

Phase 1: Foundation (Matthew 7:24-27)

30-Day Focus Period & Foundation Overview:

The first 30 days of the Foundation phase are known as the '*Focus Period*,' during which residents will have no access to personal cell phones or phone calls. This period is designed to eliminate distractions, encourage self-reflection, and strengthen your foundation in recovery. The full **Foundation phase** lasts a minimum of **3 months**. After completing the 30-day Focus Period, residents may regain phone privileges under specific conditions. This phase is designed to help you develop a firm foundation in recovery by focusing on stability, structure, and personal growth through faith in God. You will work on rebuilding essential life skills, creating healthy habits, and strengthening your commitment to long-term sobriety. By trusting in God's guidance, you will find strength to overcome challenges, build resilience, and create a new path forward. This phase sets the groundwork for future success by emphasizing accountability, discipline, and self-awareness. You will learn the expectations of the house, engage in structured activities, and work on establishing a clear plan for your recovery journey, including financial responsibilities and personal development.

Phase 2: Committed

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." (Galatians 6:9)

Phase 2 Goal: Strengthen Your Foundation Through Consistency and Responsibility

In this phase, your commitment is put into action. The goal is to deepen your discipline, grow in leadership, and develop healthy habits that support lasting recovery. As you remain consistent in your choices, you'll build the confidence and structure needed to prepare for independent living. Stay the course—your hard work is planting seeds that will soon bear fruit.

Phase 3: Thriving

Psalm 1:3 (NIV)

"That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers."

Overview:

If you have made it to this phase, you have demonstrated a high level of commitment to your recovery and personal growth. The **Thriving** phase is designed to help you transition into full independence while still benefiting from structured support. This phase introduces new privileges, responsibilities, and leadership opportunities as you continue building a stable and sober life.

Phase 4: Transformed

Romans 12:2 (NIV)

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."

Overview:

The **Transformed** phase marks the successful completion of the Called2Grow program. As an **alumni**, you have demonstrated long-term commitment to sobriety, personal growth, and independent living. This phase provides ongoing support and connection to the recovery community, ensuring continued success beyond structured housing.