

*A Letter From The President,*

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Each day we show up as an organization to fulfill a mission of service to others. We want you to know that we show up for *you*; you matter to us. We believe in the power of Christ and what He can do in the lives of each of us.

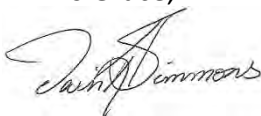
To that end, we strive to provide a focused atmosphere filled with love, compassion, and passion, yet coupled with expectancy and respect. As a ministry, we expect much of ourselves and of those in our Recovery Program. Change, struggle, and adversity are difficult to face, but we *can* face these challenges together.

We commit to giving you our best, to pray, to care, to educate, to lead, to hold accountable, and to discipline at times if necessary. Why? Because we care and cannot ignore the challenges that you have been facing, and possibly have been facing alone. All of us need each of us, and each of us needs all of us.

Thousands of men have come before you. They've walked these halls, sat in these classes, struggled through deep wounds and challenges, and are now living as successful, independent, productive individuals! We commit to walk the journey alongside you.

So, Welcome! Expect to be challenged, to be cared for, and to grow as you have always hoped you might be able to do. We will show up if you will. You have an exciting future in store!

In His Grace,



Devin K. Simmons  
President



## **Program Description**

Welcome to the Waterfront Rescue Mission's Recovery Program. This recovery program is a Christian based program that is provided to you due to the generous donations and purchases of people in our community who shop at one of our seven thrift stores along the Gulf Coast Region, as well as individual and institutional giving to Waterfront Rescue Mission (WRM). As a faith-based entity, WRM does not accept any government monies, but relies on the generous support of those in our community. This program, therefore, is a mission to you that has been given in the hope that it will be used to help you become the person God desires you to be. He loves you and longs for you to live out the purpose for which he created you and for which he sent His only Son, Jesus, to die for your sins, and rise from the dead as Lord of all!

This recovery program is approximately a 12 month program: six months of recovery plus six months of career development. The first level, Level 6: Recovery Readiness, is designed to get you ready to focus on the core teaching and counseling that will eventually occur in the primary phase. In Level 6, the main goal is stabilization, but there are a number of benchmarks along each phase that you will have to obtain before moving forward. One of those benchmarks in Level 6 is to become tobacco free. One addiction is not helpful in overcoming another addiction, so we will provide you resources, classes, and support, as you kick this deadly habit, which will build the foundation for greater success along the way in recovery.

In each level you will be required to work. Work is not a curse, but a gift from God, and will be used to help you regain physical strength, purpose, and contribution while in the program. You will also gain invaluable feedback and coaching from your supervisors and learn how to work as a team as you help WRM provide resources and services for many others in need just like yourself.

As you progress through the phases; classes, counseling sessions, and accountability will increase. Please take these services very seriously, as they are the building blocks of a good recovery program. These classes are a mixture of the spiritual, addiction/recovery-oriented, mental, relational, and life skills/job readiness, as WRM believes that healing is not just one part, but our desire is for the whole man to be restored. You will also see as you gain employment and begin saving monies during the Career Development Phase that we will begin charging you a Program Participation Fee (PPF). This new responsibility is a very important part of your giving back and paying for those who come behind, so that we can continue to offer the first months of our program at no cost. Additionally, this fee is part of growing back into a man of integrity and learning to manage a budget as you save for a successful transition back into society.

Finally, this program is not for those seeking merely relief. If you are not serious about transforming your life, do all of us a favor and go somewhere else. We are looking for a few who genuinely want to be different and are willing to pay the price for change to occur. If you are here for the right reasons, God will begin to work in you the effects of forgiveness, healing, restoration, to repurpose you for good and God's glory.

Level 6: Recovery Readiness (1 – 2 months)

Level 7: Preliminary Recovery Program (1 – 3 months)

Level 8: Primary Recovery Program (3 months)

Level 9 (Jump Start Employment w/ WRM) or Level 10 (Other Employment) (6 months or >)

Total Time in Program: Approximately 12 months (6 months of recovery + 6 months of Career Development Program/CDP)

# Waterfront Rescue Mission – Recovery Program Class Schedule

Note(s): Level 8 Clients attend classes every M, WED, & F; and work every T, TH, & SAT w/ passes & visitation taken on SUN. Level 7 Clients attend classes every T & TH; and work every M, WED, F, & SUN; with no visitation granted until approved contacts/family have attended Family Orientation, w/ visitation taken on SAT. Level 6 Clients take care of medical, legal, mental, and other functional-type appointments and support work force on campus M – SAT, and can work off campus if Work Experience Class has been completed. Becoming tobacco free is accomplished during this phase, also.

Schedule	Level 6 Recovery Readiness (Interview, Observation, Orientation) (1 – 2 Mos.)	Level 7 (Preliminary Recovery Program) (T, TH) (2 - 3 Mos.) (Max. of 26 Classes)	Level 8 (Primary Recovery) (M, WED, & F) (3 Mos.) (Max. of 39 Classes in each slot)	Levels 9 – 10 (CDP) (6 Mos.) (Graduation Occurs After Employment for 6 Mos.)
5:30 AM	Wake-up/Break	Wake-up	Wake-up	Wake-up
5:45 AM	Breakfast	Breakfast	Breakfast	Breakfast
6:15 AM	Chores	Chores	Chores	Chores
6:30 AM	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation
6:45 AM	Chapel (MON – FRI)	Foundations for Success (13) (Dave Cotner) (TUE, TH, & FRI); Chapel (M, WED, F, & SAT)	Becoming a Strong Man (15) (Dave Cotner) (M, WED, & FRI); Chapel (T, TH, & SAT)	Team Meeting Led by Rotating Client (NIV Recovery Bible)
8:00 AM	Break	Break	Break	
8:10 AM	Chores/Work @ Thrift Store or RDC	Practical Daily Living (16) (Phillip Dickson) Program Orientation (1) (Dave Cotner) (FRI)	Conquering Chemical Dependency (15) (Phillip Dickson); Conquering Sex Addiction (16) (P. Dickson)	Jump Start Employment w/ WRM Retail and/or Look for Other/Additional Employ.
9:10 AM		Break	Break	
9:20 AM		Introduction to the Bible (10) (Bryan Waters) (TUE); Overcoming Anger (8) (Jason Grizzard) (TH)	Disciplines of a Balanced Life (15) (Phillip Dickson); The Process of Forgiveness (15) (Neil Bryant)	
10:20 AM		Break	Break	
10:30 AM	Assessment w/ Behavioral Therapist (Once per week)	Life Principles, Part 1 (16) (Neil Bryant)	Changing Perspectives(24)(Neil Bryant)	
11:30 AM	Lunch	Lunch	Lunch	Lunch
12:30 PM		Break	Break	
12:45 PM		Life Principles, Part 2 (16) (Neil Bryant)	Life Skills Courses * (39) (Various Staff/Volunteers)	
1:45 PM		Break	Break	
2:00 PM	Smoking Cessation Class (6) (AHEC) (MON & TUE)	Exercise/Relaxation	Career Source E. Center (Job Readiness, Resume Building, Career Direction) (MON & FRI)	Career Source E. Center (Job Readiness, Resume Building, Career Direction) (MON & FRI)
4:30 PM	Dinner	Dinner	Dinner	Dinner
5:20 PM	Break			
6:30 PM	Chapel Nightly Work Experience Class (3) (Robert Carpenter) (SUN) Power of Addiction Video & Discussion (2)(E.J. Wales) (1 <sup>st</sup> & 2 <sup>nd</sup> MON) Unlock Your Thinking & Open Your Mind (2) (Robert Carpenter) (3 <sup>rd</sup> & 4 <sup>th</sup> MON)	Chapel Nightly GED Class (PSC)(TUE & THURS – 5:30 – 8:30 PM) Family Orientation (1 <sup>st</sup> TUE)	Peer Support, Whole Health, & Resiliency (12) (8) (POE in Action) (MON) Free to Grow: Overcoming Setbacks & Disappointments (12) (Mike Lawlis) (WED) Interview Skills (2) (Tom Knox) (3 <sup>rd</sup> TH) Boundaries (8) (E.J. Wales) (F)	Personal Finances & Budgeting (4) (S. Frakes) (TUE) Measure of a Man (21) (S. Green) (THURS) Celebrate Recovery Study (25) (Former Clients Lead) (FRI)
7:30 PM	Free Time/Break	Group Counseling/Free Time	Individual/Group Counseling/Free Time	Individual/Group Counseling/Free Time
8:00 PM	Med Call	Med Call	Med Call	Med Call
9:00 PM	In Rooms & Lights Out	In Rooms	In Rooms	In Rooms
9:30 PM		Lights Out	Lights Out	
10:00 PM				Lights Out (MON – THURS)
10:30 PM				Lights Out (FRI – SUN)

\*Life Skills Courses include topics taught by WRM's Executive Leadership, as well as other leaders/experts from the community.

Self-Sufficiency Outcome Measurements (SSOM) Color Code:

- Spiritual – Christian Faith & Spirituality
- Mental/Cognitive – Mental Health/Cognitive Skills
- Physical – Physical Health
- Addiction – Oriented – Substance Use/Abuse
- Life/Job Skills – Employment/Financial
- Relational – Family Relationships or Social Relations

# WATERFRONT MISSION

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## 3 THINGS YOU NEED TO KNOW

### WE ARE A CHRISTIAN MINISTRY

- We offer biblical counseling only
- We are not psychologists or psychiatrists
- We have no medical staff
- You will be required to attend chapel in the morning and evening every day
- You will be required to go to the church of our choosing

### 12 MONTH IN RESIDENCE PROGRAM

- The program is 12 months – 6 months of Recovery + 6 months of Career Development
- The program is in residence – you will not leave without staff permission
- You must have all other obligations satisfied that may interfere with your program

### TOBACCO FREE PROGRAM

- You will be given a period of time to quit
- We offer a Smoking Cessation class
- You will not progress in the program until you are tobacco free

I understand and commit to the conditions above.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Dear Family Member,

I want to thank you already for your efforts in not losing hope through the process of loving someone who is addicted. I understand that it has been a difficult, costly, and frustrating path thus far. Nevertheless, you have made the decision to send him and support him in the Waterfront Rescue Mission's (WRM) Program. There are several things you need to know in order to enhance the experience he will have here, as well as to assist in your own personal health throughout this process.

- His recovery is his recovery, not yours. As difficult as it may be, your giving him autonomy in this is very important for proper boundaries to be established. At times, you will feel guilty because of things you think you should have done or should not have done. This feeling of guilt does not matter going forward and will not help the situation improve. He is an adult who must be responsible for his recovery. If you seek to be responsible for his recovery or rescue him when things get difficult, your decision will sabotage the process of recovery and will be a detriment. We will work on this responsibility piece on our end with your family member, but it is important that you establish that clear understanding and position on your end, as well. Please do not accept excuses he may give to justify, minimize, or blame his poor actions or attitudes on you or others. Please do not let him play the victim card, or allow him to use you to continue back down old destructive paths. His responsibility is one of the keys to recovery.
- You need healing as you go through this process. Forgiveness is for your benefit, not his. Forgiving him does not mean that what he has done is okay. We must continue to speak the truth in love, so that ultimate reconciliation can occur between him and God and between him and others. You have a part in this, but you must be aware of your own feelings of hurt that may need healing. If you are part of a local church or support group, please reach out to them and confess your struggles with what is going on and ask for prayer, support, and counsel as you go through this. If you do not seek healing for your hurts, you will be tempted to take out your resentment and anger on him when he returns.
- Our program is not perfect, but it is intentional. As your family member begins our program, it may be tempting to criticize or complain (or give credence to his complaints), but do not give in to this. We do make mistakes and miss things, but our staff is very loving, gracious, firm, and reasonable. If your family member complains about a rule, please understand that there is a good reason why that exists. We don't always have the time to explain the rationale behind every rule, but it does have one. Remember: this program is only for a season and then the regulations and boundaries that we have will be gone. Therefore, see this program as a tool in the hand of God to build your family member into the man he has been called to be. If questions or misunderstandings arise, please give us a call and we will be happy to discuss the rules or regulations of the program.
- Communication with family is important, but it's not everything. Reconciliation with God and family is our ultimate goal here at WRM. However, we understand that this process will take time with intentionality and accountability. In the early days of his recovery, the family member really does not have a lot to report. He is going through the

different phases of stabilization and he may begin to feel physically better, but he is still mentally and spiritually immature. His communication with you may seem overly optimistic and upbeat at times, but this is an illusion. He is too soon in the process for celebration to occur. This is why we limit communication until the client is further along in the process. We eventually want the communication to be such that facades and artificiality are set aside for full acceptance, truth, and graciousness. This place of growth will take time and your understanding of and patience with this reality is much appreciated.

- Everything your family member needs, he has in the program. We are very blessed in our recovery program in that all of the basic needs of the client are met while in the program. After a few weeks, they are actually given a \$5.00 per week sustenance allowance for personal needs, as well. If they ask you for money, don't give it to them, as they will not need it and your giving it to them will create a problem – not only with your family member, but with others. If they need anything, direct them to speak with their counselor and he will help them out, if necessary. As God blesses you and your family member, we hope that you will see fit to invest in others who need the same type of help your family member did by supporting the work of Waterfront, as you are able and as God leads.

Thanks so much for your time in reading this, and know we want nothing more than the full healing and restoration of your family member and your family, as well.

Before you go, know that we provide a Family Orientation Night at 6:30 PM on the first Tuesday of every month. This event is located at 350 W. Herman St., Pensacola, FL, 32504 in the Conference Room of the Gray Center. We will have light snacks and drinks and this hour-long event will provide some information about our program, as well as an opportunity to receive some support from us, as well as from other families who will be present. Hope to see you there!

With Hope and Expectancy,

Jason Grizzard

Director of Ministry Programs

Waterfront Rescue Mission, INC

Pensacola, FL