

2010

Breaking Free Orlando

RESIDENTS MANUAL

Breaking Free Orlando

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WELCOME

THE PURPOSE OF ORIENTATION

Orientation is designed to help us learn to work Breaking Free Regeneration program for recovery. We will learn the basic components and tools of the program. We will identify our personal, major life issues that need to be faced and dealt with. We will have opportunities to establish meaningful relationships with other recovering addicts.

HOW LONG DOES IT TAKE?

How long do I need to work a program for recovery? This is perhaps the most important question we will examine during orientation. We need to examine our preconceived ideas of the time frame needed in our rehabilitation.

Our seriousness in appraising our addiction or emotional problems will determine how much time we think we need to spend in a treatment program, and how long we think we must work a program for continued serenity. If we are “gaming” and pretending to be interested in recovery, we will underestimate the time we need.

In working a program for recovery, we are making a commitment to ourselves, and for ourselves. Our own life is at stake. We are not serving a sentence. If we think of our time at B.F.I. as serving a sentence, we will not benefit by our stay here. If we are expecting a “quick fix,” we need only a 28 day facility. We often hear men say, “I went to _____ program, and they didn’t help me. I tried AA and the church, and it didn’t work for me.” Mere attendance in any program will not work for anyone. We have to work the program.

The questions we need to ask are: “How long will it take me to learn the basic principles of the program?” And, “How much time do I need to spend in a sheltered environment, learning to walk out these principles?” Looking for band-aids to treat such a life-controlling problem is a waste of time. It is essential to submit to major surgery of the soul, committing ourselves to “as long as it takes.”

This program will give us a basic foundation for a continuing program for recovery. If we want to remain free, we will need to continue practicing the lifestyles we learn here for the rest of our lives. If we are willing to apply recovery principles to our own life, and use the tools and spiritual insights in this program on a daily basis, it will change our TODAY. It will not provide a magical “fix” for tomorrow. Deciding now, in orientation, to “work the program,” one day at a time, for life, is good insurance for our future. Our program for recovery becomes a **lifestyle**, which is marked by healthy relationships and serenity.

The length of time it takes us to properly prepare for our new lifestyles is up to us. If we find that twelve months is not enough time for us to achieve our goals, we may stay longer. It is up to us to decide how much time we need. The B.F.I. staff encourages us to take as much time as it takes. If we don’t get the job done this time, when will we? Will we ever?

GOD WILL HELP US

There's no use trying to hide it. We can't change ourselves. The very first step of the 12 steps of AA says so: **"We admitted we were powerless over alcohol and our lives have become unmanageable."** Jesus attested to this same truth. When his disciples asked Him, **"Who then can be saved?"** Jesus replied, **"With men this is impossible, but with God all things are possible."** (See Matt 19:23-26)

God will help us to change. Though we have never come to Him before, He will help us. Though we may have come to Him before and failed, He will help us. God loves us and wants the best for us. The reason for our failures is never that God has not helped us. Our failures come from trying to do things our own way, or by own strength.

There is an old saying "God helps those who help themselves." This old saying is wrong! God helps those who let Him help them. It is the humble that God lifts up, not the proud. Victory over addiction is Gods gift to those who surrender to His lordship. When we transfer our source of power from our own willpower to receive and release His power in our lives, we find the inner resource we need to break the chains of addiction. It is by Gods working in us that we please Him and gain the victory.

"BUT THANKS BE TO GOD, WHO GIVES US VICTORY

THROUGH OUR LORD JESUS CHRIST"

(1COR 15:57)

BREAKING FREE REGENERATION PROGRAM

GUIDELINES

Imagine this: Numerous addicts sharing a house, each trying to remain sober, each wanting to overcome his life-controlling problem, while finding himself in the midst of years of stored up anger, resentment, frustration, and remorse. Sounds like a breeding ground for fights, parties, and general chaos, doesn't it? It is impossible to run a program with as many people as we do without some guidelines to bring order into the chaos! Following is a list of official guidelines, which we will be held accountable to during our stay at the ranch.

1: No use of tobacco products will be permitted at any time. **Violation of this rule is grounds for immediate dismissal from the program.**

2: Medications can only be used under direction of our counselor. We must be very sure to turn all medication over at our first interview. **Possession of any drugs or alcohol is grounds for immediate dismissal.** The staff monitors medication allotment.

3: We will practice proper personal hygiene by bathing daily, brushing our teeth regularly, and wearing clean clothes every morning. If you need toilet articles contact the dorm monitor.

4: All residents will be given a short hair cut. All residents will shave beards and mustaches upon arrival. Residents will shave every morning and never have visible facial hair in dining areas or during meetings. Facial hair is not allowed throughout the whole year program.

5: Proper clothing must be worn in ranch areas. Shoes and shirt must be worn in the dining hall. No sleeveless shirts may be worn in the dining hall at any time. Men may remove shirts at work and shorts may be worn at sporting activities, but shirts are to be worn on weekends, since families are here.

6: We are not allowed to have more than \$20.00 in our possession at any time during the program. If we have extra money we can give it to our counselor and it will be held in the office. Large sums of money have a way of taking us out of the program. We will be given a bi-monthly allowance after our induction phase is completed. We need to learn how to provide for ourselves, and our loved ones, and stop depending on others to provide for us.

7: We do not cultivate romantic relationships while we are a resident in B.F.R. program. Romance and regeneration do not mix. We will do one thing at a time. We can easily be distracted from our purpose of being here.

8: You must be here for 30 days before you are eligible to have visitors. After this time, you are permitted to have visitors from 1:00-5:30 pm on Saturdays or Sundays, but prior approval must be obtained a week in advance. Visitors must be off the property by 5:30. If visitors bring you items, the staff will check them

before you receive them. One visit is allowed monthly while in induction phase, two visits monthly are allowed while in orientation phase. All other phases' visitations are allowed at any weekend. **No pets are to be brought at any time by family to Breaking Free Campus.**

(Visits depend on weekly progress, so please call before coming to visit.)

9: Be courteous to others in the dining hall. Guests always eat first. Remember, everyone is going to eat, so there is no need to run up to the line first. No one has ever gone hungry at the ranch.

10: Everyone is to be in the dining hall on time for the blessing.

11: We do not remove food, cups, or glasses from the dining hall. We do not keep food in the rooms. This causes sanitation and bug problems. All snacks kept in the room must be sealed and put away. No food lying around to attract bugs.

12: We turn off all electrical units, including fans, when not in use. We take personal responsibility for saving fuel and electricity.

13: We don't drive vehicles without permission.

14: Laundry will be done once a week by a resident assigned to that job. We do not expect our clothes to be done at any other time. We are sure that our socks and undergarments are properly marked. We change our sheets weekly.

15: Privacy: Each man's bed area is his personal space. We respect his right to privacy. We do not take any article out of anyone's personal living area without his consent.

16: Mail is distributed at the evening meal at suppertime. We do not go to the office to get it. We do not remove mail from the mailbox.

17: We do not ask to use the phone, except in emergencies. We learn to write letters: this is a necessary part of our discipline.

18: Horseplay of any kind will not be tolerated at Breaking Free at any time.

19: Intentional destruction of Breaking Free property, Broken Shackle Ranch property, or any property involved with while on a work crew will result in immediate dismissal from the program and could lead to criminal charges being pressed.

20: Everyone must observe "quiet time," every day. We do not hold conversations during this time. Every one must be seated at a selected place, prepared for "quiet time" New men will have an assigned journal partner for the first two weeks of the program.

21: Livestock: We do not ask to ride the horses. We do not even go near them, unless we are assigned to work with them. Horses are dangerous to novices, and we are dangerous to them. Improper handling can get us both hurt. There are many animals at the ranch, so do not tease or bother any of the animals.

22: No one is to be on any of the job sites past working hours without permission from a crew leader or a staff member.

23: Every one is to come to class dressed and ready for work. There is a whole crew waiting on us, so we need to learn responsibility and to be at our designated work area on time.

24: We make our bed every morning when we get out of it. We keep our rooms clean at all times as well as the area surrounding the dorm.

25: There will be no visitation allowed for the first 30 days of our program. We do not invite guests to visit, eat meals, or stay overnight, without permission from our program director.

26: Undesirable literature is strictly forbidden. We can't clean our head out if we continue to feed it garbage.

27: We do not engage in extended conversations about our past life in alcohol or drugs ("war stories") we have come to Breaking Free to get away from that lifestyle, not to cultivate it. We talk about the present and the future, not the past. If we are having problems in the present that are directly related to a past memory, of course this is permissible to talk about in order to receive ministry.

28: Our progress in each of these areas will be evaluated weekly: room cleanliness, class participation, work habits, and general attitude.

30: We do not leave the ranch property with visitors, unless we have special permission from the program director.

31. Drug testing will be administered at any time as deemed necessary by staff. Failing a drug test or alcohol Breathalyzer may result in immediate dismissal. **Refusal to take drug test screening will result in immediate dismissal.**

32. All resident mail is to be addressed:

Resident Name

**C/O Breaking Free Orlando
164 Plumosus Drive
Altamonte Springs, FL 32701**

SOME TIPS ON GETTING ADJUSTED TO LIFE AT BREAKING FREE ORLANDO

Life at the ranch is surely different than any of us have ever experienced! Following is a list of some helpful hints to help us adjust more smoothly.

Get acquainted. We adjust more readily to ranch life if we get acquainted with all of the ranch family as quickly as we can. Being a loner may come natural to us, but it only serves to drive us deeper into our problems. We are all at ranch for the same purpose; to learn how to live sober, to learn our purpose in life, and to learn how to walk it out. In order to do this, we need each other. We share our hopes, fears, and problems, so we can **“Bear one another’s burdens, and so fulfill the law of Christ.”** (Gal 6-2)

Hang with the over-comers. We are wise to be very careful whom we choose to be our closest friends. In any rehabilitation center we find two kinds of people, we call them over-comers and whiners. Following is a list of some easily recognizable traits of both:

OVER-COMERS

1. Work the program rather than just attend it.
2. Have a positive attitude.
3. Go through problems.
4. Work hard.
5. Admit their problems and seek resolutions.
6. Forgive others.
7. In the end, give more than they take out of relationships.

WHINERS

1. Comply with the program.
2. Have a negative, judgmental, critical attitude.
3. Go around problems, but never get past them.
4. Have some excuse, so that they cannot overcome or give to others.
5. Deny their problems, and thus become their long-life captive.
6. Are too timid to lead and too petty to forgive.
7. Cling to the illusion that “winning” means taking more than they give.

It is our responsibility to choose our own friends. If we deliberately choose to befriend only those who could be characterized as whiners, we will have no one close to us who will provoke us to growth. If, on the other hand, we are serious in wanting to change our lifestyle, we will be attracted to others who are like-minded. If we want to be an over-comer, we will hang with the over-comers! We know we can learn from them. Of course, this does not mean we judge or mistreat the “whiners.” God loves “whiners” and “over-comers” equally, and desires that everyone come into wholeness and healthy relationship with him.

Ask for help with living problems. Most of us are in a state of general confusion when we come into the ranch. Our lives are overflowing with problems, and we are not getting along with the people around us. In the past, we turned to alcohol or drugs as the solution to our problems, but we must face the fact that there are no chemical solutions to life’s problems. The purpose of the B.F.R. program is to offer us a successful way to live without life controlling addictions. When we have problems getting along with people around us, it is best to ask for help. It is hard to admit we have had problems getting along with people everywhere we have lived, but it is essential to own the problem. No matter what the other person’s problems are, we are having a problem because of something inside us! When we ask for help, we should be ready to receive the help that is offered! It will probably be different from anything we are used to! Beginning to work through the living problems in the dorm and with the staff is “just practice” for working through living problems in our own families!

Avoid constant medication seeking. We are urged to avoid the practice of asking for medication at the first sign of a headache or physical discomfort. Our bodies go through the symptoms of withdrawal and we will have an adjustment period getting used to the food and the bed we sleep in. However, good food, hard work, and plenty of sunshine works wonders in physical recovery. Adjusting to some discomfort without medication brings us into a state of health, not just temporary relief.

Realize the first week is the hardest. As our body chemistry changes and our minds clear, we will begin to see things as they really are. Sometimes we won’t like what we see! Recovery will take all the determination, sincerity and effort we can possibly muster, as well as the power of the spirit of the Lord, but the results are more than worth it. If we are at least as stubborn in being tough in low periods as we were in trying to drink or drug successfully, we will make it. If we have a rough day, we ask for prayer. We try to remember that tomorrow will probably be better. We try to remember the phrase, “This, too, shall pass.”

Listen carefully. We have two ears - and only one mouth! We will adjust to life at ranch more smoothly if we do not talk more than we listen. We need to feed more information into our “mental computers” if we expect better thoughts and actions of them. We concentrate during all groups. We listen with an open mind. When we do speak in class, we ask questions. We are sure to listen to the answers. Most people who have “diarrhea of the mouth” have “constipation of the mind!”

Use the notebook and paper provided. Alcohol and drugs affect our minds and destroy memory retention powers. There is no way to remember all the information presented without taking notes. We will be wise to take notes on everything meaningful to us, and to put everything that is on the blackboard into our notebook. This will also help keep our minds on the subject being discussed. Our notebooks, if properly used, will become our most valuable resource book on our road to recovery, and our best teaching aid to help other recovering addicts. We can also use the notebook paper to record our thoughts and feelings; since our “journal” is only to be used for what God is impressing upon us. Sometimes our confused thoughts and feeling are best defused in a prayer that we write out to God.

Beware of compliance. Many of us are like chameleons; changing colors to hide in the environment. We will profit the most from our stay here if we don't try to just please our counselors and teachers by "going along" with this program. The changes we make in this way are temporary at best. Men who comply through the program return to drinking or drugging as soon as they reenter their old atmosphere. Compliance is actually dishonesty. Dishonesty is one of the greatest barriers to recovery. We lied, denied, and made excuses to justify our drinking and our unreasonable behavior to ourselves and to others for too long. Unless we discover the truth about ourselves, we will not experience the freedom offered to us. We can begin now to get honest about ourselves and our situation, to put all your cards on the table and tell it like it is! Compliance is like trying to put a band-aid on cancer! It is important to get serious and let God do some in-depth surgery on our souls!

THE SOCIO-GRAM

Usually once each week we have a relational exercise that helps us to see ourselves as others do. This is called the SOCIO-GRAM. It is not meant to produce judgment against one another. It is designed to help us speak the truth in love, so we will become aware of our blind spots in self-evaluation. It will also give us an accurate evaluation of how our classmates see us working the program. It may be frightening to us when we first experience this direct confrontation, but if we receive the insights offered to us, we will come to value it as a great tool in rebuilding our lives.

The Socio-gram is not a popularity contest, nor is it a time to publicly express our dislike for a classmate. It is an honest evaluation of how we see people working the B.F.R program. It is based on three biblical admonitions:

1. To Speak the Truth- *In Love*

“But speaking the truth in love, may grow up in all things into Him who is the head- Christ- from whom the whole body, joined and knit together by what every joint supplies, according to the effective working by which every part does its share, causes growth of the body for the edifying of itself in love.” Eph. 4:15-16

2. To Provoke One Another Unto Love and Good Works

“And let us consider one another in order to stir up love and good works, nor forsaking the assembling of ourselves together, as the manner of some, but exhorting one another, and much more the more as you see the Day approaching.” Heb. 10:24-25

3. To Care for One Another

“...that there should be no division in the body, but that members should have the same care for one another. And if one member suffers, all the members suffer with it; or if one member is honored, all members rejoice with it. Now you are the body of Christ, and members individually.” 1 Corinthians 12:25-27

As the Body of Christ functions in this kind of care for one another, each member grows in Christ. The love we offer to one another comes from the Holy Spirit, whom we release to flow through us. The youngest to the oldest, the smartest to the slowest, each are an important part of the whole. The Lord does not respect one person over another; every member's insight from the indwelling Holy Spirit is equally important.

However the Socio-gram will not benefit the Body if the participants are not seeking the Lord for their input. Each “vote” can be harmful if not done in love and under the direction of the Holy Spirit. It is not time to let our entire negative, critical judgments fly! The bible says, ***“Therefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; for the wrath of man does not produce the righteousness of God. Therefore lay aside all filthiness***

and overflow of wickedness, and receive with meekness the implanted word, which is able to save your souls. James 1:19-21. We will do well to listen carefully, guard our words, and check our attitude to be sure that we are operating from the love of Christ and not the hatred of our flesh. Although we may be “right” in our own understanding of right and wrong actions, we can be terribly wrong in our heart motive toward our brothers.

GOALS WHILE AT B.F.I.

1. Personal relationship with Christ.
2. Distinguish negative behaviors.
3. A/D education, addiction & Relapse Prevention.
4. G.E.D& Technical trade.
5. Social/Relational Skills.
6. Independent living skills.
7. Honorable work ethic.
8. Emotional wholeness

STAGE SYSTEM

There are four stages that make up B.F.R. program. You will be required to complete these stages to successfully graduate the program. This is the list of what is required in each of the stages.

STAGE 0 INDUCTION-DUGOUT TO THE BATTER'S BOX

Induction is a four-week process, which begins immediately following an applicant's successful completion of the intake interview. This gives the applicant a firsthand look at who we are and how we operate. We, in turn, make our own evaluations to see if the man truly wants to get help. This time gives the man time to detox and come down to reality and see the commitment that is before him. Then the staff will evaluate to see if we are best qualified to give him help or should we refer to him elsewhere? Also in this phase the resident will be monitored to see if there is an existing medical problem. This phase will also consist of the resident being assigned a job around the ranch. We at B.F.R.P. believe that hard work and giving back to the ministry is essential for the healing process. B.F.R.P. does not charge for its services so therefore by holding down a job at the ranch it help with expenses, also it allows us to prepare a bed for the next man that needs help. In successfully completing the Induction process, the individual will have an understanding of the breaking free program what is expected of him.

STAGE 1 ORIENTATION-BATTER'S BOX TO FIRST BASE

Orientation is a ten week process were a man learns that God cannot change his present condition unless he repents of his lifestyle and is willing to let go of his past. He learns that forgiveness is the key to mental health and that the cross is the focal point for all forgiveness. He learns that the key to a whole life is the application of the Gospel in his life. This phase of the program is were we want to see if the resident is talking a good game are is willing to do what it takes to be whole. This phase consists of homework, individual counseling, classroom teaching, and small groups. These are some methods we use to make everything we teach as personal as possible. This phase the resident also becomes part of the socio-gram. This last part of this phase consists of the resident sharing his life history before the other men. This is a tool that we use to show the resident how Jesus has had His hand on him through out his life. Also how he has selfishly hurt others, and is he willing to except responsibility for his sins. Also how he may have been hurt himself

STAGE 2 REGENERATION-FIRST BASE TO SECOND BASE

The second phase consists of a ten-week intensive process in these three areas:

1. Mental, emotional and physical aspect of addiction
2. Treatment of drug and alcohol addiction or any other addiction
3. Recovery and aftercare

During this time, each man should be learning more about his addiction, and why he can NEVER safely return to the use of chemicals.

STAGE 3 INNER HEALING-SECOND TO THIRD BASE

Inner Healing is the third stage of the program it is centered on the hurts that have been caused by our own choices and also the hurts that we have obtained from others. The goal of this phase is to make salvation fully effective in all dimensions of life. This is accomplished through the Body of Christ (Christians), individual and group counseling, character building, and much prayer. This is where we learn to apply the resurrected Christ to our life, and let Christ rein in the inner most part of our being.

STAGE 4 DISCIPLESHIP-THIRD TO HOME

Discipleship is the fourth phase of the program is centered on spirituality instead of chemical addiction. Each man learns that Christianity is a walk of faith and expectation that God will guide, direct and protect him. He learns to overcome the world by allowing Jesus to overcome the world in him. In this class, men learn to apply what they have gained in the program, including:

- Being a leader and leading others
- Servant-hood
- Commitment
- Sacrifice
- Crucifixion
- Holiness

It is in Discipleship that each man will start to listen to what the Lord is asking of him after completing the program, whether it is to stay on and do more training, or possibly to return home. Also at this time, each man will begin to examine the sacrifices necessary in order to maintain his walk with the Lord.

SUMMARY

We are thankful to have this opportunity to under go some major life changes. It will not be easy, but it will be worth whatever it takes! We can all work together, with the help of the Holy Spirit, to adjust to life at the ranch and to make the most of each day. As someone once said, "The great thing in the world is not so much were we stand, as in the direction we are moving." May we use each day from here on out to move in the right direction, and take it One Day at a Time! May we learn to appreciate those God places around us, even in times of great irritation, and thereby grow into a mature person.

Due to the limited amount of beds we have included this list of referrals:

MEN'S FACILITIES

Dunklin Memorial Regeneration Program- (772) 597-2841

No Longer Bound- (770) 886-7873

Eagles Nest Ministries- (540) 961-7997

Penfield- (706) 453-7929

Potter's House- (706) 543-8338

Wheeler Mission Ministries- (812) 332-2452

Potter's Wheel Ministries- (919) 658-3534

Waypoint Center- (706) 864-7110

Liberty Lodge- (321) 264-0757

WOMEN'S FACILITIES

Dunklin Memorial Camp- (772) 597-2841

Women's Refuge (772) 770- 4424

Abba House (678) 313-8912

Faith Farm (772) 733-7256

Agape House (863) 946-2228

YOUTH FACILITIES

Broken Shackle Ranch (478) 348-6555