

Come Rest Awhile

Plan of Action

The mission of Come Rest Awhile is to offer a safe, supportive environment in a family setting for women in recovery from substance abuse.

The goal of Come Rest Awhile is to foster responsibility to self and others, a sense of community, and a clear recognition of who we are, followed by an attempt to become what we can be - all of which enhances the chance of long term successful recovery.

Based on the philosophy and principles of the twelve step programs, this Plan of Action requires all residents adhere to certain guidelines. In addition, the Plan of Action will be designed to meet each woman's individual needs in measurable goals, to be reviewed monthly with the Executive Director over a twelve month period.

The Plan of Action focuses on three areas necessary for healthy recovery:

MENTAL

Employment
Education
Career Aspirations
Fiscal Management
Environment

PHYSICAL

Exercise
Nutrition
Fun
Addressing practices
harmful to well being

SPIRITUAL

Meditation
Prayer
Higher Power
Service to others

Using the work of the twelve step program with a sponsor and the support of Come Rest Awhile to strike a balance in these areas will greatly increase your chances of a healthy, integrated and happy life.

THE PLAN OF ACTION IS DIVIDED INTO 3 MONTH PERIODS UP TO 1 YEAR:

ALL MONTHS WHILE IN RESIDENCE:

Participate in all Come Rest Awhile activities and events.
Attend all House Meetings.
Complete assigned House Responsibilities in a timely manner.
Meet all fiscal arrangements with Come Rest Awhile in a timely manner.
Follow all House Rules as per signed Tenancy Agreement.
Must be employed, searching for employment, attending school, and/or be enrolled in an outpatient program or counseling.

Plan of Action (cont'd)

FIRST THREE MONTHS OF RESIDENCY:

90 meetings in 90 days (including Miracles Happen at CRA Tuesday evenings)
Choose a Home Group first week
Get a sponsor and begin step work within one week
Volunteer for a service position after 30 days
If unemployed, do job search daily
Attend at least one (1) of the following:
 Twelve Step Conference
 Women's Retreat
 Local recovery-oriented workshop
Act as "Big Sister" to a new woman at Come Rest Awhile.

SECOND THREE MONTHS OF RESIDENCY:

Attend at least 4 twelve step meetings per week (including Miracles Happen at CRA Tuesday evenings)
Continue step work with sponsor
Continue service position with Home Group
Volunteer at least one (1) hour per week at a local nonprofit organization (Such as a church, food bank, nursing facility, hospital, etc.)
If not employed, step up volunteer work, look at career training possibilities or education opportunities.
Attend one or more: Twelve Step Conference, Women's Retreat, local recovery-oriented workshop.

THIRD THREE MONTHS OF RESIDENCY:

Continue attendance at twelve step meetings, service position, and step work as prescribed above, completing steps 4 and 5.
Continue volunteer work, education, employment and work on plan to move on to independent living.
Attend one or more: Twelve Step Conference, Women's Retreat, local recovery-oriented workshop.

FINAL THREE MONTHS OF RESIDENCY:

Continue attendance at twelve step meetings, service position, and step work as prescribed above, completing steps 6, 7 and 8 and working on step 9.
Attend one or more: Twelve Step Conference, Women's Retreat, local recovery-oriented workshop.
*Submit written plan for move from Come Rest Awhile to independence and discuss with Executive Director.
*Write a testimony based on your stay at Come Rest Awhile.

***THESE DIRECTIVES MAY BE SUBMITTED AT ANY TIME AFTER THE FIRST THREE MONTHS YOU FEEL READY TO LEAVE COME REST AWHILE.**

Plan of action for the next 30 days:

MENTAL

PHYSICAL

SPIRITUAL

Signed: _____