



Christian Recovery Center

Comprehensive Five-Phase Program

Phase I: Induction Phase

Phase II: Reintegration Phase

Phase III: Personal Growth Phase

Phase IV: Re-entry Phase

Phase V: Continuum of Care Phase



Phase I: Induction 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

Foundational teaching for personal faith and managing thoughts, feelings, & emotions - includes studies:

- Jesus loves me by Roush
- Grace walk by McVey
- Battlefield of the mind by Myers

Schedule disciplines

- Set wake-up and bed time
- Set studies schedule
- Set exercise time
- Set work periods on campus

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 testing

Job training/life training skills

- Ground maintenance and landscaping
- Domestic engineering
- General contracting training
- Community service projects
- GED tutoring
- Job interview skills (how to present yourself to an employer)
- Instruction 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 handlers permit

Recovery dynamics

- Weekly 12-step program
- Weekly anger management program
- Journaling
- One-on-one and group counseling
- Positive peer pressure culture
- Fully involve residents in the helping process
- Extensive lapse and relapse education

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Phase II: Reintegration Phase

Day 90-120

Job placement into the surrounding communities

- **Using human resource employment providers**
- **Opportunities for full time employment**
- **Transportation to and from work**

Day 90-180

Advanced teaching for personal faith and social interaction - includes studies in:

- **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)

Financial Management

- **Elementary training of money management**
- **Establishing practices of tithing, savings and prompt bill payment**

Continued education as listed in Phase I

Schedule disciplines

Goal setting & achievement method with monitored progress

Instruction in basic food preparation and safety

Recovery Dynamics



Phase III: Personal Growth Phase

Day 180-270

Advanced financial management training - includes studies in:

- **Crown Financial - 12 week program**
- **Budget training**

Studies of sexual purity and responsibility - includes studies in:

- **Every Mans Battle by Arterburn**
- **I kissed dating goodbye by Harris**
- **When God writes your love story by Ludy**

Studies in interpersonal relationships and parenting skills - includes studies in:

- **Hidden Values of a Man by Smalley & Trent**
- **5 Love Languages by Chapman**
- **Growing Kids Gods Way by Ezzo**
- **Mandatory on-site marriage counseling for married residents and their spouses**

Continued Education as listed in Phase I

Schedule Disciplines

Goal setting & achievement method with monitored progress

Instruction in Intermediate food preparation and safety

Recovery Dynamics



Phase IV: Reentry Phase

Day 270-365

Basic Leadership Training - including studies and skills in:

- **Today Matters by Maxwell**
- **Interpersonal Mentorship Training**

Continued community service by volunteer service at The Healing Place or The Way Side Mission in Louisville or the Hope Center in Lexington.

Assistance in higher education advancement by interfacing with:

- **Bluegrass Community and Technical College**
- **National College of Business and Technology**
- **Eastern Kentucky University**

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.).



Phase V: Continuum of Care Phase

Day 365-455

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 screen 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 456-1825

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 91 - 365 following graduation with diagnostic questions an 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**