



90 & 90 Program

Because addiction and substance abuse issues often cause an individual to experience physical, emotional, and spiritual destruction, Manna House Ministries takes a holistic view of each individual and addresses that person's needs accordingly. We strive to address and support all areas of the individual.

We offer a 90 meetings in 90 days program is sponsored by a grant through the Department of Mental Health and Substance Abuse. Because of this blessing, we can offer the individual our resources free of charge. Those who enter this program will be introduced to fellowship, unity, accountability, and service among others that are in recovery. They will have access to intensive recovery services that are designed to produce a personalized recovery program for each individual. Addiction/Substance Use Disorders are complex, and we have found that taking a collaborative, person-centered approach is highly effective in assisting individuals achieve their addiction recovery/treatment goals.

Program Goals

- Abstinence from alcohol and other drugs
- Steady employment
- Stable social relationships
- Positive physical and emotional health
- Improved spiritual strength
- Adherence to legal mandates/requirements as applicable

This program is designed to:

- Assist individuals in following their individualized plans to achieve and sustain abstinence.
- Assisting individuals in identifying relapse triggers and developing strategies to avoid or cope with triggers.
- Supporting evidence of positive change
- Initiate random drug screens and provide rapid feedback results
- Assisting individuals in successfully engaging in 12-step or other support/mutual-help programs
- Helping individuals develop and strengthen positive social support networks



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- Encourage individuals to participate in healthy, sober recreational and social activities
- Continue pharmacotherapy, if indicated, and other medical and psychiatric treatments.
- Offer individuals wrap-around services, such as resources for HIV/Hep C education, -parenting, anger management, and conflict resolution.
- Continued assessments for other issues requiring intervention.
- Educate individuals and family members/significant others on addiction, the recovery process, and relapse/relapse prevention.
- Provide family and individual professional counseling.
- Program Services
 - Daily recovery meetings
 - Specialized 12-step group & individual study
 - Individual sponsorship/mentor
 - Recovery Coach/Peer Recovery Specialist Services
 - Professional Addiction counseling- Individual and Family
 - Case Management Services
 - Job Placement Assistance
- Contact and cooperation with other community resources

Program Overview

This program is centered on the Christ-centered 12-step model we support at Manna House Ministries. We see great success for those who enter this program and do their part (come to meetings, learn the program, and work it). The 12-step approach offers a safe, predictable, chemical-free place where members can learn or relearn important social skills while experiencing a shared sense of purpose and belonging. The 12-step approach allows its members to recognize that their problems are not unique and they are not alone. Members have the opportunity to learn about themselves through the experience of others, to experience emotional closeness and caring that encourage meaningful disclosure of the self, and to identify with the struggles of other members. This universality normalizes the recovery process. Another primary strength may lie in a group's ability to provide free, long-term, easy access and exposure to recovery-related common therapeutic elements (Kelly et al., 2009). Lawson (2003) found that participation in 12-step groups during and after formal treatment has been associated with positive outcomes among substance users,



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and Donovan and Wells (2007) found that involvement in 12-step self-help groups, through both attending meetings and engaging in 12-step activities, is associated with reduced substance use and improved outcomes among addicted individuals.

To begin this program, the participant will need to call to schedule an appointment with Billy Webb, Director/Behavioral Health Counselor, or complete a first contact interview with our court advocate, Felicia Webb. This first appointment will be an intake/screening meeting to facilitate the individual's entry. Their rights as a participant will be explained, and information about the program and meeting schedules will all be given to them.

Confidentiality is of the highest importance. Participants can sign releases of information to allow progress reports to be shared with courts, probation officers, or employers. All other information will be kept confidential.

Thank You,

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