/or family counseling.
- Once per month phone follow up from day 1 through 90 following graduation with diagnostic questions and accounting for any group activity
- Once per quarter, 1-4 years after graduation with diagnostic questions asked
- Face to face follow up every 3-4 months for the period of 4 years 9 months with diagnostic questions with an accounting for any group, work, school or family focused follow up



## Comprehensive Five-Phase Program

### List of Studies to be offered:

- **Jesus Loves Me by Roush**
- **Celebrate Recovery** (Faith based 12 step program)
- **Grace Walk by McVey** (Forgiveness and identity in Christ)
- **Battlefield of the Mind by Myers** (Taking thoughts captive)
- **Bait of Satan by John Bevere** (Bitterness, resentment, un-forgiveness and releasing the past)
- **Undercover by John Bevere** (Obedience and submission to ALL authority )
- **Victory Over the Darkness & Bondage Breakers by Anderson** (Teaching steps to spiritual freedom through Christ)
- **Experiencing God by Blackaby** (Advance study in who God is in your life)
- **Crown Financial/Financial Peace - 12 week program**
- **Healing for Damaged Emotions by Seamand's**
- **Healing of Memories by Seamand's**
- **Putting Away Childish Things by Seamand's**
- **Every Man's Battle by Arterburn** (Sexual purity)
- **I Kissed Dating Goodbye by Harris**
- **Hidden Values of a Man by Smalley & Trent** (Marriage & Family)
- **5 Love Languages by Chapman** (Marriage & Family)
- **Today Matters by Maxwell** (Leadership)
- **Marriage on the Rock by Evans**
- **Fear of the Lord by Bevere**
- **Heart Ablaze by Bevere**