

LIFE RECOVERY

PLEASE NOTE: When using the Life Recovery program in prisons, county jails, and detention centers the instructor is required to complete the Christian Prisoner Ministry training and certification. After receiving certification as a volunteer chaplain, instructors must cooperate with the District Christian Prisoner Ministry Chaplain.

This Life Recovery Study Guide and Workbook for instructors discusses the Life Recovery program, provides necessary training, and contains the Life Recovery application for instructor credentials. Because this program contains materials that appeal to numerous religious groups and offers unique ministry opportunities, only certified instructors may obtain the Life Recovery materials. Trained instructors enhance the credibility of Life Recovery in the community.

It is necessary to be trained by a certified Life Recovery coordinator.

Complete and submit the following:

1. Life Recovery Application
2. A recent picture of yourself
3. Certification fee



CHAPTER 1

LIFE RECOVERY

Life Recovery positions the local church to fulfill the great commission effectively and build a bridge from the church to today's society. It is designed to find and make contacts. Life Recovery reaches into the cross-section of the community. It establishes associations and relationships with addicts and hurting people—those seeking help, support, anger management, and life skills. This tool helps touch lives and hearts that you would never reach otherwise. It begins relationships and points people to the church.

Life Recovery functions effectively in several environments: the community at large, after-care programs, pre-release centers, rehabilitation centers, juvenile delinquency centers, hospitals, schools, prisons, jails, judicial and parole circles. It helps make contacts wherever doors are open.

After completing the online or district training and Life Recovery Certification, you will receive access to a member's resource page containing all Life Recovery materials.

“But when the grain ripens, immediately he puts in the sickle,
because the harvest has come.” (Mark 4:29)

Most incarceration institutions offer a substance-abuse program and participating inmates earn points toward early release. Often, the state requires inmates to attend a weekly recovery class, especially if they were charged with a drug or alcohol related offense. While developing this program, the Department of Corrections shared input on their program preferences. The lesson format includes a simple, educational background to drugs and alcohol, an object lesson that shares a life principle, and a life application story.

QUALIFYING AS AN LIFE RECOVERY INSTRUCTOR

Completing the Christian Prisoner Ministry Certification training equips the minister with important adult teaching principles and provides practical tools to reach the substance abuser effectively. Although Christian Prisoner Ministry chaplaincy credentials are not required to become a Life Recovery instructor, this training prepares you for an impactful ministry and the credentials provide the credibility many institutions seek. However, Life Recovery credentials cannot replace an anointing that arises from a personal walk with the Lord. When an instructor enters a Life Recovery classroom, every eye turns toward him. The instructor's attitude, actions, and conversation will say more than words. Let God qualify you! Always remember your purpose for being there. Do not enter a class unless you are battle ready. You are walking into a satanic stronghold.

YOUR **LIFE RECOVERY** CLASS

So Where Do I Start?

Discuss your desire to participate in a Life Recovery ministry with your pastor, the district Christian Prisoner Ministry coordinator, and the district North American Missions director. All will help you start a Life Recovery Ministry.

Consider the institution or area where you wish to conduct the Life Recovery program. The institution will probably have requirements for Life Recovery participants and volunteer instructors. If the center holds an orientation class, attend it. Become familiar with and follow all rules and operating procedures of the institution.

STEP ONE

Complete Life Recovery training online at www.prisonministry.faith/liferecovery or at your district's Life Recovery training event. The training cost is \$25.00. Upon completion, submit a finished application, a photo of yourself, and the non-refundable fee for certification (\$35.00 for a one-year Certification or \$55.00 for a two-year Certification).

STEP TWO

Read and familiarize yourself with the Life Recovery Instructor Material. The Life Recovery Instructor Material contains twenty-four lessons. Although the material contains information on drugs and alcohol, the most important part is the Object Lesson and Life Application.

STEP THREE

Increase your knowledge about addictions and chemical dependency. Libraries and governmental agencies provide educational materials at no cost.

Drug Enforcement Administration
Dea.gov
Phone # 202-307-1000

The National Institute on Drug Abuse
www.drugabuse.gov

Other suggested reading:

Deliverance from Drugs, Marvin Yakos, Word Aflame Press, Hazelwood, MO, 1989

Psycho-Cybernetics, Maxwell Maltz, Tarcher Perigee; Updated, Expanded edition, (November 3, 2015)

Reclaiming Reality: Healing the Scars of Addiction, David Olsen, C S S Publishing Company, Apr 1, 1996.

Breaking Into Prison, II, by Michael Rickenbaker, Spirit and Truth Publications (2008)



STEP FOUR

Understand the importance of maintaining your credibility in the Life Recovery program. It determines the success (or failure) of the program. Public officials will judge Life Recovery and the Christian Prisoner Ministry by the performance of the individual instructors. An effective instructor can open many doors for The Life Recovery program. An ineffective instructor may not only harm the reputation of the program but close the door of the Life Recovery program to other qualified, capable instructors.

You will strengthen your credibility and the program's credibility by being faithful, prepared, prompt, and consistent. Make yourself accountable to your district Life Recovery Coordinator. This will assist you in maintaining a high level of credibility.

STEP FIVE



The professional and persuasive presentation of Life Recovery to the correct decision-makers is key to initiating the Life Recovery program in any institution. Learn the appropriate authority or influencer to approach. The appropriate authority may be a prison warden or supervisor, judge, parole officer, high school principal, or hospital administrator. The head of a drug/alcohol department often handles activities such as Life Recovery programs. Generally, it is not the institution's chaplain.

- Plan your approach. Most decision-makers want to know the program's success history. Check with your district or regional Life Recovery Coordinator to see what Life Recovery programs have been implemented successfully within your state or region. Use their success story as a springboard within the presentation.
- Become familiar with at least one of the lessons and include copies of it to those who receive your presentation. Emphasize that the lessons are directed to improve self-esteem, behavioral traits, and relational coping skills.
- Ask that Life Recovery participants receive the same credit from the Life Recovery program that they receive for Alcoholics Anonymous, Narcotics Anonymous, or Celebrate Recovery and Families First programs.
- Do your homework. Discover the decision-makers positive feelings or negative concerns about drug and alcohol programs.
- Use the Life Recovery presentation material, Instructor's Manual, and Life Recovery brochure to prepare a professional, persuasive presentation that sells officials on the strength and the value of the Life Recovery program and alleviates their anxieties. Keep your presentation positive, quick-moving, and short. Allow questions. Also, be prepared to ask for Life Recovery acceptance on a trial basis of thirty, sixty or ninety days. This provides opportunity for Life Recovery to establish the program long enough for the participants and authorities to appreciate it. If administered correctly, the program will sell itself.

STEP SIX

Understand the steps to conduct a Life Recovery class.

1. Open the class
2. Introductions
3. Announcements
4. Lesson
5. Close the class
6. Dismissal and interaction

Chapter two discusses this material in detail.

MAINTAINING THE **LIFE RECOVERY** PROGRAM

STAYING ON TARGET



Life Recovery Purpose: Assisting people in breaking the bonds of addiction.

Keep the Life Recovery purpose in constant view and maintain a clear vision of your objective for using the program. Life Recovery provides friendship opportunities that lead to discipleship opportunities that lead to conversion opportunities and long-term lifestyle changes. This is your ultimate target!

Guard against wasted time. Start on time, conduct the class for 40 to 45 minutes, and allow 15 to 20 minutes for interaction. Since your purpose is to build relationships, the strength of the Life Recovery class revolves around the introductions and the interaction time. Diligently protect these timeslots.

Explanation of Forms: Instruct the Life Recovery participants to write their name on the Attendance Sign-up Sheet and all required documentation from the agencies sending the individuals to the class.

Do not make promises that you cannot keep. Treat the Life Recovery participants as friends and you will prevent many hard feelings and broken promises. It is a good practice to speak and teach at a fourth or fifth grade vocabulary level. This assures you are clearly and effectively connecting with all attendees.

WORKING WITH YOUR DISTRICT

Work in close harmony and build a good relationship with your district Life Recovery Coordinator. Keep him informed monthly, or as requested, concerning the progress of your local Life Recovery program. Promptly submit quarterly reports and provide articles for publication or any other forms requested. Support and serve the district Life Recovery Coordinator and program at sectional and district meetings.

WORKING WITH INSTITUTIONAL AND DOC OFFICIALS

Maintain a positive flow of communication with institutional and Department of Corrections (DOC) officials, especially those who granted permission for the Life Recovery class. Provide those

who send participants to your course with professional and positive reports of attitude changes, class participation, responses, and the Life Recovery participant's evaluation of the classes.

Initiate and maintain harmony with the institution. Stay informed of the institution's rules and regulations. Faithfully satisfy all institutional requirements and complete required reports promptly. Additionally, fulfill all reasonable recommendations necessary to protect the Life Recovery program.

AFTERCARE

Life Recovery often faces competition with other in-house substance abuse treatment programs. Your aftercare program is what sets you ahead of the rest of the programs. Most other treatment programs cease with content completion and provide no aftercare. An effective aftercare program can provide the overall Life Recovery program's greatest results. Once the success of your aftercare builds credibility, other competing programs will recommend and even funnel their released program-clients into the Life Recovery Aftercare program held at your church. The church becomes the support group in the aftercare treatment and creates a safe environment for open response and healing through teaching and discipling.

If you are involved in aftercare in the penal system, you should consider:

1. Following the participant through the pre-release process to the community to which he or she is paroled.
2. Reuniting the participant with his or her family.
3. Helping the participant secure a new life (employment, housing, family, friends).

If your Life Recovery class is conducted in a pre-release center, ask that the participant may attend your church. This allows him release from pressures of the institution and hope through salvation.

Before a Life Recovery participant is transferred to another institution or released, be sure to obtain his permanent address. Contact your district Christian Prisoner Ministry chaplain as quickly as possible or you may lose track of the inmate.

CERTIFICATES

Life Recovery participants must attend and participate in at least twenty-four classroom hours to qualify for a certificate, unless the agency that sent the individual to the class sends documentation of a different required number of classes to attend (could be less or more). Download or create certificates in advance and have them available. Award participants their certificate in front of their peers during class. Make this a true celebration and allow them to share how the class helped in their recovery.

POWER LINK

“Power Link” refers to the opportunity participants have (whether sent or volunteer) to earn extra credit by attending church service. This allows them to finish classes in a shorter amount of time. The sending agency must approve the “Power Link” arrangement for their students. For example, an agency may approve participants to attend the Life Recovery class and one church service each week. This allows the individuals to finish the twenty-four lessons in twelve weeks, as both the Life Recovery class and church service count for credits. “Power Link” is important to your Life Recovery class as it provides enhanced opportunity to build relationship with participants and exposes them to a healthy church environment where they learn that salvation is the greatest recovery tool. “Power Link” is voluntary. If the individual decides not to continue in Power Link, he would return to the regular Life Recovery program.

LIFE SKILLS

Life Skills classes are offered in addition to Life Recovery. These lessons prepare and equip participants with practical skills necessary for returning to a healthy, productive, and better life. Class examples are job applications and interview training, parenting, help get their driver’s license, anger management, and numerous other life skills.



CHAPTER 2

LIFE RECOVERY

TEACHING THE LIFE RECOVERY CLASS

The Word of God is the basis for the faith-based principles taught in Life Recovery. There are five progressive steps that lead a participant into a relationship with you, others, and God.

Level 1.	Casual
Level 2.	Personal
Level 3.	Transparency
Level 4.	Emotions
Level 5.	Secrets

Level 1: Casual

“Casual” is about creating safe, casual “openings” that lead to trust, a relationship, and receptivity. This level is vital to your success. The instructor must establish an open, warm climate. It all begins with the approach.

Approach

First impression does not happen when you first hear someone; rather, it occurs when you first see someone. It is your approach. Here are the key elements behind good conversation that create receptivity:

- Use open, friendly body language.
 - Hands are visible.
 - Shoulders are relaxed (down and back versus forward and tense).
 - Smile, because a warm, happy face is your opening line.
- Use open, casual conversation (the safest universal approach).
 - “Hello, how are you? I’m (*your first name*)”
 - Ask with authenticity and raised eyebrows, which is the universal sign of engaging curiosity.

Conversation Sparks

- Listen.
 - Be aware of body language.
 - If they reply, “How’s it going?” or “How are you?”, respond pleasantly and add a small, positive detail about your day.
- Ask relevant, safe, open-ended questions that generate more than a single word answer.
 - “Hey, how did you find out about us?” or “In what other programs do you participate?”
 - Reply, “I wish you the best. I’m glad you are here. I look forward to class.”
- Find common ground and spark up a conversation. It may be as simple as the weather, a sports team, or gardening.
 - Do not fill silent moments with chatter about yourself. It is better to listen first and then talk. Show sincere interest in the other person.
 - Common ground dissipates the fear of rejection and opens the heart to a sense of acceptance.

Level 2: Personal

Once common ground is established and fear of rejection is removed, you have an opening to develop a relationship. Be honest, candid, and appropriately vulnerable. They need to see that you are providing a safe bridge to cross. By injecting yourself into the conversation, it becomes personal.

Level 3: Transparency

Transparency is the next step. No one will feel safe, open, or follow a guarded, arrogant, masked minister. The incarcerated are most competent at seeing through facades. People want to know that you are real and imperfect. Appropriately share your failures. This establishes trust, makes it easier for the individual to identify with you, and allows them to openly (safely) talk about their faults and concerns.

Level 4: Emotions

When trust is established, emotions become involved. Emotions readily flow when a personal memory is discussed. Shared emotions naturally bond individuals, without the participants realizing it is happening.

Level 5: Secrets

When emotions are open, many people tell secrets that have never been shared with anyone else. Jesus traveled to Samaria and sat at Jacob's well outside the city of Sychar. As a Jew, Jesus should never have been there. Jesus intentionally sat near the Samaritan well in the heat of the day. Equally unrealistic was the fact that a woman from a nearby city would visit the well at such an inconvenient time.

When she approached Him, Jesus asked for a drink. He used the well and her water pot to start a conversation. He may have been thirsty, or He may have used common ground to spark a conversation. She responded in an attacking tone, possibly as an uncomfortable attempt to end the conversation. (There are few mean people in the world, but many hurting people who respond offensively in self-protection.)

Jesus stayed on course, reaching for her heart with gentle questions. Again, she attacked with words and tried to divert the subject. Yet, deep inside curiosity stirred. Undoubtedly, her mind raced, innately sensing safety as this man was speaking kindly to her. Jesus, the master communicator, was preparing her heart.

Jesus offered something that she desperately needed—and caught her attention. She questioned Him with less offensive words. He reached again. Upon her first kind (non-defensive) response, Jesus requested she get her husband. In the fully safe conversation, He touched the heart of her life issue. Having already proved that He was not going to hurt her and was safe to trust, He could speak to a sensitive issue that no one else dared to discuss. She did not make excuses for her lifestyle. The memory of those failures caused her emotions to open.

Read John 4:1-26 and carefully observe the process of Jesus' interaction with the Samaritan woman. Notice how Jesus moved from the common ground of a drink at Jacob's well to her need of a drink that would satisfy. He addressed her misguided thirst and revealed who He was—the Messiah, her Savior!

Follow Jesus' pattern to facilitate an effective Life Recovery class. Submit to a genuine burden, make the contact, break down walls that separate, and build bridges. Repentance is an expectant result from this pattern. Through each lesson's segment, convey the proper messages that Jesus' pattern exemplifies.

1. Open the class: "I want to be here and I'm glad I'm here."
2. Introductions: "Don't feel hopeless. Others have made similar mistakes."
3. Announcements: "Don't feel rejected. We want you involved. You are important to us."
4. Lesson: "Don't be confused. Answers are available."
5. Closing the class: "The risks aren't that great. You can do it!" Invite and expect repentance.
6. Dismissing the class and interacting with participants: "I'm expecting great changes in your life."

ESSENTIAL INGREDIENTS OF AN EFFECTIVE CLASS

A change of direction requires motion, an expenditure of energy. Thus, changing the direction of a life requires great energy. Unfortunately, many drug and alcohol abusers have spent their energy units in wrong decisions and now sit as a wasted life in your Life Recovery class. You are their only hope! Most are desperate for change. Furnish them with the necessary energy to change their lives. If you fail, their lives will remain unchanged. Anticipate positive results! Life Recovery is more than dispensing information. You must offer hope and the opportunity to break sin's chains to those who have only known disappointment and disillusionment.



This requires proper spiritual and practical preparation. Nothing can substitute prayer and study preparation. God can only anoint what exists. He cannot anoint an empty heart and head. Authentic anointing and enthusiasm will flow, and you will see the lives of your students revolutionized. The class will assume the spiritual and physical personality of the teacher. Life Recovery participants will absorb your life more than your words. What flows from instructor to the class will spontaneously flow from classmate to classmate.

Never teach with a defeated attitude. Dispose of all negative attitudes through prayer. Allow God to give you an open, positive posture. This provides the rapport to shut down any negative attitudes that attempt to spread through your class.

The tone of your Life Recovery class should reflect the personality of your church. This makes the aftercare transition to your local assembly natural. Participants will recognize that the disposition of the class (open and safe) is a reflection of the church.

OPENING THE CLASS

- Opening, gaining, and maintaining control of the Life Recovery class should be easy and natural if you established a good first impression. Create an open, welcoming posture while welcoming the participants. Remember: Friendly, open body language with hands visible, shoulders down and back (relaxed), and a warm smile on your face is your opening line.
- Plan your opening words. Be in command of the class. Stand in clear view, get the students' attention, and speak articulately.

- Be cognizant of verbal and non-verbal communication. Avoid repeating yourself. Keep the class active and engaged as you flow between thoughts. Remember: You set the climate (exciting and interesting or mundane and boring).

Because each Life Recovery class will have new faces, these items must be mentioned each week.

1. Explain the Life Recovery program as a substance abuse educational alternative that focuses on “life recovery and life skills.”
2. Have participants sign-in on the attendance sheet to receive class credit and eligibility for a certificate at the end of the series. When applicable, circulate an activity sign-up sheet.
3. Inform them of Life Recovery opportunities: anger management, parenting, and other life skills classes.
4. Present progress certificates to participants, as applicable.

You may develop a standard opening line such as:

“I’m (*your name*). The program you are attending is known as Life Recovery, a substance abuse class. This is not Alcoholics Anonymous or Narcotics Anonymous, but it meets the requirements. Make sure I sign your papers so you will receive credit. If you have not signed the attendance sheet, give us your name before your leave so that you will be eligible for the certificate at the end of the series. I am thrilled you are involved with one of the most exciting things happening in this city.”

INTRODUCTIONS

Introduce guests. These individuals must be a healthy representation of your church’s culture. They should be selected carefully, approved by church leadership, and have a specific purpose or role such as sharing a testimony. Their testimony must connect with the attendees’ life experiences and bring them hope in knowing that others have recovered from similar mistakes. The wrong guest can bring confusion and be a detriment to Life Recovery. Know and meet (in advance) all institutional guidelines and requirements concerning guests.

The purpose of Life Recovery introduction is to build a bridge and eliminate barriers. As previously mentioned, this process begins with a connecting conversation and continues through a growing relationship. Your Life Recovery introduction creates trust and sets the stage for the guest speaker to build a bridge and eliminate barriers with the Life Recovery participants. The guest should look for common background, interest, and goals that create a bond with the audience. The more common ground found between the Life Recovery participants and the speakers, the greater the probability there is of a bridge being built.

Life Recovery participants seldom connect with or relate to “churchy” terminology or “preachy” testimonies. Conversely, when someone shares a moving past experience or relevant story, an

emotional bond can develop with the speaker, opening the door for conversation that potentially can grow into a discipleship relationship.

Instruct those testifying to keep it simple, short (set the exact length of time allotted), relevant, tactful, and concise. A prepared testimony should naturally flow from a ready heart. It should never condemn. It should include a true, vivid, and tactful picture of one's previous life without God, their repentance (turning) to God. It should include terms such as the Holy Spirit, the blood, God, Jesus, and sin. It should avoid any negative reference to any other group, such as A.A. and N.A. At the close of the testimony or meeting, inform the Life Recovery participants that your guests will be available for one-on-one conversations.

Guests can also include assistants such as the van driver. He should introduce himself also: "I'm (*your name*) and I'm here to help you in any way that I can. I'll be driving the van on Wednesdays and Sundays. I will be in the chapel service on Sunday, so I hope to see you then."

ANNOUNCE ELECTIVES/ACTIVITIES

Like introductions, Life Recovery announcements should fulfill a purpose. The announcements are invitations to life skills elective classes, church services, or activities. Announcements should present the message, "We're interested in you. You're important to us and we want you involved. We are here to equip and provide you with practical life skills because we care!" Announcements must be exciting, appeal to the participant's emotions, and open the heart.

Clearly express that extra classes or activities are not required—only Life Recovery classes are required. Life Recovery attendees will not lose credits if elect not to attend an extra class. Do not set false expectations. Be clear about each class, where and when it is held, and transportation details (if applicable). Also, be clear that scriptures will be used in extra classes.

When announcing activities such as a life skills class or a quarterly meal for the class, include challenging comments that gain attention and build interest. Emphasize your desire for each person to be involved.

Note: A quarterly meal for the class is a powerful tool. First, it shows that they are valuable because you are investing in and taking time for them. Second, eating and relaxing together opens barriers and allows you to interact on a different level than the classroom setting.

TEACHING THE LESSON

Each Life Recovery lesson follows a simple format:

1. Specific topic related to addiction and recovery
2. Visual or object lesson application or idea
3. Real-to-life Bible story



The class opening, testimonies, and interaction after dismissal are the major thrust of the Life Recovery class. Each portion of the lesson is vital; however, the object lesson and life application are the crux of the lesson.

Teaching each class requires preparation, sensitivity, and divine wisdom. Study the Life Recovery Lessons. Be comfortably familiar with the lesson. Commit the object lesson and other important aspects to memory.

Break the lesson into three parts:

1. The recovery education
2. The object lesson
3. The historical application

All applications must be covered in the object lesson. Total teaching time should be thirty to forty minutes.

Be warm and engaging. Be confident, relaxed, and anointed. Create a hunger for God. Enjoy your class. Keep the class interesting and engaging to maintain control.

DEVELOPING RELATIONSHIP BRIDGES

People find it difficult to approach and meet someone they have never met. Fear of rejection is often core to their apprehension and is rooted in a past wound or emotional pain. This is quite common. Knowing that, and aware of my own participant apprehension in meeting a stranger, I



By Frits Ahlefeldt

can readily accept that the stranger is most likely also experiencing apprehension in meeting me! A gap or wall separates us. Fortunately, with a little courage and training one can develop skills to bridge that "gap." This is essential to your ministry. Establishing common ground lays an essential pavement stone to fill the gap and lays the gap-closing keystone called emotional connection.

There are three doors to creating emotional connections:

1. The first door is family. This may be where the relationship went wrong. Perhaps it was a real or imagined action of abuse or rejection. Instead of dealing with the emotional pain, some shut the door and say, "I will never allow myself to feel that kind of pain from people again." This individual develops an outer attitude of no compassion. As an adult, this type of individual cannot reach out to his or her children or spouse. The door that locks out the pain also locks in that individual.

To reach out to someone with this closed door, you must reach within yourself and pull from an experience that relates in the family setting. We must deal with feelings of being unloved and rejected. Relate a story that pulls at your emotions. When they respond, they will be touched emotionally, also.

2. The second door is circumstances. Something happened that was completely out of the individual's control. He may come from a divorced home or was born into a racial situation. Perhaps she experienced physical, sexual, emotional and/or mental abuse. Life may be full of negative circumstances. As this person grows older, he tends to be an overachiever who constantly attempts to prove his worth by what he can give. This negative side is shown through an outer attitude of zero tolerance for weak people. To reach him, you need to share an experience where your love was shown in actions instead of emotions.
3. The third door is logic. Something as small as a single word may have set a lifestyle pattern. If someone said the individual was stupid because of a minor incident or infraction, he may have started making mistakes just to prove what was said. To reach this person, look in your past for moments when words or someone's opinion could have altered your life.

Understanding these three emotional connections will help in your Life Recovery classes. When the spirit of God moves in your class, do not drop everything and switch to preaching. By following the lesson, you can seek out the door that needs to be opened and walk through it.

As an example, consider the historical story of Joseph. As you feel the presence of the Holy Spirit in the class, start with the first door.

1. Joseph was a young man, but he was different than the rest of his family. He had dreams. He dreamed that his brothers would bow down before him. When he told the dreams, they turned on him. Have you ever been misunderstood by your family?
2. Joseph was a young man in a family where his father had several wives and he had half-brothers. Joseph felt he had a special place in life, but he had so much to overcome. When he told his brothers his dream, they disliked him.

3. Joseph was just a young man when he told his family about his dreams. Instead of encouraging him, they called him a dreamer. He could have said, “They are right. Who do I think that I am? I can’t be anything. I’ve never done anything, so why do I think I can ever be anything better than my brothers?”

By using the different scenarios of Joseph’s story, you will see the response of the class and know when you have opened the right door.

CLOSING THE CLASS

Emotional connection provides the trust to lead an individual or class to a commitment. When appropriate, convert their contributions, thoughts, and observations related in class into promises and/or commitments. Close the class with a safe opportunity to respond to the promises or commitments – the promises or commitments made to one’s self, family, counsellor, or God. Allow a period of silence for introspective meditation, decision, and commitment-making. Afterward, welcome participant’s interaction with yourself and guests (spiritual guidance, answering questions, praying with, and/or just having fun). An effective close, followed by open interaction after class, is the apex of your meeting.

A word of caution: Life Recovery class is NOT meant to be or become a counseling session. Any counseling needs should be directed to the professional staff or the Life Recovery participant may request a pastoral visit. The Life Recovery structure builds the bridge for therapy to be conducted in the church or professional setting.



CHAPTER 3

LIFE RECOVERY

CREATING A SUPPLEMENTAL LIFE RECOVERY LESSON

While teaching from the Life Recovery Instructor Manual, you may need to develop a lesson topic that is not covered in the material. Construct a supplemental lesson following these guidelines:

1. Pray and seek God for insight, inspiration, and anointing.
2. Carefully maintain the Life Recovery purpose of assisting people in breaking the bonds of addiction and its and objective of making contacts to initiate the motion of change in a person's life.
3. Develop a clear, simply stated, lesson objective. Example: To understand the principle of sowing and reaping.
4. Verify that the lesson make connections, builds bridges to participants, and produces a thirst that leads them to the church (aftercare). Again, the Life Recovery structure builds the bridge for therapy to be conducted in the church or professional setting.
5. Each lesson must include these three parts:
 - a. Education: Present the need through a vivid picture to which everyone can relate. Do your research and provide substantiating facts. Obtain drug or alcohol information and statistics to give your lesson credibility.
 - b. Object Lesson: Present the lesson by placing them in the picture. The hearer should naturally picture his life in the story that you tell.
 - c. Application: Present the opportunity to change by providing a clear window or door (solution/response) to exit the picture. The Bible provides tremendous resources and stories for any application. The historical application must be the lesson's objective.

CHAPTER 4



GUIDELINES FOR UTILIZING AN OUTSIDE SPEAKER

An occasional guest speaker may be beneficial to the Life Recovery class. An outside voice using different words to teach similar concepts, positively reinforces your credibility while impacting the minds and hearts of the Life Recovery participants. The break in the regular Life Recovery structure allows class variety and provides the instructor with a brief recess.

Respect the following guidelines for guest speakers.

- Before you invite a guest speaker:
 - Determine if this person will strengthen or weaken your effort.
 - Ask those who provided you with the speaker's name for a recommendation or a reference list.
 - Confirm that the speaker's presentation will deal specifically with drug or alcohol abuse.
 - Request an agenda or presentation outline from the potential speaker.
- Upon invitation of a guest speaker:
 - Invite the guest speaker at least one month in advance of the engagement date.
 - Make necessary clearance preparations, as needed.
 - Promote the meeting during the Life Recovery class.
 - Make necessary audio-visual preparations with the institution.
 - Inform guest speaker of the:
 - Time of arrival necessary to pass all security
 - Time of class
 - Purpose or goal of their visit
 - Appropriate interaction expectations
 - Schedule of class
 - Length of their address to the Life Recovery class (twenty to forty minutes)
- After your initial invitation, immediately confirm your discussion in a letter or e-mail. Use this correspondence to confirm every point that was previously discussed.
- Two days before the guest speaks, make a follow up call to confirm plans and cover last-minute details. In case an unexpected circumstance should arise, come to the Life Recovery class prepared to teach.

Here is a list of potential guest speakers from outside of church: The Department of Mental Health, the Department of Human Services, the Sherriff's Department, local hospitals, the Fire Department, and the Highway Patrol. Also, the local Department of Mental Health, Department of Human Services, a former addict that has been delivered, and the local high school counselors can provide you with a list of volunteer groups available in your community. Most guests will offer their services free of charge.

A word of caution:

Carefully plan your guest speakers in order to cultivate your desired results. Selecting a wrong speaker can ravage what you have built, especially if your speaker's philosophy is contrary to Life Recovery's teachings. Examples: a disease concept of alcohol or drug abuse (as a general guideline, refrain from using A.A. or N.A. personnel as guest speakers); a New Age emphasis on eastern meditation or humanistic means of self-improvement. Also, a poorly timed guest may break your class's momentum. Limit the number of guest speakers you use annually.

Added bonus: An influential guest speaker who observes the positive results from the Life Recovery program can reinforce and promote the program's role and strengthen the link that has in the community.



CHAPTER 5



HOW TO BECOME THE DRUG/ALCOHOL RESOURCE CENTER FOR YOUR COMMUNITY

Across North America, communities engage in war on drug and alcohol abuse. Multiple millions of federal, state, and local aids fund drug/alcohol services in your community. Networking with these services and following appropriate guidelines can help you develop a Life Recovery community drug/alcohol resource center.

The Five Preparation Steps

1. Obtain and familiarize yourself with all Life Recovery training, certification, and materials.
2. Discover free resources for Life Recovery and drug/alcohol materials. Several governmental organizations distribute various drug and alcohol related materials in almost unlimited quantities at no cost. The materials include posters, fliers, brochures, booklets, and drug awareness information. Some sources include:

National Clearinghouse on Drug Abuse Information
11400 Rockville Pike
Rockville, MD 20857

Drug Enforcement Administration
Public Affairs Office
1405 I Street, NW
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The National Institute on Drug Abuse
Prevention Branch, Room 11A33
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Rockville, MD 20857

The National Institute of Alcohol Abuse
Prevention Branch, Room 16C-14
5600 Fishers Land
Rockville, MD 20857

Contact the following agencies within your state:

- State Department of Human Services
 - State Department of Mental Health
 - State of Osteopathic Medicine
3. Select and obtain free resources that would strengthen your Life Recovery presentations. Keep these preferred materials available.
 4. Consider creating a drug awareness display case to distribute free resources. This will open doors with various interest groups. Make the display case easy to transport and set up.
 5. Establish and monitor Life Recovery support group classes within your community. Develop a professional Life Recovery presentation with carefully gathered success stories (testimonies) and valid local statistics.
 6. Collaborate with community interest and activity groups who will enroll Life Recovery participants (literacy and language classes, job placement, skills development courses, recreational groups). By partnering with established community programs, the Life Recovery program can provide alternate activities for its participants.

FOUR IMPLEMENTATION OPPORTUNITIES

Opportunity #1 Make yourself available to speak at community events. Address or join your local Chamber of Commerce and appropriate community action groups.

Opportunity #2 Offer drug awareness classes. Often a community center or library will provide the space to conduct a drug awareness class at no cost. By advertising through posters, local newspapers, and social media, you can orient interested people about Life Recovery opportunities.

Opportunity #3 Provide Life Recovery opportunities to target groups (employers, business owners, schools, local police and sheriff departments, hospital and rehabilitation facilities, government agencies). When presenting to targeted groups, research and address the specific interests of each group and present accordingly. For example:

- Schools often welcome drug/alcohol awareness presentations. Opportunities include speaking in health and science classes, presenting to the student body, addressing juvenile delinquency problems, and providing suspension or expulsion alternatives.
- Employers and business owners may accept presentations showing how Life Recovery promotes a decrease in costly absenteeism, tardiness, slothfulness, and carelessness.

Offering a Life Recovery enrollment opportunity spares disciplinary actions that often only exacerbate negative habits, deals with and corrects the underlying roots driving negative behavior, and protects your investments and residual long-term costs by salvaging experienced employees and renewing their dignity.

- Police and sheriff departments, as well as courts need drug/alcohol disciplinary opportunities. From parole situations to internal problems, Life Recovery addresses and provides answers for correctional problems.
- Hospital and rehabilitation centers usually need additional aftercare programs. Although operating their own drug/alcohol rehabilitation opportunities, hospitals and rehabilitation centers desire no-cost, volunteer programs in which they can enlist their released clients.
- Government agencies, such as the Department of Human Services, mental health, and drug treatment centers often are looking for a place to enlist their released clients. Life Recovery can provide the support group settings necessary.
- Probation/Pardon and Parole have a high percentage of individuals who are on probation with mandatory requirements to attend a recovery class. Provide Life Recovery as an effective educational recovery class. Let them know that Life Recovery serves participants who live in your community, hold jobs, and are attempting to restructure their life.

Opportunity #4 Create Crisis Intervention Teams (CINT). The principals and counselors of the public-school system along with college leaders and officers of juvenile centers cry for volunteers who devote special attention to problem youth. They know that these hurting young people would successfully pass through crisis times if someone could show extra care. An interested Life Recovery instructor could approach one of these leaders and make themselves available to serve on a crisis intervention team. Leaders appreciate this non-threatening approach and often open doors that would seldom open otherwise.

THE LIFE RECOVERY COMMUNITY TASK FORCE

By serving your community as a local public speaker, conducting drug awareness classes for interested people, targeting and servicing the community groups, passing drug/alcohol related materials throughout your community, and conducting regular Life Recovery classes, you can emerge as the community leader in addiction-related problems. The community will view your team as the local drug task force, referring and funneling community drug/alcohol abuse clients and dysfunctional people into Life Recovery structure.

Only one's imagination can limit the opportunities of the Life Recovery program. An innovative instructor can make the Life Recovery program fit almost any mold and Life Recovery can effectively address community needs. The instructor may select the avenues of service that he feels most comfortable with and that best agrees with his personality.

CHAPTER 6



MAKING A LIFE RECOVERY PRESENTATION

The versatility of Life Recovery allows you to reach into your community through a variety of measures. Seek God's directive. Let Life Recovery become the vehicle to get you there.

CONCEPTS OF LIFE RECOVERY

Life Recovery is a printed, faith-based educational curriculum. The program is based upon a twenty-four week lesson plan, not a twelve-step recovery program. Life Recovery offers a holistic approach that encompasses the emotional, physical, and spiritual needs of the individual while reinforcing positive character development. While stressing the importance of the participant accepting responsibility for their successful recovery, Life Recovery education provides the essential tools necessary for participants to make a successful change-decision. Sustaining change does not come easy. Continuous effort will be required on their part. Life Recovery Aftercare comes alongside to provide the vital continued guidance, encouragement, accountability and support.

PRESENTATION PACKAGE MATERIAL

You can design a custom presentation package from the material available through the Life Recovery department. [Contact information: www.prisonministry.fatih/liferecovery] Arrange your presentation package in a sequence that will provide the information need in the shortest amount of time.

First Page

The first page of your presentation package should be your local information. The Life Recovery brochure or flyer should list your location, time of meeting, contact person(s), and contact numbers. The information on the brochure or flyer will be used to give all contact information required.

Second Page

The second page should be a brief history of Life Recovery Nationally.

Third Page Set

Add a few endorsement letters that help promote your work (schools, prisons, probation departments). Because of the limited meeting time, provide these letters for their review.

Fourth Page Set

Copy a lesson from the Life Recovery Instructor Material. Use one that best suit their needs. Enclose the entire lesson from the beginning of the chapter to the closing questions. Explain how an instructor uses the lesson format.

- The first portion of the lesson deals with drug education using the “I should have said no” approach.
- The second portion of the lesson is the visual application and includes enhancements to the educational portion. Printed material is difficult to gear to every age group and their education level, but pictures on a dry erase board can reach anyone.
- The third portion covers a spiritual application by addressing the stories in a historical setting. This portion does not contain spiritual recovery, nor does it promote religious denomination. The historical stories will correlate with the drug information and visual application.
- The fourth portion of the class is for Q&A. This is a faith-based recovery program.

Fifth Page Set

The Attendance Sheet is used to send participants to the Life Recovery class. The necessary information is contained on the Life Recovery brochure or flyer.

The referring agency will fill out the top portion of the Attendance Sheet and the Life Recovery Instructor will date and sign it in class. When all the blanks are filled in, the Life Recovery instructor will return the form to the agency listed on the bottom.

Sixth Page

Provide a Completion Certificate sample. The certificate is based on twenty-four hours to correspond with the Life Recovery Instructors Manual but can be changed to meet the needs that each agency requires for an individual.

Be prepared to answer this list of the most frequently asked questions:

Q. Can a participant start at any time or do they have to wait for lesson one to start?

A. The Life Recovery lessons are independent lessons. A participant can start at any time. The curriculum is designed around hours in class as opposed to a sequence of lessons.

Q. How many hours can a participant be assigned?

A. The Life Recovery Instructor's Manuals are assigned in twenty-four, one-hour segments. We prefer a single twenty-four hour set but a participant can be assigned to twelve weeks or up to one full year, depending upon the sending agency's preference.

Q. How are you funded?

A. Life Recovery is supported through private contributions.

Q. Does the program cost the referring agency or the participant?

A. Life Recovery is offered at no cost to the agency or class participant.

Q. Where do your volunteers come from?

A. Volunteers are concerned people from local community that desire to make an impact in their community. They come from all walks of life and must be drug free for a period of one year or more. Volunteers are not only welcomed but encouraged to help in the class. Life Recovery requires instructors to complete certificate training.

Q. How can an agency become certified?

A. Life Recovery is offered through a franchise-type setting. Agencies require a Certified Life Recovery Instructor and volunteers, a host organization, and district approval.