

Foundations for Recovery: *First Things First*

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Why Are People Homeless?

- No affordable housing
- Government policies/Welfare Reform
- Poor economy
- No employment
- Education/language barriers
- Prejudice against minorities/women

Real Reason for Homelessness

- **Disaffiliation**

- Definition: “*Lacking meaningful human relationships and a workable support system.*”

Issues of Homeless Addicts

- Spiritual Dysfunction
- No Self-Insight
- Lack Sense of Security
- Little or No Self-Awareness
- Can't/Don't Have People Support
- Can't Control Thought Life

The Three “Connections”

- Reconnecting with God
- Reconnecting with Self
- Reconnecting with Other People

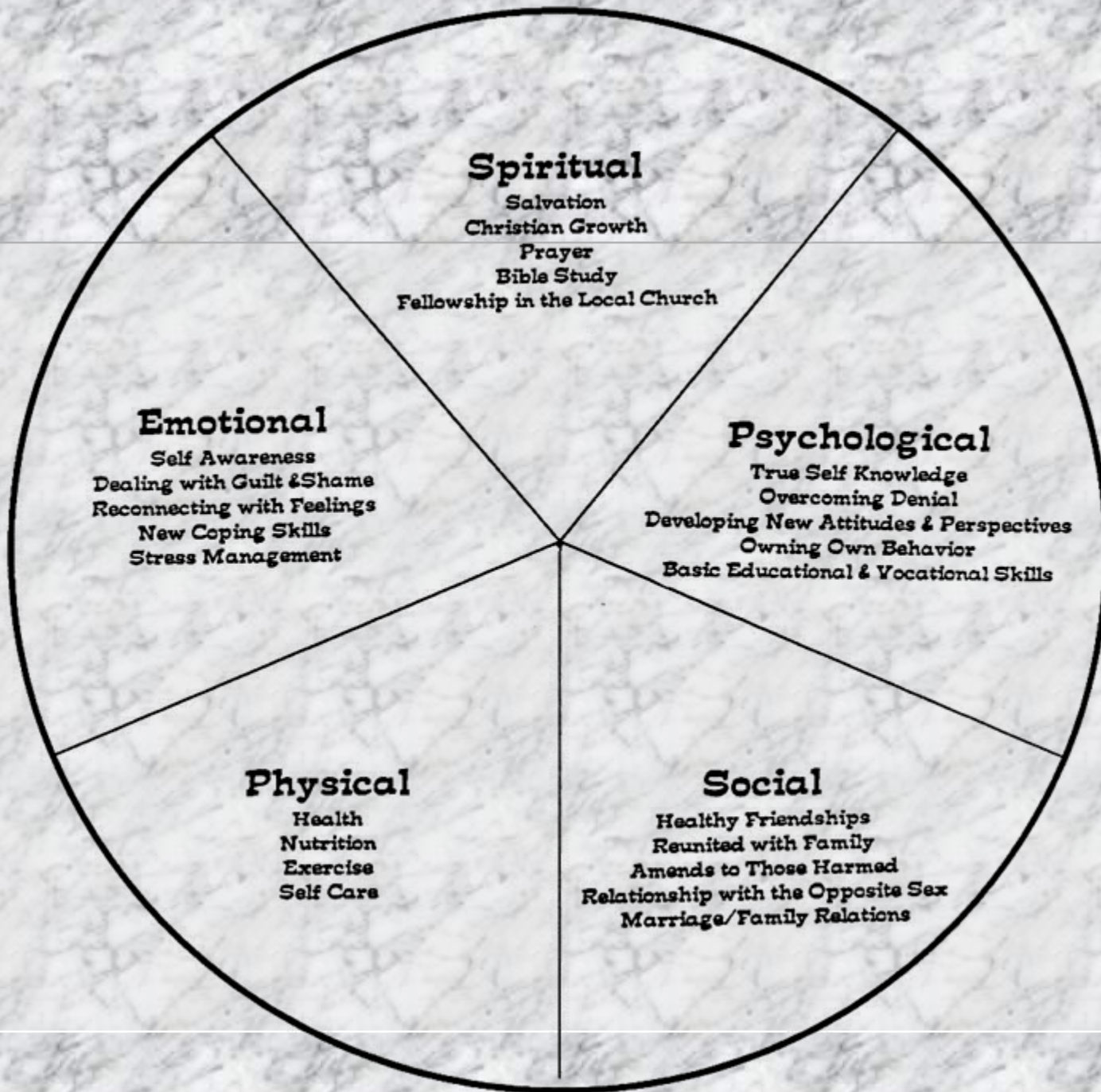
The Ultimate Goal

- The Rescue Mission Recovery Program is a self-maintaining, self-regulating healing community.

Everyone in the program is so committed to recovery that people who don't want to recover don't stay. And, the staff members spend more time helping people than they do enforcing rules.

Basic Assumptions

- Throw out the calendar - individualized goals & objectives
- First spiritual goals:
 - Create hope
 - Know God
- Absolute commitment to sobriety (overcoming denial)
- Cognitive vs. Experiential



Reconnecting with God & Self

- Basic Tools: Steps 1-5
- Step 1 -Acceptance of Powerlessness
- Steps 2 & 3 -Turn life and will over to God.
- Steps 4 & 5 - A further humbling experience; sharing the "exact nature of our wrongs" with another trusted human being. (See James 5:16).

Maintaining a Drug Free Zone

- Immediately dismiss anyone who uses alcohol or drugs while in the program.
- For at least one month, with the possibility for an evaluation for re-admission after that time period.
- If they do re-enter the program, they start from the beginning and will not regain whatever status they held before using.

Why Such a Strict Policy?

- Drunk in the Bank
- The Danger of Enabling
- Maintaining an Environment that Promotes Positive Change
- Protecting the Sincere Client

Education

Prayer

Information

**Therapeutic
Environment**

**Positive Peer
Pressure**

