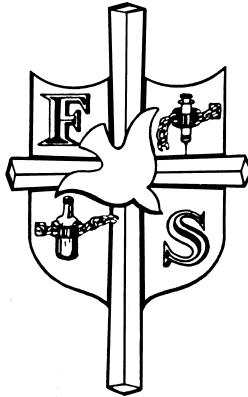


FAITH BASED RESIDENTIAL PROGRAM

FAMILY PACKET



Fresh Start Ministries of
Central FL

www.FreshStartMinistries.com

407 293-3822

RECOVERY & RESTORATION THROUGH JESUS

This Family Packet is to provide you with the information you need to understand the structure and policies of Fresh Start while your loved one is enrolled. If you have ANY questions or CONCERNS, please call the office.

Overview:

Fresh Start Ministries (FSM) is a twelve-month residential facility located in Orange County serving males 18 years of age and older. It is designed to provide professional services for the painful and self-defeating cycle of alcoholism, substance abuse and other life-controlling problems.

Program Design:

- To heal men who are damaged by addiction or other life-controlling problems by implementing a Christ centered 12-Step program. Using the principles of discipleship FSM introduces the redemptive love of God, thereby producing new attitudes from which generate new functional behaviors.
- There are 4 Phases to the program, phase 1 focuses all on drug & alcohol information. Such as signs and symptoms to look for when he is on a “Build up to Use”, “triggers” and other relapse prevention techniques. Phase 2 is about healing the inner man of deeper issues and character flaws and is more tailored to the individual.
- He would have been at Fresh Start long enough to stabilize and have clearer thinking. He may have issues such as anger management, self-esteem, poor communication, broken relationships or, un-forgiveness. Phase 3 builds on a deeper spiritual relationship while Phase 4 focuses on aftercare and life after treatment. These and other areas are worked on during homework and counseling as well.
- The program is designed to be 12 months long plus 6 months aftercare. This timeframe is VERY important. Your addict may tell you he is well & ready to go sooner, but the truth is, he has much more to accomplish before he would be finished and ready to venture outside of accountability. If he begins suggesting to you he is ready to go, squash that idea IMMEDIATELY. Remind him, he IS NOT ready. And encourage him to talk to staff,

because everyone at Fresh Start wanted to leave at one time or another. If he brings it up again, please call the office so we can intervene and help him to get past that and continue to move forward.

- FSM prepares the client to become a responsible member of society by teaching them a new way of life. Our program enables the man to build a savings account, which we encourage so that upon graduation he will have the funds necessary for expenses such as rent, utilities or car payments.
- Lastly, Fresh Start does have sober housing available nearby after treatment if the client is in need of continued accountability.

Fees:

At Fresh Start clients are responsible to pay an entry fee of \$300.00 (**Non-Refundable**) and then \$185.00 per week. This fee includes all professional fees such as classes, counseling, evaluations, and drug screens. It also covers his room, utilities, 2 meals per day and transportation to and from program activities including church. When he gets paid, his Fresh Start program fee comes off the top, before any other bills.

If you have any questions, call us. We would rather you call and communicate with us than to not understand our policies. When it comes to finances, please **DO NOT give any money to the client.** If they need money until they begin working, please discuss this with staff. We allow a ONE-TIME petty cash of any amount up to \$100.00 upon his entry. This keeps him from running to you for every little financial crisis until they are financially stable. This is for bus passes or laundry or lunch while job hunting. The staff dole it out in small increments as needed.

Professional Services:

FSM provides psychological evaluation and inpatient care including:

- a. Treatment Team
- b. Individual Counseling
- c. Group Therapy
- d. Positive Peer Therapy
- e. Educational program in the disease of addiction and other life controlling issues.
- f. Customized homework assignments designed to address client's specific needs.
- g. Support Groups/12 step meetings
- h. Life Management Skills
- i. Employment Coaching
- j. Budgeting
- k. Aftercare

Build Up to Drink or Drug (B.U.D.) - The BUD is a Common occurrence when a person begins recovery. There Are physiological changes that happen in the brain at certain intervals that cause a man to really want to go use again. Those intervals are like PMS. He'll have mood swings, be irritable, be discontent, short-tempered and will generally be sour. Then he'll want to go use because he is used to eliminating his pain through instant gratification.

While enrolled at Fresh Start, the client must work a full-time, daytime job. Everyone is back on property between 5:30 and 6:00pm. He must turn in his paycheck to Fresh Start UNCASHED. We put it into an account for him and his Fresh Start program fee is paid right off the top. With the remainder of his money, he can request a weekly cash draw of about \$55 for transportation, lunches, bus pass & other incidentals. After that, if he has bills to pay, or wants to give his wife the rest of his check to support the household, it is done by check requests. He puts in his draw requests one Friday, and receives it the next Friday. Working and paying his own way helps to teach him financial accountability and to not make impulse purchases.

***FRESH START MINISTRIES'
CHRIST CENTERED 12-STEP SUPPORT
GROUP MEETING***

Open to the Public-All Welcome via Zoom

**Tuesday Evenings 6:30pm via Zoom.
Format includes 30 minutes of education on
addiction, co-dependency or other life-
management issues.**

Please contact our office to attend.

COMMITMENT SHEET

Fresh Start believes that the entire family is affected by the addiction; therefore it is necessary for the entire family to receive help.

Fresh Start's weekly 12-Step Support Group meeting offers a 30 minute teaching via Zoom on addiction, co-dependency or related issues.

The meeting is open to the public so friends and family are always welcome.

In order for Fresh Start to work with your loved one, wives, and girlfriends are required to attend all support group meetings,

The 12-Step Fresh Start Ministries Family Support Group Zoom meeting is held every Tuesday evening starting at 6:30pm. Please contact our office if you would like to participate in our Zoom meeting. Other immediate family members are strongly encouraged to attend also.

I understand it will be beneficial for me and my loved ones to participate in Fresh Start Ministries Support Group Meetings and I will commit to be there each week to help myself and our family unit becomes healthier.

*Note: This is an adult meeting, please no children.

We ask that the family work with us on the financial rules and please - DO NOT GIVE ANY MONEY DIRECTLY TO THE CLIENT. It undermines what we are trying to do.

The clients are typically categorized by Phases for classes. A typical schedule for the week is:

- MONDAY Foundational Bible Study

- TUESDAY Fresh Start’s 12-Step, Christ-centered Support Group Meeting. Open to the public (via Zoom), but mandatory for the significant other. Meeting includes 30 minutes of education for addict and family.

- WEDNESDAY 12-Step Classes and Group therapy/Open discussion. Addiction & Recovery Issues. Life Skills (Goal Setting & Relapse Prevention)

- THURSDAY 12-Step Addiction Class. Job Search and Readiness Skills. Testimonies from Alumni Individual Study and Personal Time

- FRIDAY Addiction Recovery class
Life after Addiction

- SATURDAY No classes free time. May work or otherwise have free time from 8:00am to 10:00pm. Providing client signs out on accountability log sheet stating planned location & phone number.

- SUNDAY Church attendance in morning.(various churches)
Work chores around property approximately 2 hours after lunch. Free time on property, TV, sports, games, socializing, or rest & relaxation.

Getting Families Involved:

It is strongly encouraged that families get involved in the client’s treatment. FSM has weekly 12-step support group meetings for clients and their families via Zoom. Spouses or significant others are **required** to attend. FSM also has special events such as holiday celebrations for residents and their families on the Fresh Start property from time-to-time.

Hours of Operation:

Our administrative office is open Monday to Friday, 8:30 a.m. until 4:30 p.m. There is on-site staff available to residents 24 hours a day.

If the family has any questions regarding the program rules or feels their addict is not in a good space, the office should be notified. Fresh Start wants to work closely with the family to heal both parties. Often times the family feels that calling the office would be a betrayal to their addict, but let us assure you that while he may get mad initially, you could be saving his life. You should let him know right up front at the beginning of his enrollment at Fresh Start, that you are COMMITTED to his recovery and will do whatever it takes to support him while he is doing the right thing. But, the minute you suspect he is not in a good space, you WILL let Fresh Start know. By you telling him this, he understands you are supporting him, but yet, won't put up with any improper attitudes or rule breaking on his part. This sets the stage for us to work together for his full recovery.

If you have questions call the office. If you have items to give to him, you can drop them off at the Fresh Start office anytime between 8am & 4pm. Please do not come to the Fresh Start property at any other time unless it is pre-arranged.

Support Groups:

Our support group meets weekly These meetings are on Tuesday's at 6:30 p.m. via Zoom and are open to the public. Please contact our office to attend. Clients are strongly encouraged to invite family and friends. There is a Christ centered, 12-Step teaching concerning recovery, addiction or co-dependency is taught for about 20-30 minutes. Families can learn topics such as tough-love, co-dependency and boundary setting while at the same time building a network of support with other family members. Immediate family is strongly encouraged to attend these meetings however, it is **mandatory** for spouses or significant others. A man can be discharged from the program if his significant other doesn't attend on a regular basis.