

FREEDOM
BOUND
PROGRAM

INDEX

Welcome and Introduction	5
Freedom Bound Program Description	7
Phase 1 Introduction	11
Phase 1 Class Descriptions	13
Phase 2 Introduction	17
Phase 2 Class Descriptions	19
Phase 3 Introduction	24
Phase 3 Class Descriptions	26
Phase 4 Introduction	30
Phase 4 Class Descriptions	32
Phase 5 Introduction	36
Morning Chapel & Bible Study	38
Learning Center	40
Counseling	42
Self Evaluations	44
Physical fitness, Recreation, Dorm Life	46
Chores	50
Program Schedule	51
Photos	52
Virtual Tour	53

WELCOME & INTRODUCTION

Welcome to the Union Gospel Mission's FREEDOM BOUND Recovery Program Website!

We have provided a large amount of information for you to consider as you decide if Freedom Bound is the right choice for you. We hope many of your questions will be answered for you as you read through this website. Please feel free to connect with us over the phone or via e-mail should you have further questions that have not been discussed here.

We believe recovery is a very personal experience that necessitates an individualized approach. Though Freedom Bound has a firm structure to it, each man's needs are assessed individually before you begin so your program will meet your needs within the greater structure of our community life and program classes. Our intake and evaluation processes are thorough and designed to ensure you will receive the care and support you need to begin what we hope will be the last recovery program you will ever need!

As you will quickly notice, we are strongly and passionately focused on the transformative power of the Word of God and a relationship with Jesus Christ. As you read through the Freedom Bound program outline and browse through our class descriptions you will notice that personal accountability, community living, and becoming more and more like Christ is the foundation for everything we do in our recovery process. We do not require you to know or believe in God to join our program. If you have a general openness to learning about what God might be offering you in your recovery at the Union Gospel Mission, we believe you will be successful and comfortable in our environment.

FREEDOM
BOUND
PROGRAM
DESCRIPTION

FREEDOM BOUND RECOVERY PROGRAM OVERVIEW

The Freedom Bound program is made up of five different phases that you will progress through. In each phase there are core classes and activities that have been designed to help you heal from the inside out. This is accomplished through a combination of the following:

- Spiritual Growth
- Counseling/Case Management
- Self-Evaluations
- Daily Schedules
- Work
- Educational Development
- Physical Fitness
- Living Skills
- Employment Opportunities (Phase 5)
- Transitional Apartments

OUR FOUNDATIONAL VALUES AND PRINCIPLES

PURPOSE STATEMENT: Union Gospel Mission Ministries of Spokane is committed to being a healing environment for residents, staff, and volunteers. Our healing environment is based on the grace, truth, and love of Jesus Christ and encourages trust and authenticity without fear. In this community people are granted the freedom to examine their failures, the freedom to succeed, and the freedom to change from the inside out. It is our desire that within this environment those we serve would make choices that help them become God-dependent, contributing members of society.

A. The purpose and intent of the Freedom Bound program is to help you in the following ways:

1. Create a safe and healing environment.
2. Assist you in knowing and following Jesus Christ by developing a deep, lifelong relationship with Him.
3. Assist you toward embracing a healthy identity as a child of God.
4. Assist you toward accepting personal responsibility.
5. Assist you toward establishing healthy interdependent relationships.

B. THE FOUR PRINCIPLES TO LIFE TRANSFORMATION*:

The Union Gospel Mission believes in four Biblical principles that help create and maintain a safe, healing, recovery-oriented, Christian growth environment for people to become internally transformed (changed from the inside out):

1. Identity as a child of God.
2. Christlikeness as the quality standard.
3. Complete accountability.
4. The self-evaluation process.

FREEDOM BOUND PROGRAM OUTLINE

The following program components have been designed to develop the character and life skills necessary so that recovery and our pursuit of Christlikeness as our standard for life becomes possible.

RECOVERY/COUNSELING/HEALING/LIFE PLANNING:

A variety of classes, groups, activities and counseling will be provided. (Examples: 12 Step lectures and groups, Genesis addiction recovery groups, Gorski based addiction class, sexual issues groups, sexual addiction class, Work Net, Work/Employment Issues class, life skills and relationship class.

SPIRITUAL GROWTH: Teaching about God, the Bible, and the Christian faith through daily chapel, basic Bible study, Discovery Bible class, and intermediate/ advanced Bible studies.

LIVING SKILLS: “How to Manage Your Money”, a Biblical approach to managing your money, and Life Language workshop – understanding how you and others communicate, are classes available as necessary.

EDUCATIONAL DEVELOPMENT: The Learning Center provides General Education Development (GED) preparation, a “learn to read” program, computer literacy training, general academic skills development, college preparation, and a Career Direct Assessment. The Learning Center helps to develop the skills necessary for employment or pursuing higher education for career/vocational training.

UGM WORK ASSIGNMENTS:

1. Develop a good work ethic.
2. Complete performance evaluations.
3. Placement into positions of authority or decision making responsibility will be based on maturity, suitability for position, and Christlikeness.

EMPLOYMENT: (Day labor, part-time employment, and full-time employment)

1. Guests and men on the 1st 15 days of the evaluation period of the Freedom Bound program are not eligible for signing up for UGM day labor.
2. Day labor through the UGM dispatch system will only be available on weekends.
3. If a programmer has a UGM work responsibility on the weekend, but wishes to sign up for day labor on that day, he must first work it out with his supervisor to make sure his shift is covered.
4. We choose not to pursue more than one day per week of employment until reaching phase 5 of the program process.
5. Anyone needing more than one day of employment per week may choose to do so through an outside employer (not through our UGM day labor referral system). Approval to do so will be based on a legitimate need for extra employment at the time.

BECOMING RESPONSIBLE IN ALL AREAS OF ONE’S LIFE: We choose to be accountable in our process of growth to become responsible men in all areas of our lives, including but not limited to:

- Family responsibilities
- Financial management
- Personal health and fitness
- Healthy community functioning
- Friendship, romantic, and employment relationships

PHYSICAL FITNESS: Because physical fitness is such an important part of recovery we choose to participate in at least three 30 minute physical fitness activities a week.

DAILY SCHEDULES: Each program man will be provided with a written schedule. We choose to follow our weekly schedule or if we have to miss something, we choose to complete an absence request form.

A PROGRAMMER’S SCHEDULE: The basic Freedom Bound program schedule (before adjustments for classes and other program activity options) begins with:

- 20 - 24 hours per week of UGM work assignments.
- Self-evaluation meetings.
- Daily chapel, appropriate Bible study, and one church service weekly. (Can be a Celebrate Recovery service).
- 8 hours per week in the Learning Center (based on individual need).
- 1 hour per week of case management/counseling.
- Responsible for one evening chapel duty each week (Tue – Sun evenings only)

TRANSITIONAL APARTMENTS: Our transitional apartments are available for those programmers who are seeking a Christian peer accountability environment beyond the Mission. Please see your Case Manager to learn about the eligibility criteria for these apartments.

RESPONSIBLE TRANSITIONING: We choose to do timely reviews to assess moving to employment and independent living.

DAILY OPERATIONS

These are the things that need to exist in order for us to live together in community. We choose harmonious living and working together in our community by:

DRUG TESTING: Participate in random drug testing.

MEDICATIONS AND ILLNESS: Be responsible for self management of all medications and communicable diseases. In keeping with a safe, healing environment of recovery, the Freedom Bound program is not appropriate for men who choose to use addictive drugs for treatment of chronic pain.

PROCEDURES FOR ACCOUNTABILITY: Christlikeness is the quality standard for our lives. Personal change and growth occur when we recognize, confront, confess, and repent from wrong and harmful core beliefs and behaviors. Therefore, all treatment team staff and programmers choose to actively participate in the following process. The process is designed to help us identify and take responsibility for, what we believe, what we do, and what we say.

SELF-EVALUATIONS: The process by which we examine ourselves in the context of our relationship with Christ. In community we evaluate our own beliefs, thoughts, and actions in the atmosphere of the grace and truth of Jesus Christ. Evaluations may be initiated by self or others.

1. We choose to do self-evaluations before the community when we have made choices that negatively impact our living or work environments.
2. Self-evaluations may be done to reflect upon positive choices we have made.
3. We choose to be personally invested in the community by remaining teachable and willing to change when warranted.
4. As a programmer we choose to attend self-evaluation meetings.

ACCOUNTABILITY COMMITTEE: Consists of two staff members and three senior residents (senior residents are selected by their peers). The committee will consider what is in the individual's best interest and what is best for maintaining a safe, healing environment. The committee will meet for the following reasons:

1. To consider those who wish to re-enter the Mission or the Freedom Bound program.
2. To consider persistent problem behaviors.

PERSONAL AND PEER ACCOUNTABILITY PROCESS (staff/residents): I choose to be accountable to initiate self-evaluations on myself, on other residents, and on staff when I see the standard of Christlikeness being violated in attitude or behavior.

CASE MANAGEMENT ACCOUNTABILITY: I choose to participate in case management for my own personal growth.

PHASE 1

INTRODUCTION TO PHASE 1

Phase 1 is structured in such a way that men coming to join the Freedom Bound program from all walks of life can settle in to our community and become comfortable with our environment. This phase is purposefully designed to enable acclimating to being without your drug of choice. Often this includes a time of re-grouping from having experienced the stress of homelessness, having to leave challenging or broken relationships behind, rejoining community after a jail term, or realizing other life situations that have been stressful, if not traumatic.

Because of this, phase one classes are introductory in nature. The pace we have set for these first four months is slower than the rest of the program time. You will learn the basics about God, recovery, living in community, and learning about taking personal responsibility and pursuing accountability.

Counseling and classes are also geared towards laying the foundation for the work you will be doing in later phases, for getting to know and trust your counselor and teachers, and finding support as you begin your journey of recovery. At the end of your first phase you will have found your niche within the community, moved in to your single room, made some friendships that will encourage you, and you will feel a sense of ownership and commitment to the community at large. It is from this point on that your rehabilitation work becomes significantly more challenging.

PHASE 1 CLASSES

Discovery Class

Discovery is one of our core classes for men in our 1st program phase. Each session is designed to explore some of Paul Hovind's creation science material which is presented in video and workbook format. Other materials that illustrate current Christian thought on various issues is also presented and discussed within this class.

Discovery class meets twice weekly. The facilitator alternates class discussion and workbook completion time with a variety of video sessions. Open group discussion in which questions are asked and discussed is also facilitated in each class period.

Our residents come from a variety of religious and non-religious backgrounds. Because of this, we have designed the Discovery class to help you ask questions, gain knowledge, and think through a Christian worldview as you prepare for future classes that address God and the Christian walk in greater depth.

The first part of this class is based on Christian apologetics in which you will learn details about the Bible, God, and what He offers you in a relationship with Himself. The second part of the class focuses on Creation Science in which a biblical view of the creation of the earth is explored. Our goal is that you learn to think outside the box and to discover the truth for yourself. You will get a chance to revisit topics like the age of the earth, dinosaurs, intelligent design, and the theory of evolution.

Some additional topics discussed are:

- Is there intelligent evidence for my faith?
- Can I trust the Bible?
- Who was Jesus Christ?
- What is Bible Prophecy and how do I understand it?
- Did life evolve or was it created?
- What was the earth like before the flood?

Money Management

Money Management is one of our core classes for men in our 1st program phase. The class is designed to discuss the Dave Ramsey Financial Peace University videos in which topics like dumping debt, cash flow planning, super savers, and big bargains are addressed.

Through this class you will learn to take control of your finances and develop/embrace life style habits that are consistent with debt-free living.

Developing a personal financial plan is also an integral part of the course. You will obtain your credit report, establish communications with your creditors, and prepare a debt retirement schedule. You will also complete a projected income and expense plan for after your program graduation which will serve as the basis for your financial budget.

Other financial topics relevant to Freedom Bound program graduates such as landlord/tenant relationships, collections, and credit bureaus will be discussed as they become relevant to your individual situation.

Our hope is that, as a result of this class you will have the tools you need to manage your future household and become a responsible, contributing member of society.

Twelve Step Class

The Twelve Step Class is one of our core classes for men in our 1st program phase. It provides a spiritual roadmap for a man's journey through the five phases of the Freedom Bound program and corresponds to the phases as follows: Phase 1, steps 1-3, phase 2, steps 4-5, Phase 3 steps 6-7, and phase 4 steps 8-9, phase 5 steps 10-12.

This class gives an overview of the twelve steps in relation to biblical Christianity, how they build on each other and develop into living spirituality that is fully centered on a relationship with Jesus Christ. Though most people are familiar with the 12 steps as they relate to recovery from chemical addiction, many program men discover throughout the class that the 12 steps address a variety of life issues and offer tools and emotional processing that directly relate to their own life experiences.

The format of the class is based on a lecture and discussion format. The first 10 – 15 minutes of each session is presented by staff lecture on material about each of the 12 steps. The rest of the class allows each man to process how he is currently applying the particular step to his recovery process. It also allows for you to receive support from your group as you begin to apply this material to yourself.

One of the 12 steps is presented every other week alternating with one class in which related material is discussed in the group setting. For example, when step 1 (admitting there is a problem) has been presented in the first week of class, the next week the topic of denial is further addressed by staff and opened up for class discussion. This helps bring the material alive and creates deeper impact.

The goal of our Twelve Step Class is to help you use the wisdom of each step in your daily life and to integrate them into your Christian walk. This means that you are not only receiving head knowledge of the Twelve Step Philosophy but you are challenged to make them a permanent fixture and lifestyle for the remainder of your recovery. This class creates the foundation you will need for the rest of your program phases and the classes they offer.

PHASE 2

INTRODUCTION TO PHASE 2

Phase 2 strongly builds on the foundations that were set in phase one. At this point you will have an excellent understanding of the basics of the Christian faith, you will know your roadmap to recovery, and you will have settled into our community and feel like you are part of our family. At this point some of the stress from your life with your addiction will have gone away, your clarity and purpose will have grown stronger, and you will be ready to dig in to some challenging classes that will broaden your horizons and help you take a look at what things have been driving your addictions.

Your counseling will begin to go deeper and address more of the core issues that have affected you in your life. You will be participating in the community and making meaningful connections with the other program men. At this point you will have the option of joining group counseling and other activities that will take your recovery to the next level. This phase is designed to prepare you for the in-depth recovery work that begins in phase three.

PHASE 2 CLASSES

Every Man's Battle Class

The Every man's Battle class is one of our core classes for men in our 3rd program phase. It is taught in a group setting that encourages authentic participation between program men who have had phases 1 and 2 to get to know each other. At this point in your program you will have made enough emotional and spiritual progress so that participation and honesty will come natural. The premise of the class is built on Steven Arterburn and Fred Stoeker's book "Every Man's Battle" and is taught with this tool and its workbook.

This material addresses every man's struggle of being faced with the assault of sensual images in every day life. Because it is clear that it is impossible to avoid such temptations ... but, thankfully, not impossible to rise above them, we chose to implement this class into our program to shatter the perception that men are unable to control their thought lives and their eyes. *Every Man's Battle* shares the stories of dozens who have escaped the trap of sexual immorality and presents a practical, detailed plan for any man who desires sexual purity. This class discusses what its like to struggle with the visual, physical, emotional, and mental challenges that lust triggers within a man. It is designed to help you identify problem areas and discover what personal challenges you need to rise up to meet so you can become a man who's inner life honors God.

You will learn to ask yourself the difficult questions it takes to analyze your thoughts and feelings so you can gain control of your mind. You will also learn practical tools that will support you in your growth and will help you make the changes you want to see in your life. Your facilitator will help you discover God's design for marriage, sexuality, and the way your mind was created to thrive in healthy relationships that are free of lust. You will be challenged to choose true manhood that is characterized by a heart devoted to what brings honor and love and trust into relationships instead of living a life focused on immediate, short lived gratification.

Boundaries Class

Boundaries is one of our core classes for men in our 2nd program phase. Each session is designed to explore one chapter of Dr. Cloud and Dr. Townsend's book "Boundaries" that is read prior to class. Staff begins each session with a brief lecture on the material presented in the chapter and then facilitates open group discussion.

This class will help you know exactly what a boundary is and what setting boundaries in your life will do for you. You will learn about the laws of boundaries, myths associated with setting them, and what to do when conflict arises as you set boundaries with people in your own life.

Though there is a heavy emphasis on learning how to set boundaries skillfully with relatives, co-workers and friends, there is also a strong pursuit of learning to set personal boundaries for yourself – in your recovery. You will begin to evaluate areas in your life that have gone unchecked by you and you will develop appropriate boundaries for yourself that will help you achieve your recovery goals.

Boundaries class also addresses your relationship with God. You will learn about God's expectations of you as a steward of the life time he has given you. You'll have a chance to look at the way you set boundaries on your time, your money, your eating habits, and your sexuality. You will process through group interaction what kind of boundaries God might be asking you to set in your life so you can become a good caretaker of the things he has given you.

Our hope is that by the completion of the Boundaries class you will have a firm understanding of what your responsibility is to God, yourself and others and that you will feel confident in setting boundaries within these relationships so you can enjoy a healthy sense of control and freedom in your life.

Freedom in Christ is one of our core classes for men in our 2nd program phase. Each class session is designed to explore material from Dr. Neil Anderson's "Bondage Breaker" material which is then integrated into small group discussion, facilitated by our staff.

This class is designed to help you come to understand your position as a child of God and the victory that is yours when you choose to follow Christ. It will help you understand the power and authority all believers have over Satan and his schemes.

In group discussion you will share your struggles about what challenges you face as you grow as a Christian. Issues surrounding faith, lies and deception that Satan brings your way, struggling with spiritual battles, walking in the Spirit, and exercising your authority against will be discussed and taught. You will learn valuable tools that will strengthen you as you begin your recovery process and dive deeper into some of the things that contributed to you choosing this program.

Freedom in Christ will teach you about the armor of God, dealing with temptation, and understanding truth amidst deception and false teaching. You will learn what you need to know to become a confident believer who knows how to manage challenges that will inevitably come your way when you make a decision to follow Christ.

Search for significance is one of our core classes for men in our 2nd program phase. Each session is designed to explore one chapter of Robert McGee's book "The search for significance" which is then integrated into small group discussion, facilitated by our staff.

Robert McGee writes in his book that there comes a time in our life when reality turns on the lights and we realize that things just aren't the way they should be. If we were to take inventory in that moment, we might recognize old thoughts that have permeated our life and dictated our actions. Beliefs like: If people really knew me they wouldn't love me, I'm unable to change, God doesn't really care about me personally, I'm a failure and worthless.

Search for significance is designed to transform the way you think and what you believe to be true about who you are and what your purpose is in this life. It will re-introduce you to God – your creator and lead you to discover what His plans are for you as a man. It will challenge you to move beyond self-worth that is based on performance and other people's opinions and will teach you how to graft yourself into Jesus Christ to find meaning, belonging, and absolute significance as a man of God.

In the group you will work through four topics that are outlined in the book as "The Performance Trap" which the book describes as a common belief that "I must meet certain standards to be acceptable." "The Approval Addict" who believes that "I need approval from others to feel good about myself." The "Blame Game" concept in which the book addresses thinking patterns like "people who fail are unworthy of being loved and should be punished." The fourth area discussed in the class is "Shame" which creates thinking patterns like "I am what I am, I cannot change, I am hopeless and unworthy."

Throughout this class you will be lead to investigate what your own thought patterns are about your value as a man, and to discover how they have affected and hindered you in finding your significance as an image bearer of God.

Our hope is that, as a result of this class and the group experience, you will find your value and meaning from the truth of what God says about who you are. As a result, you will be able to define yourself by things that honor God so you can truly live life as the man he created you to be.

PHASE 3

INTRODUCTION TO PHASE 3

Phase 3 is built around two of our core classes: Authentic Manhood and Genesis. You can read specific information about these classes in the “class description” section for this phase. At this point in your recovery you will be focusing on specific events in your life that have deeply affected who you have become today. You will work through childhood and family dynamics, false belief patterns you have held, and other deep seeded issues that have contributed to your addiction and failed recovery in the past. Additionally your counseling sessions will be focusing on exposing the root issues and finding healing for them.

You will also be beginning to think about some future dreams, goals, and plans you might have. You will be working on reestablishing your life outside the mission including things like following up on legal, financial, and social obligations you might have to take responsibility for. Your counselor will be helping you navigate your individual requirements and will help you prepare for when you leave the Freedom Bound program.

You will continue to stay connected with your friends and find your support in the community here at the mission. Now you will be considered more of a senior programmer which will enable you to take on a greater leadership role. You will have the freedom to take on more responsibility and begin giving back to those around you.

PHASE 3 CLASSES

The Quest for Authentic Manhood

Authentic Manhood is one of our core classes for men in our 3rd program phase. Each session is designed to explore one chapter of Dr. Robert Lewis's workbook "The Quest for Authentic Manhood," a program offered through Men's Fraternity. Each class session is based on lecture from this material and small group discussion.

The Quest for Authentic Manhood is a 24-session study that focuses on what a man's core identity is made of and overviews basic manhood issues that each man faces in his daily life. A core part of this process is learning to identify how past emotional wounds and experiences may have distorted your idea of biblical masculinity and hindered your ability to develop a well defined understanding of what a man should really be like.

You will learn to find resolution to things that are affecting your ability to grow. You will understand the biblical foundation for manhood, and you will develop your own personal manhood plan.

Authentic Manhood will teach you about the fact that Manhood is in a state of confusion and that this confusion creates major problems for men, one of them being a readiness to settle for less than what God has to offer you. You will see how this problem has also affected society as a whole, in particular women who suffer at the loss of godly male leadership. You will learn about the four faces of Manhood "The King," "The Warrior," "The Lover," and "The Friend" and you will find new ways of leadership in your relationships as a boy-friend, husband, father and friend. Our hope is that, as a result of this class, you will feel prepared for a new life journey as a confident man of God.

The Genesis Process is a class that spans phases 3 and 4. It is a recovery process that is designed to treat the person first and the disease second. The material focuses on identifying underlying issues that drive compulsive behaviors of any kind and provides ways for working through them.

This class integrates biblical precepts for personal change, proven relapse prevention techniques, cognitive therapy principles, and the latest neurochemistry research relating to human behavior. The basic concept of this material is that a person's behavior and choices are the expression of their beliefs, so along with focusing on destructive behaviors, Genesis also concentrates on becoming deeply aware of what personal things inside ourselves drive us to want to self destruct.

You will address negative thinking patterns like survival lies you have told yourself all your life, and projected lies that people have told you about yourself. You will work through double binds – choices that put you in a hard place no matter what decision you make. You will complete a life history that outlines your entire life span to help you understand your addiction patterns more in-depth. You will work on resolving grief, finding forgiveness, and crisis intervention plans for when your addiction is triggered. You will learn about the “FASTER” relapse scale that will help you determine where you are at in your recovery at all times.

Our hope is that this intense eight month class will tie in all other classes, material, and community living experiences that you have during your entire program time and will solidify your recovery for the rest of your life. We believe you will discover for yourself that the Genesis Process is a way of living life that brings deep meaning to everything you do; and that it will radically transform the way you see yourself and how you live your life from then on.

Work-Net is one of our core classes for men in our 4th program phase. This class is designed as a week long modular and uses the Work-Net Solutions material developed for men and women who have struggled to find a career that truly fulfills them.

Over a decade of front-line research has gone into developing the WorkNet Model of Career Development/Job Placement. It has been successful with people who are in transition from homelessness, addiction, incarceration, welfare dependence, domestic violence, foreign countries, diminishing industries, poverty due to age or recent divorce, and other life and social difficulties. Its focus is not just on job placement and retention, but on career advancement.

Work-Net is designed to assist job candidates in discovering their fields of fascination, natural skills, and what motivates them to work. The result is an employee with a more positive attitude who learns quicker and works harder, which automatically makes them more promotable.

This program is designed by Christians who believe that people are created by God who has a wonderful plan for their lives. It's built upon the understanding that each person was created with a unique combination of interests and skills which, when nurtured, allows them to thrive in work environments that they love.

Our hope is that through your Work-Net experience you will find a sense of purpose and excitement about your future career, that you will see your uniqueness and special gifting to do a work that is meaningful, and that this will give you new hope for a better life.

PHASE 4

INTRODUCTION TO PHASE 4

Phase 4 continues where you left off in your Authentic Manhood and Genesis classes. You will continue preparing for your transition and learn to navigate interpersonal challenges with the tools you have learned in the past three phases. Your leadership and support of others in phases below you will also continue.

You will be working on completing some of the work you have started in counseling and will have chances to evaluate how far you have come and what work might be ahead for you to address in the future. At this point you will feel a strong sense of connection to your fellow programmers, you will have many opportunities to get involved in leadership and peer support. Your classes will help you focus on specific areas of growth that you will have identified in other phases. The Freedom Bound program staff will be working with you to fine tune what you have learned to such a degree that you can take your tools anywhere you choose to go after the program and be successful.

In this phase you will be concentrating on making transitional plans. This might include considering an in-house internship, applying to go back to school, or beginning to network around town for a job in the industry of your choice. All of your planning will be supported by your counselor and the treatment team at large.

PHASE 4 CLASSES

The Quest for Authentic Manhood - CONTINUED from phase 3

Authentic Manhood is one of our core classes for men in our 3rd program phase. Each session is designed to explore one chapter of Dr. Robert Lewis's workbook "The Quest for Authentic Manhood," a program offered through Men's Fraternity. Each class session is based on lecture from this material and small group discussion.

The Quest for Authentic Manhood is a 24-session study that focuses on what a man's core identity is made of and overviews basic manhood issues that each man faces in his daily life. A core part of this process is learning to identify how past emotional wounds and experiences may have distorted your idea of biblical masculinity and hindered your ability to develop a well defined understanding of what a man should really be like.

You will learn to find resolution to things that are affecting your ability to grow. You will understand the biblical foundation for manhood, and you will develop your own personal manhood plan.

Authentic Manhood will teach you about the fact that Manhood is in a state of confusion and that this confusion creates major problems for men, one of them being a readiness to settle for less than what God has to offer you. You will see how this problem has also affected society as a whole, in particular women who suffer at the loss of godly male leadership. You will learn about the four faces of Manhood "The King," "The Warrior," "The Lover," and "The Friend" and you will find new ways of leadership in your relationships as a boy-friend, husband, father and friend. Our hope is that, as a result of this class, you will feel prepared for a new life journey as a confident man of God.

Genesis - CONTINUED from phase 3

The Genesis Process is a class that spans phases 3 and 4. It is a recovery process that is designed to treat the person first and the disease second. The material focuses on identifying underlying issues that drive compulsive behaviors of any kind and provides ways for working through them.

This class integrates biblical precepts for personal change, proven relapse prevention techniques, cognitive therapy principles, and the latest neurochemistry research relating to human behavior. The basic concept of this material is that a person's behavior and choices are the expression of their beliefs, so along with focusing on destructive behaviors, Genesis also concentrates on becoming deeply aware of what personal things inside ourselves drive us to want to self destruct.

You will address negative thinking patterns like survival lies you have told yourself all your life, and projected lies that people have told you about yourself. You will work through double binds – choices that put you in a hard place no matter what decision you make. You will complete a life history that outlines your entire life span to help you understand your addiction patterns more in-depth. You will work on resolving grief, finding forgiveness, and crisis intervention plans for when your addiction is triggered. You will learn about the “FASTER” relapse scale that will help you determine where you are at in your recovery at all times.

Our hope is that this intense eight month class will tie in all other classes, material, and community living experiences that you have during your entire program time and will solidify your recovery for the rest of your life. We believe you will discover for yourself that the Genesis Process is a way of living life that brings deep meaning to everything you do; and that it will radically transform the way you see yourself and how you live your life from then on.

Love is a Choice Class

Love is a choice is one of our core classes for men in our 4th program phase. Each session is designed to explore one chapter of Minirth and Hemfelt's book "Love is a choice" which is then integrated into small group discussion, facilitated by our staff.

The premise of this class and its materials is that humans are susceptible to codependency because of our tendency to use all kinds of defense mechanisms and false belief systems to fool ourselves and justify our unhealthy choices. In these kinds of relationships, deceitful and manipulative games are played while important Christian principles that help maintain healthy relationships are often taken out of context, ignored, or abused. God wants us to have healthy relationships with a balance between being dependent and independent. The authors of this book describe how the most effective means of overcoming codependent relationships is to establish or deepen a relationship with Christ Himself. They describe the causes of codependency, pointing out the factors that perpetuate it, and lead readers through their ten stages of recovery.

Through this class you will be encouraged to evaluate your own past relationships and determine what areas in your life might be contributing to possible co-dependent relationships you choose. You will have group support and guidance to process experiences and belief systems that have affected your ability to make healthier decisions for a relationship with a woman. You will look at life and addiction patterns, family history, and other relevant things to begin growth in this area of your recovery.

PHASE 5

INTRODUCTION TO PHASE 5

Once you have graduated through each of our four Freedom Bound program phases you will move on to stage 5 of your recovery process. In this phase, you will begin using the tools you have learned in the past 16 months in your daily life outside the mission. Phase five consists of your successful re-integration into our community including remaining clean and sober, plugging in to support groups like church and Bible study, as well as pursuing work, or school, or other goals you have set for yourself. As such, phase five does not offer classes like the other phases.

The mission, program staff, and your program community continue to be a support system for you in this phase. There are options for you to pursue low cost transitional housing offered through the mission, various internships in our thrift stores, auto- repair and sales shop, in our kitchen, exterior maintenance, and in many other departments within the mission.

You will receive continued guidance through group counseling or individual counseling sessions with your counselor, as well as be invited to join in program activities such as recreational outings and events. The goals you have outlined for yourself at the end of phase 4 will be supported by your accountability team, so, should you choose additional training, schooling, or just simply begin searching for employment, this final phase of your program is designed to help you take those steps successfully and confidently.

This phase requires you to live outside the mission for at least six months without relapsing before you attend our final graduation ceremony that takes place each year in June. Your final graduation date depends on when you completed phase 4 and your six month transition into the community. Given that time frame you will attend graduation in June following the completion of your final phase.

MORNING
CHAPEL &
BIBLE STUDY

Morning Chapel and Bible Study

Morning Chapel services are held Monday through Friday before Bible study and include a time of worship and prayer. Songs are chosen by the Chaplain and by popular request from program men. The service is accompanied by a band that supports the worship time.

Freedom Bound program phases 1 and 2, as well as 3 and 4 meet for Bible Study with our Chaplain two mornings each week. During your first 2 program phases you will participate in introductory Bible studies that are designed to expose you to the basic principals of the Christian faith. You follow along the workbook “Basic Beliefs of the Christian Faith” in which you discuss some of the following topics: Misconceptions about Christianity, what happens when you become a Christian, recovery from distorted images of God, who was Jesus and what did he do?

During these Bible studies you will have a chance to interact with the Chaplain, to ask questions and get feedback as well as find time to think about what a relationship with God might be like for yourself.

In program phases 3 and 4 your knowledge of God and his word will have developed substantially from when you first began your program. Because of this, the Chaplain teaches Scripture and select topics that increase in depth and that challenge greater life application. Again the environment is designed for you to ask questions and participate in the discussions that the Chaplain facilitates.

LEARNING CENTER

Once you have begun your first program phase you will also be spending time in the learning center to catch up on educational foundations you will need for your future. You will meet with the learning center coordinator and complete an assessment that will help guide you in how to proceed with developing your academic skills.

Our learning center is equipped with eight computers and two TV's that are set up with learning programs that address all fundamental academic disciplines. Tutors who volunteer their time offer you support in all areas of academic learning and are scheduled weekly to meet with you to help guide your studies. The learning center is equipped with all necessary materials to complete any area where your education is lacking and can even prepare you for higher education, if you desire.

The NOVA program is the heart of the Learning Center and provides you with a comprehensive career education program that uses an individualized approach to learning as an innovative alternative to lecture-based education. Because the NOVA program has been designed with modular learning components, it can be easily customized to meet your specific needs.

All NOVA program applications use computer-enhanced, self-instructional curriculum and mastery-based learning techniques. After an initial assessment you are placed at a level where you can perform without the stress of competition or failure. The staff then provides you with support as you work at your own pace and assume responsibility for your own educational goals.

Because the NOVA program uses computer technology and places an emphasis on learning rather than teaching, you are able to accelerate your learning process and truly make it your own.

Our hope is that by the end of your program you will have the educational foundation you need to pursue the kind of employment and life you have always wanted to have. Through learning what was missed in school and mastering the computer, there is nothing to hold you back from reaching career or higher education goals.

COUNSELING

Counseling

Throughout each phase of the Freedom Bound program you will also be meeting with a trained, clinical counselor. Counseling sessions are designed to support you as you identify and address the areas in your life that have contributed to the circumstances that have brought you to the Union Gospel Mission.

As a team, you and your counselor will establish a treatment plan that will incorporate the necessary steps to help you maximize your growth and support your entire program experience. Your counselor will support what you are learning in your classes by using the more intimate counseling setting to help you access deeper and more personal issues. This time is designed for you to receive individual guidance, support, and professional feedback on your progress.

Here at UGM we believe in total accountability, transparency, and unconditional acceptance of who we are, where we have come from, and where the Lord is leading us to. Your counselor is committed to a relationship with you that goes beyond just a one hour counseling session. Life spares no one tragedy, struggle, and suffering. Many of us have experiences similar to your own, which means we are not here to simply watch you work, instead, we are interested in genuinely building a relationship with you and getting involved in your journey.

Our hope is that your counseling experiences will strongly support the classes and other program activities you have throughout your time here. We believe you will establish a lasting and deeply impacting relationship with your counselor that will encourage you to risk making changes that will positively affect you for the rest of your life.

SELF EVALUATIONS

Self Evaluation Process

Our Self Evaluation process is a one hour, community wide, daily group meeting time in which we work through issues that come up in our lives. This process is one of our four pillars that our Freedom Bound program is founded on and that takes center stage throughout your entire recovery time. The premise that guides self evaluations is our individual commitment to complete accountability, honesty, and willingness to change our behaviors as we become aware of the things we do that are destructive in our lives.

As you discover things about yourself that you recognize need change, you fill out a self-evaluation form and on it, answer these basic questions: “What did I choose to do?” “What did I want?” “What was I thinking at the time?” “What was the result of my choice?” “How did my choice effect the environment around me?” “How did my choice draw me closer or further to the standard of Christlikeness?” and “If necessary, what is my plan for change?”

Daily, program men and staff alike sign-up to share an evaluation of a specific choice or behavior they did that they want to take responsibility for and evaluate with the help of our community. You are welcomed to read your evaluation form on which you answered the above questions, after which you give the community permission to ask you questions about it.

We have a very particular code for asking questions. “Why” questions, for example, are not asked during the evaluation. We avoid giving you advice, making statements, or trying to make you see our point. We go to great lengths to ask you questions that will help you find answers for yourself about what caused your choice that lead to your evaluation. A good example of these questions is: “which of the basic needs (fun, freedom, power & control, love and belonging, survival) were you trying to meet when you made that choice?”

This is a special time in our community in which we come together as a family to provide each other with unconditional support no matter how difficult your self-evaluation may be. You will find out how deeply the staff and your fellow program men value and support you and you will be able to engage with others during their self-evaluations to provide them with the same kind of support you receive during yours.

Our hope is that Self-Evaluations will help you experience what a safe family environment is really like. That you will discover how deeply you are cared about as you receive total permission to make mistakes, own them, and get the support and encouragement you need to make a better choice the next time. We believe that this process draws people out of hiding and fear and exposes them to a loving community so you can experience what it’s like to be free of shame and guilt.

PHYSICAL
FITNESS
RECREATION
DORM LIFE

Physical Fitness

Throughout your program phases you will be incorporating three hours of physical fitness into your weekly schedule. You are free to decide how you would like to exercise since there are a variety of options available to you. You have the choice of many group and individual activities both outside in nature, in our gym, or at the local YMCA.

Your physical fitness is an important part of the Freedom Bound program because it supports you in your process of achieving life change. Your successful recovery depends upon your commitment to physical as well as spiritual and emotional fitness. Establishing a pattern of physical activities will help you grow in confidence and will help your body physically recover from the addictions you are working on mastering in your life.

Our hope is that, as a result of your physical fitness plan, you will gain better health, foster relationships with other program men, and create a well rounded approach to recovery that takes your physical needs into consideration. Fitness also emphasizes the importance of spending quality time with other men, and learning to enjoy activities that are healthy and that build your confidence.

Recreation

Recreational activities are an important part of your recovery program here at the UGM. We believe that it is essential to engage with your peers, counselors, and other staff members in ways that foster fun, freedom, and relaxation. Throughout your program time you will have the chance to join in on many activities that we schedule for all seasons of the year. Some of these outings include River Rafting, Skiing and Snowboarding, Hiking, Baseball, picnics, theme park visits, Snow-shoeing, Camping, Fishing, Golf, Canoeing, and many more...

Many men who join our Freedom Bound program have spent a significant amount of time preoccupied with various aspects of their addictions. The lifestyle that goes along with drugs and alcohol has seriously limited their ability to have fun in healthy, non-damaging ways. As a result, the entire program family purposes to take time out of the regular schedule to enjoy activities that build relationships, offer fun and freedom, and forge new ways of living on the wild side!

Dorm Life

The Freedom Bound program is based on recovery that takes place in the community here at the Mission. Most of our classes, activities, and every-day life events are centered on the “family” unit that is composed of our program men and staff members. Within this dynamic, we speak into each other’s lives, build trust, and learn to use the skills that are taught in each program phase.

Learning to live within this tight knit community is accomplished during your stay in the program dormitory.

Each room is equipped with a bed, desk, closet, sound system, TV, and various little pieces of furniture that help you create a safe place for yourself. You are able to settle in for the time of your program and make the room your own. The dorm offers private showers and restrooms that all program men have access to, a lounge with billiard table, and a library stocked with books.

Men join the Freedom Bound program from all walks of life. Many have lived in stressful environments, have experienced times of homelessness, and other housing challenges. Our hope is that you will find your surroundings peaceful and comforting, that you will have the privacy you need to process the things you are learning in your classes. We also hope that you will enjoy the relationships that spring up around you during your stay with us.

CHORES

Your program also includes a daily time of chores in an assigned work area. This is a way for you to be involved in supporting the community you live in and will enable you to learn leadership, accountability, and specific work related skills. Each program man completes approximately 25 hrs. of chores each week. As you progress through the program, there are options for you to begin supervising a team and providing your own input into the operations of your specific chore area.

The program team provides insight and guidance to the assignment of your chores and continues to support you in this area of your program. We believe that this part of the recovery process generates many important and healthy challenges for you. You will learn about team work, healthy communication, accountability, responsibility, and leadership. You will have excellent opportunities to use the skills and lessons you are learning from your other program classes and experience a variety of scenarios in which you can practice applying them in very practical ways.

Our hope is that you will use this part of your program to translate what you are learning from each phase into your daily chore routine. As a result, we believe your understanding of healthy boundaries, relationships, communication, and responsibility will come to life for you and help lead the way in your recovery.

PROGRAM SCHEDULE

PHOTOS

VIRTUAL TOUR