



WOMEN'S RECOVERY IS UNIQUE

- *“Inner Healings”*
- *Self-esteem*
- *Self-worth*
- *Self-confidence*
- *Boundaries*
- *Learning to Confront*
- *Co-dependence*
- *Being Transparent*

Our Approach: HEALING FROM THE INSIDE OUT
NOT THE OUTSIDE IN

“Steps of Wholeness”

Recovery as a “Recovered Life”



DAILY REFLECTIVE TIME

Meditation, Prayer, Devotions

DAILY PERSONAL TIME

Learn who you are

Learn what you like

Like who you are and spend time doing what you like

WALK IN CONFIDENCE

DAILY AFFIRMATIONS

LOOK AT EVERYTHING YOU DO AS A VEHICLE FOR: LEARNING

GIVING

SHARING

TEACHING

OUR GOAL:

A joy and peace filled recovered life through a faith-based approach to the process of recovery.

Taking all the tools learned to walk out a daily life of success and serenity.

women recovery spirituality

WORKSHOP #18

FAITH BASED TREATMENT AND THE ROLE OF SPIRITUALITY IN WOMEN'S RECOVERY

Presenters in this workshop will discuss the concept of blending spirituality and faith with treatment in order to provide the best recovery outcomes. The specific issues and needs unique to women in their recovery will be addressed. Learn through a “whole”istic approach how to assist your client to deal with all aspects of their substance abuse and life’s issues. Using successful strategies from current programs, participants will be given specific tools (i.e. program overview, curriculum, case studies) and resources (i.e. books, tapes and videos) necessary to integrate a faith-based approach into all areas of their work with women in recovery. This will include a first-hand experience on the barriers and rewards of becoming a licensed, fully faith-based treatment program. In addition, the critical step of understanding one’s own faith and spirituality as it relates to your client’s recovery will be explored.

PRESENTERS

Susan Farah RN, RADT II - Second Chances
Geneva Berns, MAT

Tuesday, July 13, 2004 Time:

WE THOUGHT “HOW CAN WE IMPROVE OUR PROGRAM?”

"WHOLE"ISTIC APPROACH

We started with our basic program - A 12-month residential, faith-based program for women and then “REALLY LOOKED” at how we could affect their ENTIRE life.

We then added...

- 1) Transitional House (Graduate House - 3 months)**
- 2) Certified Computer Training Course (on-site Computer Lab)**
- 3) Financial Planning and Budgeting Course**
- 4) Parenting Classes and Nutrition Classes, HIV education/prevention**
- 5) Substance Abuse Education and Prevention Classes**
- 6) Art Classes, Music and Drama Therapy**
- 7) Job Skills Workshops - Labor Department**
- 8) Recreation Therapy - Georgia Southern University**
- 9) Expanded counseling to include marriage and family**

AND...when we added the above to our current program, which offered education/bible classes, GED classes, life skills training, individual counseling and a firm foundation in spirituality (Christ-centered), we saw we had developed a program that can positively affect the ENTIRE person

**what about those
5 hours of professional
therapeutic services**

CHALLENGES

“To become state-licensed and not compromise”

- **Don't change your mission**
- **Don't change your philosophy**
- **Don't chase the money**

do

**Make the uniqueness of your program work
FOR you**

**Make your uniqueness INTRINSIC to your
program**

state licensed → faith-based → no compromise

BE COMPREHENSIVE BE COMPREHENSIVE

#1 - FIRST IMPRESSIONS

#2 - SHINE

#3 - “WOW” THEM

#4 - PROFESSIONAL

#5 - INTEGRITY

2 STRIKES AGAINST YOU AND 3 YOUR OUT!

AND WHEN ALL ELSE FAILS “FIGHT”

because the

REWARDS

are worth it!