

“Tri-Cities Recovery” Manual

Tri-Cities Recovery



“Helping you Break your Bonds”

www.Tri-Cities-Recovery.org



“Transforming Broken Lives”

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Introduction:

About Tri-Cities Recovery

Tri-Cities Recovery is a Nonresidential small group ministry – a multi denominational effort – the faith based community taking back their community! Based on five components of recovery, using a Life-Plan of Recovery. The five components of Recovery are decision, positive peer choice, accountability, boundaries, and consistency. A leadership team is trained and oversees facilitators and schedules groups.

Living Free/Turning Point: Small group curriculum and training designed for the local church. Offers a model and facilitator guidelines. Specific curriculum deals with life-controlling problems and discipleship! Living Free is the training and curriculum of choice of Tri-Cities Recovery. The Living Free Core Team Manual is a vital tool for leaders of Tri-Cities Recovery.

What is Tri-Cities Recovery?

Tri-Cities Recovery work with ministries, community resource providers, law enforcement agencies, and the criminal justice system to address the drug addiction problem that is devastating families and communities throughout our area. Tri-Cities Recovery desire is each organization does what they do best and work together for a common goal. When communities work together amazing results can happen.

Christians are called to follow the lead of Jesus in his ministry to “proclaim liberty to the captives and recovering sight to the blind, to set at liberty those who are oppressed” (Luke 4:18). We are motivated by the love and compassion of Christ and empowered by the spirit of God to share the good news that Christ offers forgiveness for every sin, the opportunity for a new life, and the power to escape and overcome the bondage of addiction.

The need for Tri-Cities Recovery

In most communities the same group of addicted people strains law enforcement and criminal justice systems to breaking points. Drugs not only devastate the abuser, but the entire family, social network, and community of the addicted person suffers. What used to be an urban problem is also now a rural one. Unfortunately, smaller communities have fewer resources to combat these problems.

Even though the number of persons struggling with addiction is increasing, only a small percentage is willing or able to enter a residential treatment program.

If the majority of people struggling with addiction are going to be helped, alternatives to residential treatment are needed for those who cannot attend or refuse to enter long-term care.

Christian Discipleship is the goal for Tri-Cities Recovery

Tri-Cities Recovery provides spiritual care and encouragement to live a life that is based on a new relationship to God through Jesus

Christ. In this new life people learn to depend upon God's word, God's spirit, and God's people.

A major need for anyone leaving an addiction is to establish a new network of friends. This is very difficult because people usually run back to their old unhealthy but familiar relationships and surroundings. And usually these friends are the ones who encourage them to live a self-destructive lifestyle.

Tri-Cities recovery is a means to establishing a healthy network of friendships. These new friends are the bridge to the church and other Christian relationships.

When a person is planted in a caring congregation where he can receive spiritual care and encouragement, the chances of success improve. In a healthy church environment helpers and clients work together understanding that recovery and discipleship are a lifelong commitment. It is not once an addict, always an addict but every Christian knows that living within boundaries, accountability to God and others, and a disciplined life requires daily diligence throughout our lives.

Tri-Cities Recovery Targeted Groups

1. Those mandated by the courts to attend addiction recovery groups but who voluntarily elect a Christian-based alternatives to secular programs
2. Those who are not able to enter a residential program such as Teen-Challenge because of financial and family commitments

3. Those who have been released from rehabilitation or correctional facilities and want ongoing support and opportunities to encourage others
4. Those not yet in the final stage of their addiction. (Example: unable to function in a job, totally deluded about having a problem). Clients that are also in this stage can be referred to appropriate program
5. Family members affected by the loved one's addiction
6. Those who have completed long-term recovery programs and now are wanting continued accountability and relationships with a community that understands them

What Tri-Cities Recovery can Accomplish

1. Begin ministry to those who are incarcerated or unable to function responsibly because of their addiction, referring and assisting them to go to a long-term program, as alternate sentencing or choice of will
2. Provide relevant ministry to those that are reasonably functional in spite of their addiction. This allows the client to be responsible for daily necessities. The client needs to make a commitment to receive help and hope through the support groups and caring relationship with Tri-Cities recovery
3. Provides effective ministry to families of those with life-controlling issues, offering encouragement and boundaries and allowing families to work through issues together, as a family
4. Provide effective follow-up to those clients that have completed long-term programs, providing continued peer choice, accountability, and boundaries, and consistency

Tri-Cities Plan of Action

The plan is to help the participants follow a program so they won't need to go into a program

Intake Process: Application

 Applicant Survey

Facilitators will give recommendations for their clients based on this survey

Program Plan: Life Plan

 Support Group, Classes

 Certificate for Group Completion

Aftercare Plan: To help the client move from the care of Tri-Cities to the spiritual care of a caring congregation.

It is imperative that the clients understand that recovery and discipleship are for a lifetime!

It is not "once an addict, always an addict" but boundaries, accountability, and discipleship are for a lifetime.

Life-Controlling Problems are:

A life-controlling problem is anything that masters our lives.

Everything is permissible for me but not everything is beneficial.

“Everything is permissible for me but I will not be mastered by anything.”

Life-controlling problems fall into three categories:

1. Substance – drugs, alcohol, food, prescription medications
2. Behavior – Gambling, pornography, outbursts of anger, etc.
3. Relationship – Co-dependent, unhealthy, or enmeshed relationships

Definitions:

Tri-Cities Recovery – non-residential community effort, using the Living Free model

Living Free/Turning Point – model for small groups-training and curriculum

Life-Plan – self-inventory and goal setting for clients

Groups offered Through Tri-Cities Recovery

Insight Group

This small group discusses the Upward path to Christian Character as described in 2 Peter 1:3-11. The group covers the definition of a Life-controlling problem, delusion and denial, walls of defenses, leveling and ministry to one another.

Concerned Persons Group

This group is specifically targeted for families of those struggling with addictions, and covers enabling, boundaries, and codependency, as well as comfort, hope, and letting go and letting God.

Stepping Into Freedom

A 12-step recovery group, implementing the 12 steps of AA, as a faith-based ministry, applying Scripture to each of the 12 steps. During this group, participants are asked to keep a step-by-step diary and goal chart.

Restoring Families

Small group ministry helping family members come to grips with abuse and family violence, and seeing the healing of wounded emotions and reconciliation with boundaries

Elective Groups

Crossroads: Choosing the Path to Sexual Purity; Understanding Depression; Handling Loss and Grief; Anger: Our Master or Our Servant; and Seeing Yourself in God's Image.

Five Components of Recovery Are Emphasized in Tri-Cities Recovery

Decision

I have come to a point in my life where I will finally admit that I am sick and tired of being sick and tired! I make the decision to get serious about recovery!

Joshua 24:15

If you have no desire to worship the LORD, choose today whom you will worship, whether it be the gods whom your ancestors worshiped beyond the Euphrates, or the gods of the Amorites in whose lands you are living. But I and my family will worship the LORD!”

Positive Peer Choice

I will surround myself with people who are serious about my life-change and who will encourage me.

Psalms 1:1

How blessed is the one who does not follow the advice of the wicked, or stand in the pathway with sinners, or sit in the assembly of scoffers!

Accountability

I will hold myself accountable for my actions and decisions based on my Life-plan. I will make myself accountable to others who can help me evaluate my progress and help me to be responsible for personal inventory.

Romans 14:12

Therefore, each of us will give account of himself to God

Boundaries

I will learn the word “no” and understand that there are people I must not see and places where I must not go.

Jeremiah 5:22

“You should fear me!” says the LORD.
“You should tremble in awe before me!
I made the sand to be a boundary for the sea,
A permanent barrier that it can never cross.
Its waves may roll, but they can never prevail.
They may roar, but they can never cross beyond that boundary.”

Consistency

I understand that it's not how I start my Life-plan that matters, but how consistent I am in the implementation! I realize that recovery and discipleship are for a lifetime.

Matthew 24:13

But the person who endures to the end will be saved.



Tri-Cities Recovery

Non-Residential Recovery & Support Small Groups Registration Form

INSTRUCTIONS: Complete registration form and mail with a money order for \$40.00 for the tuition fee. You will not start a group until the tuition fee is paid in full.

Tri-Cities Recovery
1119 Commonwealth Ave.
Bristol, VA 24201

Date:			
LAST NAME	FIRST NAME, MID. INITIAL	SS# LAST 4 DIGITS	
ADDRESS LINE 1		ADDRESS LINE 2	
CITY	COUNTY	STATE	ZIP CODE
HOME PHONE	CELL PHONE	EMAIL ADDRESS	
EMERGENCY CONTACT PERSON	RELATIONSHIP	PHONE NUMBER	

Please check group or groups that you would be interested in attending. All groups have a \$40.00 tuition fee payable to Tri-Cities Recovery. You will be contacted when the next group opening is available.

- STEPPING INTO FREEDOM Recovery for Men or Women (Christ Centered 12-Step) 13 sessions
- CONCERNED PERSONS (Help for the family of those with addictions) 9 sessions
- INSIGHT GROUP – Adults only (Upward path to Christian Character) 13 sessions
- ANGER: OUR MASTER, OUR SERVANT (Causes, Managing, Controlling) 9 sessions
- RESTORING FAMILIES (Ministers to victims of family violence) 10 sessions
- OTHER _____

Please check all applicable boxes below. Attendance Report Required (Circle one) YES NO

- Referred by Family Court
- Referred by Drug Court
- Referred by KAP
- Referred by church/pastor (name) _____
- Other _____

PLEASE NOTE: Any request for letters or proof of attendance by a participant requires a minimum 7-day advanced notice.

OFFICE USE ONLY: To be completed by TCR Registrar.

Contact date _____	Scheduled _____	Start date _____	Fee Paid _____
Facilitator _____	Group Completed _____	Attendance report required: YES NO	(Rev. 02/28/11)