



336 LIVING HOPE WAY
FRANKLIN, NC 28734
OFFICE: 828.524.2157
EMAIL: INTAKE@MTCOTS.COM
WEBSITE: LIVINGHOPEWAY.COM

PROGRAM OVERVIEW

Men's Challenge of the Smokies (MCS), located in Franklin, NC is a Christian, faith-based, residential, addiction recovery program. At the heart of our organization is a passion to see individuals find true freedom from addiction. We work very hard to ensure that they are equipped with the life-skills necessary for an abundant, meaningful, and purpose-driven life.

Our program includes a fairly rigorous, daily schedule which encourages students to be punctual and to arrive prepared, to every event throughout each day. Time management and self-discipline are important life skills, and we instill these in our students starting day one. They are expected to be in the right place, at the right time, be wearing the correct attire, and to have any/all materials necessary. Students' rooms must always meet the ATCSMC Standard, and students are individually assigned daily chores to ensure that common areas, bathroom and laundry facilities, as well as the campus grounds are also up to standard.

Classes are held in the mornings, Monday - Friday, and are divided into two periods: Personal Studies and Group Studies/Advanced Group Studies.

Personal Studies is conducted with all students in a single classroom, with an instructor present to help as the students work, independently, on assignments which have been selected for each of them individually by our Education Director.

Group Studies/Advanced Group Studies divides our population into two groups, Group Studies and Advanced Group Studies. Advanced Group Studies students have completed all requirements of the Group Studies curriculum. Both classes are conducted in a classroom setting, with an instructor, presentations, and group discussion. Group Studies/Advanced Group Studies looks at a wide array of topics such as: dealing with anger and other emotions that can cause significant issues in our lives, attitudes, perspectives, how to grow through failure, obedience, relationships with others, boundaries, managing finances, marriage, dealing with being offended, self-acceptance, integrity, relapse prevention, work ethic, leadership, etc.

The second half of the day involves an hour of recreation, and three hours of work-detail. Work-detail assignments range from grounds/building maintenance, woodshop, auto shop, gardening, or off-campus volunteering which can include working at our thrift store, assisting individuals in the community, and helping at community events and local churches.

Students attend small groups once a week on Wednesday. These groups are led by a staff member, and they work through curriculum which focuses on overcoming destructive behaviors, harmful emotions, negative attitudes, unhealthy relationships, and substance use. These groups give students opportunities to open up and to share about their struggles, things that have or may have not worked for them, and their goals moving forward.

Students attend church off-campus on Wednesday nights, Sunday mornings, Sunday nights, and an additional chapel service on-campus on Fridays.

Teen Challenge, started in 1958, now officially renamed Adult & Teen Challenge, has expanded to over 200 centers in the United States, and more than 1,100 worldwide, and now has some centers that are able to accept individuals on psychotropic medications. Additionally, it is estimated that approximately fifty percent of Adult & Teen Challenge participants nation-wide are either court-mandated/court-approved.

Students do not work for the purpose of earning money while in the program and are involved in the program full time.