



Gates Recovery Center

**Faith-based Christian Non-residential
Recovery Center-New Ipswich, NH**



Our Goal for Today...

- Orientation for: Prevention
- Detox/Treatment
- Recovery
- Aftercare
- To equip the Church at large



*The
Good Samaritan
Network*

Uniting Christian Recovery Ministries

RECOVERY MODEL

Kathie Saari



Addiction & Recovery

What is the role of the Church?

What is Addiction?



Addiction is the repeated involvement with a substance or activity, in spite the substantial harm it causes, because that involvement is pleasurable and/or valuable.

Dr. Henry Wright
("Be In Health")

"All addictions are rooted in the need to be loved!"

- Some of the different kinds of addictions:
- Substance/Alcohol addiction
- Sexual addiction
- Eating addiction
- Process/Gambling addictions i.e. Co-Dependency, Electronics

We were created to be addicted to God's love!

Signs of Addiction

- Change in friends/hangouts
- Isolation, Procrastination
- Denial of having a problem
- Abandons commitments
- Sudden need for cash
- Loss of sleep, suffer weight gain or loss
- Changes in moods, attitude, motivation & opinions

What is Recovery?

- Denial Substance Abuse & Mental Health Commission definition says:
- “A process of change through which individuals improve their health and wellness and live self-directed lives and strive to reach their full potential

Reaching your full potential means...

Jeremiah 29:11
“For I know the
plans I have for
you says the lord.
They are plans for
good and not for
disaster, to give
you a future and a
hope.”



Finding Wholeness



- Recovery isn't just about getting clean, but about finding wholeness, restored relationships and the joy of being truly alive.
- Sharing the love of God with all, no matter what they do.
- This is truly our vision.

You are not a victim, or orphan to your circumstance

- You are sons and daughters, over-comers & victors.
- 1 Corinthians 15:57: "But, thanks be to God who gives us the VICTORY through Christ Jesus."
- Luke 10:19: "Look I have given you authority over all the power of the enemy."
- We have a choice to get help.

Five Stages of Change

- Precontemplation
- Contemplation
- Preparation
- Action/Relapse
- Maintenance

Starting Recovery

- Before they can hear the truth, they will need to detox brains and bodies.
- The fog starts to lift off the brain, and they can begin to understand more.
- Detox- can be from 4-14 days, depending on the substance.

Many Paths to Recovery

- Faith-Based support groups/12 Step Fellowships
- Refer Holistic, medical, abstinence, support groups, online groups, telephone support, accountability partners, residential or partial residential treatment
- Recovery is different for all
- It's not a one size fits all

What can the Church Do?

- Accept each one as they are
- Actively listen
- Avoid Labels (shame, failure, guilt)
- Offer good resources
- Prayer (trauma, needs, family)
- Peer Support
- Love them

Romans 2:4

“Gods kindness leads us to repentance.”

It takes a group!

- Ecclesiastes 4:12 “A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer.”
- Help them make a plan of action for treatment.
- Continue to give them a message of hope.

Responding to Addiction



- “How we love people with addictions, is ultimately about the One at the center of all things and his invitation to become more like Him.”
- Jonathan Benz, “The Recovery Minded Church”

The Stages of Recovery

- **Stage 1: Stabilization - occurs during 1st year**
 - Physically detoxing, learning to socialize, breaking old patterns, developing self-responsibility
- **Stage 2: Deepening - occurs during 2nd year**
 - Emotionally detoxing, increasing in health, learning to tolerate others, starting to feel again, commit to their own recovery

The Stages of Recovery

- **Stage 3 - Connectedness - occurs during 3-5 years in recovery**
- Learning to connect outside of themselves
- Learning to change the way they think, feel and act
- Honesty increases (deception starts to be exposed with truth)
- Make broader social connections in and out of recovery circles

The Stages of Recovery

- **Stage 4 - Integration occurs 6-10 in recovery**
- Relationship are based on love, not just their own need
- They avoid getting stuck inside themselves, and begin to figure out solutions.
- Self-forgiveness begins to happen.

The Stages of Recovery

- **Stage 5 - Fulfillment occurs 10+ years in recovery**
- Discovering their lives have purpose.
- Acceptance and Confidence in humility.
- Embracing self love, gratitude, celebration.

Keys to Sustainable Recovery/Healing

- Aftercare is the key to sustain your recovery
- Support groups/Bible Studies
- Community support
- Prayers, inner healing for triggers, wounds, trauma tools
- Transitional housing/host homes/sober living
- Transportation needs.
- Telephone Support Accountability/Advocating
- Family Care

Aftercare



Gates Recovery Center Model

Our Vision...

OUR SCRIPTURE:

ISAIAH 62:10

“GO OUT THROUGH THE
GATES! PREPARE THE
HIGHWAY FOR MY PEOPLE
TO RETURN! SMOOTH OUT
THE ROAD: PULL OUT THE
BOULDERS’ RAISE A FLAG FOR
ALL THE NATIONS TO SEE!”

OUR PURPOSE:

Engage

Encourage

Envision

Empower

Equip

Love, Love, Love....

- Don't judge. What they do is not who they are.
- Create a safe harbor for them
- Model good life for them
- Teach them truth

Life Classes



- Exercise Therapy
- Emotional Healing
- Financial Success
- Anger Management
- Co-Dependency Understanding
- 21 Day Brain Detox
- Parenting/Marriage
- Making Good Choices
- Relationship Building



Wellness Plan and Goals

As the brain starts to realign itself back to its original design, intentionality is really helpful.

Example of a Wellness Goal

- Do I go to support groups?
- Steps I need to reach my goal?
- When do I want to accomplish this goal?
- Spiritual Health
- Emotional Health
- Living Accommodations
- Job/Education
- Personal Daily Living/Management

SMART GOALS

- **Specific** - What needs to be done in order?
- **Measurable** - Is my goal measurable?
- **Attainable** - Are there too many goals to attain?
- **Relevant** - Does it pertain to me reaching my overall goal?
- **Timely** - Being specific with dates you choose.



RECOVERY COACHES

PEER TO PEER COACHING

WHAT IS A RECOVERY COACH?

- Can Identify
- Role Models for the Truth
- Resource Broker
- Advocates
- Problem Solver (assisting)
- Encourager/Cheerleaders
- Consultant
- Speaks the Language



RECOVERY COACH TRAINING

- Recovery Coach Training
- Ethical Considerations
- HIV Training
- Suicide Prevention



For more information:



Find us at

www.gatesrecoverycenter.org