



## **VISIONQUEST Recovery Society PROGRAM**

**A.** Clients need to be treated first with excellent nutrition and light exercise and attend 12 step program meetings. They need regular sleep and rest. Meals and light exercise sessions are used to begin building rapport with clients. Clients may share a bedroom but need adequate space, a comfortable bed, soft comforter, and a dresser and night table and night table with lamp. A desk is also necessary for study, art, reading, and homework assignments. Relaxation needs to be introduced as well.

**B. Primary Group**

The Primary Group is gradually added after the first week, in addition to the above components. Recreational activities such as swimming, hiking or walking may be added to begin the process of engaging the brain's own endorphins. Recreational activities are critical in developing relapse prevention strategies.

**C. Chores**

Everyone needs to do chores or activities that maintain the house and grounds.

**D. Step One is started.**

Written, spoken, and the concept of powerlessness vs willpower is addressed as well as how we get power when we have none. When the concept is understood, we move to Step 2

**E. Step Two**

The concept must be accepted and understood. (There is a Higher Power, I'm not it. Where drugs and alcohol are concerned, I am suffering from insanity.)

**F. Step Three**

Concept of a Higher Power caring, what does that look like, development of a new belief

system.

#### **G. Strategies For Effective Living**

Conciding with step four, this portion of the program can take one month to 6 months to complete, depending on time allotted and available. There is heavy emphasis on the primary group.

The exercise program is stepped up to include aerobics, weight-lifting, volleyball, soccer, Tai Chi to ensure continued recreational skills and an appropriate outlet for energy as well as continued re-building of natural endorphins.

Creative programming includes singing, drumming, arts, crafts, drama

Guided imagery is used regularly - meditative practice.

#### **H. Practical Skills For Effective Living**

Because our clientele usually have large knowledge gaps, this part of the program allows them to learn cooking and baking skills, household maintenance skills, gardening skills, and balance concepts.

#### **I. Step Four completed.**

Step Five to be done, then on to Step 6 and Step 7, which takes some time to discuss and develop new concepts. Outward Bound types of activities are suggested, including the "Ropes Course", depending on availability. The purpose of this activity is to move clients to a new level of trust, cooperation, and self-confidence.

#### **J. Family Treatment and Co-Dependency**

Families and significant people in the lives of the clients will be invited to participate in an intensive week-long program designed to improve relationships.

An area to be addressed for the whole family is grieving the loss of a former life-style.

#### **K. After Care Planning and Relapse Prevention**

This area is one of extreme importance given the history of our clientele. It will involve detailed planning on the part of each participant, and demonstration of each activity. Each client will be expected to learn, in detail, the signs of relapse, and be capable of recognition within them.

#### **L. Re-Entering Society**

This phase of the program will involve aptitude testing, skill building, and hopefully, entry into supported employment and eventually, apprenticeship programs and trade training. We want to be able to offer our clients career exploration and ticket training so they are capable of more than minimum wage opportunities.

Clients will be expected to attend regular follow-up groups and will be given support during this transition period.

We will be reviewing the "how-to's" of ordinary living and continuing to fill in knowledge gaps as they impact on the clients' lives.