

HEAL EMPOWER LOVE PROTECT

# HELP PROGRAM

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# CEDRIC DEAN

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## DEDICATION

This book is dedicated to everyone who has struggled with some form of addiction.

## **HELP PROGRAM**

**PROGRAM DESCRIPTION** - The HELP PROGRAM is a non-judgmental program offered to individuals with all forms of mental health and addiction challenges: including alcohol, drugs, gambling, sex, etc. This program is available to teens and adults, and the primary goal of HELP is to provide opportunities to enhance the 8 dimensions of wellness: *emotional, environmental, financial, intellectual, occupational, physical, social, and spiritual*—to achieve longevity and improved quality of life and learn how to build & maintain motivation, cope with urges, manage thoughts, feelings, and behavior, and achieve a balanced lifestyle.

**TIME FRAME** – HELP is a lifetime program. As the HELP Program has dual objectives, it is also designed to strengthen collaboration on mental health and substance abuse policy matters with lawmakers – i.e. equal access to mental health programs and providers; therefore, participants are assigned advocacy roles at the beginning of their membership.

**ADMISSION CRITERIA** - Program admission criteria are as follows: must have a willingness to perfect the principles of HELP and abide by the 7 precepts of the program.

**PROGRAM CONTENT** - Program content focuses on perfecting the 10 principles of peace. Participants in the program also review their individual problem-centered past, explore evidence of the nexus between crime and violence, and identify adverse ramifications of continued crime and violence.

**EMPIRICAL SUPPORT** - Research has demonstrated character education development techniques are effective empowerment strategies, particularly in inspiring individuals to pursue a path of peace and principle-centered living.

## **PREAMBLE**

HELP is a brotherhood/sisterhood of boys and girls and men and women who share their love for humanity, neighbors, and self with each other that they may overcome all forms of mental health and addiction challenges: including alcohol, drugs, gambling, sex, etc..

The only requirement for membership is a commitment to perfect the principles of HELP. There are no dues or fees for HELP membership, we are self-supporting through our own contributions. HELP is open to partnering with any principle-centered program or goodwill group that is committed to a non-judgmental platform for all people with all forms of mental health and addiction challenges. Our primary purpose is to achieve longevity and an improved quality of life and learn how to build & maintain motivation, cope with urges, manage thoughts, feelings, and behavior, and achieve a balanced lifestyle.

## **STATEMENT OF PRINCIPLES FOR HELP CIRCLES**

The purpose of this statement is to outline the principles for which a HELP Circle may be organized under the HELP umbrella.

- \* **[H]EAL:** WE organize to re-channel our internal negative energy into positive pursuits.
- \* **[E]MPOWER:** WE strive to perfect the HELP principles with integrity and unity.
- \* **[L]OVE:** WE unite to heal, empower, love and protect each other.
- \* **[P]ROTECT:** WE commit to being our brothers' and sisters' keepers.

**THE HELP CREED**

Give me the help I need to help my neighbor while being in need of help myself, and always keep me humble and kind.

**WHAT IS HELP?**

HEAL EMPOWER LOVE PROTECT (*HELP*)

**NINE WORDS**

Help each other with healing, empowering, love, and protection.

**SEVEN WORDS**

When I help you I help me.

**FOUR WORDS**

Always Be the Change.



## **PROTOCOL FOR HELP CIRCLES**

Unless altered or suspended at any circle by majority of the group, the following shall be the order of activities at circles:

- \* Self-Reflection of HELP Creed
- \* Self-Reflection of Ten Principles of HELP
- \* Self-Reflection of Twelve Prerequisites for HELP
- \* Self-Reflection of 7
- \* Announcements
- \* Responsive Reading of Statement of Principles
- \* Reading of Mission Statement
- \* Recital of Four Precepts of HELP

## **THE PEACE PRAYER**

Creator of Peace, give me the love I need to love the person who does an evil deed while hating the deed the person does, and good will for all human beings.

## **TEN PRINCIPLES OF HELP**

1. Difficulties break some people but make me.
2. It always seems impossible until it's done.
3. Lead from the back.
4. Caring people must be willing to make sacrifices for their families, friends, and neighbors.
5. Be the change that I want to see in the world.
6. Forgiveness is an attitude of the strong.
7. I will not let anyone walk through my mind with their dirty feet.
8. Judgement to anyone leads to a misjudgment to yourself.
9. When I help others I truly help myself.
10. I cannot fix what I cannot face.

## **TWELVE PREREQUISITES FOR HELP**

1. Do not maliciously mistreat anyone, or cause injury to anyone. As much as you can safeguard, atone, validate, and educate your brothers and sisters.
2. Seek no benefit for self-gain that denies others of their benefit.
3. Always respect yourself, so you can respect others, and help others.
4. Establish in your own life the principles that you promote to others.
5. Sacrifice what you can to contribute to the peace and productivity of yourself, others, and humanity.
6. Seek to understand the viewpoints of others, and look for solutions that are mutually beneficial.
7. Let your courage be equal to your sacrifice.
8. Consider yourself blessed only when you see humanity in every one of your daily acts.
9. Always reserve your strength for the bigger battles.
10. Never make a dollar where you cannot make a difference.
11. Seek help by giving help to others.
12. Find the middle ground to enter one's heart.

**SEVEN PRECEPTS OF HELP**

1. Be proactive.
2. Network.
3. Practice the Seven Keys to Character.
4. Perfect the Principles.
5. Live by the Prerequisites.
6. Be compassionately considerate.
7. Be your brother's/sister's keeper.

## CIRCLE ETIQUETTE

HELP is a healing, empowering, loving and protecting program. The only requirement is a commitment to perfect the principles of HELP. No one is excluded from HELP and no one can be expelled. We are all members when we proclaim the creed of HELP.

*"We are members when we proclaim the creed of HELP."*

Therefore, we have a responsibility to be helpful at all times and in all circles. If anyone is disruptive during a circle, we will always respond in a healing, empowering, loving and protecting way. Here are some general guidelines:

- \* HELP circle leaders should allocate reasonable time limits for speakers during HELP gatherings.

- \* Members should reserve all unfruitful feedback and constructive criticism until after the circle. (We advise to avoid all forms of humiliation.)

- \* HELP gatherings should be limited to solution-centered sharing.

- \* Members should limit the feedback to solutions.

- \* Members should give each other their undivided attention (e.g. no side-talk, no texting, etc.)

HELP members are encouraged to share their experience, emotion, and emptiness with one another. Circles should provide peace and comfort. If someone is being disruptive, only the circle leader should address him or her. Circles are not for giving lectures or lengthy speeches.

*"Circles are for comfort."*

## **INTRODUCING YOURSELF**

As part of perfecting the principles, HELP members greet one another during circles with their first name. "My name is Cedric.." This process puts each member on a first-name basis.

*"My name is ....."*

After we have introduced ourselves, the other HELP members respond in unison with a warm "*Welcome Cedric.*" This breaks the ice for members and provides mutual respect for everyone in the circle.

## **INTERRUPTING**

It is considered inappropriate to interrupt anyone who is addressing the circle. Only the circle leader should do so, and only in exceptional situations.

*"Respect is not optional, it is essential."*

## **SOLUTION-CENTERED SHARING**

Solution-Centered Sharing is the process of speaking in a HELP Circle. It is called " Solution-Centered Sharing " because we are to "always provide a solution to each problem we speak about." We are obligated to Solution-Centered Sharing because we are responsible for solving our own problems.

*"We are solutionnaires."*

## **CIRCLE CONFIDENTIALITY CLAUSE**

Hear no evil,

See no evil,

Speak no evil,

*JUDGEMENT FREE ZONE.*

## **SITES**

The leader for each site shall be duly empowered to address specific issues. Each site must have at a minimum:

- \* Its own leader/organizer
- \* Materials
- \* Refreshments
- \* Directory
- \* Approved Location

## **SITE STAFF COMPOSITION**

Each site established under HELP shall select a Leader, Co-Leader, Treasurer and Secretary from its members. Site leadership shall not exceed (4) members. Any member can submit a written request to fill a vacant leadership position after declaring to actively participate in good faith and adhering to applicable guidelines.

## **DUTIES AND PROCEDURES**

The duties and procedures shall be:

- (a) Each site shall consider all member-submitted proposals in a full, fair, and deliberate manner.
- (b) Each site may adopt procedures and rules, consistent with the HELP preamble, for the operation of the site and execution of its duties.
- (c) If a site reaches a consensus on a matter at the conclusion of its functions, it shall issue a report and finding to be routed to the National Leader.

## **PROPOSALS**

All proposals must be properly formatted with: Objective, Purpose, Date, Time, Place, and Itinerary.

## **QUORUM**

The quorum for all sites shall not be less than (3) of the site's total members.



## **ORDER OF MEMBERSHIP MEETINGS**

Unless altered or suspended at any gathering by a leader, the following shall be the order of business at membership meetings:

- \* Ascertainment of numbers present
- \* Reading of minutes of previous meeting
- \* Reports of Leaders
- \* Reports of Members
- \* Nominations
- \* Unfinished Business
- \* New Business

## **SEVENTY-FIVE WAYS TO PERFECT HELP**

Perfecting HELP isn't as hard as it seems. The most significant action we take is to perfect HELP principles and precepts. Circles, leaders, advocacy, and our commitment to HELP each other are also significant. Without a willingness to help ourselves, it's impossible to help anyone else. The HELP principles and precepts help us to HELP each other and ourselves at the same time.

### **HELP CIRCLES**

1. Devote ourselves and our time to HELPING our brothers and sisters with everything we have.
2. Select a primary circle and attend frequently enough to help others and myself perfect the principles.
3. Share solutions in the circle in order to overcome problems.
4. Set aside our pride and do not be afraid to ask for HELP.
5. Network with other members of HELP.
6. Introduce ourselves to a new member.
7. Be humble when we speak.
8. Attend HELP circles frequently.

### **PERFECTING THE PRINCIPLES**

9. Give thanks when we receive HELP.
10. Read and study the principles and precepts.
11. Perfect the principles in sequence, striving to understand each principle and then applying its precepts to our lives.

12. Perfect HELP principles in all our endeavors.

13. Perfect the principles daily.

### **MINDFULNESS**

14. Every day meditate on solutions to daily difficulties.

15. Live by the HELP creed daily.

16. Reflect daily.

17. Teach others how to reflect.

18. Reflect on the Seven Keys to Character.

19. Exercise patience.

20. Ask for HELP to lead, guide, and direct us.

21. Never judge and remember that we all make mistakes.

22. Forgive others to be forgiven.

23. Do goodwill daily expecting nothing in return.

24. Align ourselves with the principles of HELP.

### **LEADERS**

25. Talk to our leaders.

26. Lay aside our pride and seek help when we need it.

27. Be our brother's/sister's keeper.

28. Make ourselves available.

### **GIVING BACK TO OTHERS**

29. Help people who we see in need.

30. Share the solutions that have HELPED you.
31. Teach someone something that you know about and they don't.
33. Pass out your contact information to other HELP members.
34. Don't hold grudges.
35. Start a circle at a home, school or community center.
36. Visit the sick.
37. Feed the hungry.
38. Clothe the homeless.
39. Mentor at risk youth.

## **READING**

40. Read HELP material and other literature about mental health and addiction solutions.
41. Read and share positive quotes with circle members.
42. Read news stories daily.

## **PERFECT THE FOLLOWING PRECEPTS**

42. Don't talk about other people's problems.
43. Walk with the wise.
44. Respect your neighbor.
45. Help those in need.
46. Avoid arrogance.
47. Believe in yourself.

48. Motivate yourself.
49. Stay busy.
50. Don't be jealous.
51. Think for foolish people who are not thinking.
52. Never think out loud.
53. Count your blessings.
54. In everything give thanks.
55. Work with your own hands.
56. Listen, Learn, Lead.
57. Do the right thing when no one is looking.
58. Be gentle unto others.
59. Encourage one another.
60. Let your conversation be without envy.
61. Be swift to hear, slow to speak, slow to anger.
62. Resist temptation.

**IN CRISIS, WE...**

63. Humble ourselves and accept HELP from other members.
64. Make ourselves available to others in need.
65. Be sober.
66. Be vigilant.
67. Acknowledge our faults.

68. Talk to a leader or anyone we know in HELP.
69. Attend a circle.
70. Repeat the first three precepts.
71. Think before you act.
72. Ask yourself what does the principles of HELP say?
73. Remember that can't no one beat you being you.
74. Never give up.
75. Focus on solutions rather than problems.

## **HELP PRIZE SYSTEM**

HELP uses the "HELP prize system" to recognize a member's progress in HELP. Trophies called "prizes" are given out to mark different periods of progress. The first prize is called the "pledging prize" or "declaration prize" and is given to anyone who makes the declaration of HELP.

*"Prizes are HELP trophies given to commemorate periods of progress."*

Prizes are given to members – 3 months (positive change prize), 6 months (be the change prize), 9 months (leading by example prize), and 1 year (HELP HUMANITARIAN PRIZE).

## **MENTOR**

Mentorship is one of the most powerful weapons of HELP. A mentor is another HELP member who serves as a mentor, educator, instructor, trainer, coach, counselor, listener, and friend. Our mentor helps us perfect the principles; shares his or her acts of redemption: faults and failures, faith and flights, flashbacks and frustrations, and helps us stay on the pathway to perfecting the principles. A mentor is a pivotal part of HELP.

*"It is with a mentor that we perfect the principles."*

## **MENTEES**

Mentees who are new to HELP may start with a "provisional mentor." HELP Circles maintain lists of people who have met the criteria to act as provisional mentors. A provisional mentor serves the "mentee" (newcomer) until a compatible permanent mentor is assigned. Provisional mentors may become permanent mentors in appropriate cases.

*"We assign compatible provisional mentors until permanent ones are appointed."*

Mentees may address their questions with their mentors. A mentor can help you when you are overtaken in a fault or wrong doing because we are our brother's and sister's keeper.

## **CRITERIA FOR MENTORS**

*What is the criteria for being provisional mentors? You should:*

1. Have successfully completed the HELP training program.



2. Have frequently attended HELP Circles for at least one year.
3. Have aligned one's life with the HELP principles and precepts.
4. Have perfected at least the first three principles.
5. Have facilitated at least (1) circle per principle.

*What is the criteria for permanent mentors?* You should:

1. Have successfully completed the mentor training.
2. Have facilitated HELP Circles for at least 90 days.
3. Have aligned one's life with the HELP principles and precepts for at least 90 days.
4. Have perfected the Twelve Prerequisites for HELP and the Ten Principles.
5. Have been a HELP member in good-standing for at least two-months.

### **FOUR PRECEPTS FOR INNER PEACE**

1. Hate a person's ways without hating the person.
2. Help those who help you.
3. Do good for those who do good for you.
4. Do not do evil for evil.

### **NINE FRUITS OF MINDFULNESS**

Love - Joy - Peace - Longsuffering - Gentleness - Goodness - Faith  
- Meekness - Temperance

## **HELP PLEDGE AGAINST HATRED**

We - the men and women of HELP - pledge to never commit, condone, or remain silent about hatred toward anyone, and we dedicate ourselves to the following:

1. We shall never physically or emotionally abuse anyone.
2. We shall never permit someone else to commit abuse against anyone.
3. We shall protect and serve our communities.
4. We shall promote nonviolence and love within our communities.
5. We shall speak out and take action when we become aware of anyone being abused.
6. We shall work to keep everyone free from hatred.
7. We shall help provide emergency and interim support and assistance to victims of hatred.
8. We shall help resettle victims of hatred in the community and enhance quality of life.

# ABOUT HELP

HELP originated from the United States Penitentiary Lee [ Unity In Motion Group ] in 2010, with its first HELP Circle emerging in the Jonesville, Virginia prison's chapel. Unity In Motion started as a small inmate organization that grew into a peaceful fellowship with a multi-lingual and multicultural membership. In 2023, HELP was revised by Cedric Dean and Cody Rice. HELP's primary purpose is "to HELP people in places everywhere." With a passionate heart, Cedric Dean developed HELP's Twelve Prerequisites, Ten Principles, Seven Precepts and Four Precepts for Peace. The HELP Preamble recommends that members and circles hate a person's ways without hating the person, help those who help you, do good for those who do good for you and do not do evil for evil. The Preamble also recommend that those representing HELP perfect nonviolence and love to make the world safer and better.

## **HUMANITARIAN BROTHERHOOD/SISTERHOOD**

The primary benefit provided by HELP is the HELP Circle. Each circle operates independently based on principles and precepts outlined in HELP's literature.

Circles are authorized to secure space for their gatherings in sites operated for public, home-based, or civic organizations. Principal Mentors lead the HELP circles while Provisional Mentors and Mentees (Newcomers) participate with solution-centered-sharing about their battles and blessings in life. Circle members also align themselves with nonviolence and love.

To ensure HELP's approach to humanitarianism, circles provide:

- \* An environment in which we value all human beings and make them assets instead of liabilities for their communities.
- \* Activities that present all human beings with real challenges and experiences in planning, preparing for, and publicly presenting projects they and their communities truly value.
- \* Ongoing outreach to all human beings, with messages that are realistic, reassuring, and rational.



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