

12 Steps to Freedom

INSTITUTIONAL REVIEW PACKAGE

A Christ-Centered Supplemental Recovery, Reentry & Personal Development Resource

Designed for correctional facilities, treatment programs, recovery residences, churches, reentry programs, and peer-led recovery groups.

Submitted for Institutional Review

Approach	Christ-centered / faith-based
Use	Individual, facilitated group, or approved peer-led study
Settings	Corrections, treatment, recovery residences, reentry, churches
Purpose	Complement existing recovery and treatment services

William Snyder, Founder & President
12 Steps to Freedom, Inc.

Federally recognized 501(c)(3) nonprofit organization

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Institutional Review Cover Letter

William Snyder
Founder & President | 12 Steps to Freedom, Inc.
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Dear Program Director,

I am pleased to provide you with a complimentary review copy of 12 Steps to Freedom: Finding Lasting Freedom Through Christ, a Christ-centered recovery workbook developed for use in correctional facilities, treatment centers, recovery residences, churches, and other recovery settings.

I am not asking your organization to replace the recovery services you already provide. 12 Steps to Freedom is designed to work alongside existing treatment, counseling, RSAT programming, AA, NA, Celebrate Recovery, peer support, and other recovery resources.

The program focuses on honesty, personal responsibility, accountability, destructive patterns, consequences, healthier relationships, spiritual growth, and service. Participants actively work through reflection questions, written exercises, action steps, discussions, prayers, and personal commitments.

The workbook supports individual study, facilitated groups, and—when approved by the institution—peer-led recovery groups, allowing recovery work to continue even when an outside volunteer or counselor is not present.

The program continues beyond Step Twelve with material on transformation, relapse awareness, healthy routines, reentry, transitional housing, the first 90 days after release, fellowship, accountability, and maintaining recovery outside a structured environment.

The program is also grounded in lived experience. I have experienced addiction, incarceration, recovery, relapse, and restoration, and later returned inside the prison system—not as an inmate, but to serve others.

I respectfully invite you and your staff to review the enclosed workbook and consider whether it could serve as a supplemental resource for the people in your care. I would welcome the opportunity to discuss a pilot group, implementation, additional review copies, or bulk workbook availability.

Thank you for the work you are already doing in the lives of individuals seeking recovery and a new direction.

Every life changed is a victory.

Sincerely,
William Snyder Founder & President
12 Steps to Freedom, Inc.

Institutional Program Overview

A Christ-Centered Supplemental Recovery, Reentry & Personal Development Resource

12 Steps to Freedom is a Christ-centered recovery workbook designed to help men and women address addiction, destructive behaviors, hopelessness, and spiritual bondage through honesty, personal responsibility, practical recovery work, and a growing relationship with Jesus Christ.

The program is designed to complement—not replace—existing treatment services, counseling, Alcoholics Anonymous, Narcotics Anonymous, Celebrate Recovery, RSAT programs, peer support, and other recovery resources.

Who the Program Is Designed For

- Correctional facilities
- Residential treatment and substance-use recovery programs
- Recovery residences, halfway houses, and reentry programs
- Churches and prison ministries
- Peer-led recovery groups
- Individual recovery study

What Participants Work On

- Breaking through denial and facing the truth
- Accepting responsibility for choices and consequences
- Identifying triggers, cravings, and destructive patterns
- Addressing resentment, fear, guilt, shame, and damaged relationships
- Practicing forgiveness and appropriate amends
- Developing accountability, healthier support systems, and practical recovery actions
- Preparing for relapse risks, reentry challenges, and continued recovery
- Building a stronger spiritual foundation through Jesus Christ

How the Workbook Engages Participants

The workbook includes biblical teaching, devotional readings, real recovery experiences, reflection and discussion questions, written exercises, practical action steps, prayers, memory verses, key truths, and personal commitments.

Flexible Implementation

The workbook supports individual study, facilitated group study, and—when approved by the institution—peer-led recovery groups. A suggested meeting structure and group guidelines are included.

A Supplemental Resource

12 Steps to Freedom recognizes that recovery may include professional treatment, counseling, medical care, peer support, recovery meetings, healthy relationships, and appropriately prescribed medication. It is not a substitute for licensed medical care, psychiatric treatment, professional counseling, or clinical addiction treatment.

Mission

To help people find freedom from addiction, destructive behaviors, hopelessness, and spiritual bondage through a growing relationship with Jesus Christ while supporting the recovery work already taking place in their lives.

Why 12 Steps to Freedom?

For an institution considering a supplemental recovery resource, the value of 12 Steps to Freedom is its emphasis on active participation, personal responsibility, flexible implementation, and continuity beyond treatment or incarceration.

Participation—not just reading

Participants work through reflection questions, written exercises, discussion, prayer, action steps, and personal commitments.

Denial and personal responsibility

The program asks participants to recognize excuses, destructive patterns, and consequences, then identify specific actions they are willing to take.

Looking beneath addiction

Participants examine triggers and the thoughts, emotions, relationships, environments, and experiences connected to substance use.

Recovery principles plus spiritual transformation

The Steps emphasize honesty, surrender, self-examination, confession, responsibility, forgiveness, restoration, accountability, spiritual growth, and service.

Multiple settings and formats

The workbook can support correctional, treatment, recovery-residence, church, reentry, individual, facilitated, and approved peer-led settings.

Continuing recovery and reentry

The program addresses relapse awareness, healthy routines, supportive relationships, transitional housing, the first 90 days after release, and life beyond a structured setting.

Works alongside existing services

The program is explicitly supplemental and recognizes the role of treatment, counseling, medical care, recovery meetings, peer support, and other resources.

The goal is not simply to stop using. The goal is to learn a new way to live.

Program Structure

12 Steps to Freedom guides participants through a progressive recovery journey—from recognizing addiction and breaking through denial to personal responsibility, spiritual transformation, continuing recovery, and reentry.

Preparing for the Twelve Steps

- Understanding alcoholism and drug addiction
- Recognizing the cycle of addiction
- Identifying triggers and cravings
- Looking beneath substance use at underlying struggles
- Understanding denial, excuses, blame, and minimization
- Moving from denial toward personal responsibility
- Understanding that recovery requires faith and action

The 12-Step Journey

Honesty → Hope → Surrender → Self-Examination → Confession → Willingness to Change → Humility → Responsibility → Amends → Daily Accountability → Spiritual Growth → Service

From Knowledge to Action

Exercises repeatedly move participants toward specific personal application. One example asks the participant to identify:

- The behavior or pattern I need to change
- The excuse I have been using
- The truth is
- One action I will take
- One person I will be honest with

Suggested Group Format

- Open with prayer
- Read the Step and Scripture
- Read from the workbook
- Discuss the questions
- Share honestly
- Close in prayer

Beyond the Twelve Steps

Later sections turn participants toward continued transformation, maintaining freedom, and—particularly in correctional settings—preparing for successful reentry.

- Reentry challenges and transitional housing
- The first 90 days after release
- Identifying people and situations that could threaten recovery
- Healthy routines and support systems
- Avoiding isolation and maintaining accountability
- Guarding against a return to destructive patterns
- Continuing spiritual growth and serving others
- Starting a recovery group where appropriate

Reentry & Continuing Recovery

Recovery must continue after the program ends.

For men and women leaving incarceration, treatment, or another structured environment, the transition into everyday life can bring new pressures, responsibilities, relationships, temptations, and decisions. For this reason, 12 Steps to Freedom does not end with Step Twelve.

Preparing Before the Transition

Participants are asked practical questions such as:

- What situations or people could threaten my recovery after release?
- What healthy routines do I need to build immediately?
- Who can I contact when I begin struggling emotionally or spiritually?
- What does staying spiritually alert look like in my daily life?

Recognizing Relapse Risks

The workbook teaches participants to recognize the addiction cycle and identify the thoughts, emotions, people, places, situations, and behaviors connected to it.

Trigger → Craving → Use → Consequences → Shame or Regret → Desire to Escape → Use Again

The Critical First 90 Days

The workbook emphasizes that physical freedom alone does not automatically change destructive thinking or patterns. Participants are encouraged to stay alert, stay humble, stay connected to God, establish healthy routines, and build a reliable support system.

Connection Instead of Isolation

Potential continuing supports identified in the workbook include AA, NA, Celebrate Recovery, faith-based recovery groups, supportive churches, and people who provide honesty, encouragement, prayer, and accountability.

From Release to a New Direction

Choose Differently. Live Differently. Stay Free.

About the Founder

William “Bill” Snyder

Founder & President, 12 Steps to Freedom, Inc.

12 Steps to Freedom was not developed from theory alone. It grew out of lived experience with addiction, incarceration, recovery, relapse, and restoration.

Bill Snyder's history includes addiction, destructive choices, incarceration, recovery, relapse, and restoration—giving him firsthand understanding of both the consequences of addiction and the difficulty of lasting change.

After later returning to addiction and reaching another point of deep brokenness, Bill describes a complete surrender to Jesus Christ that became a turning point in his life.

He later returned inside the prison system—not as an inmate, but to serve others. That transition from incarceration to service became part of the foundation for 12 Steps to Freedom.

Why the Program Was Created

12 Steps to Freedom was developed to help participants confront denial, destructive thinking, triggers, personal responsibility, resentment, fear, guilt, shame, damaged relationships, accountability, forgiveness, appropriate amends, spiritual condition, and the decisions necessary for continued recovery.

Lived Experience Supporting Professional Recovery

Bill does not present himself or the program as a replacement for professional treatment. The workbook specifically recognizes professional counseling, clinical treatment, medical care, recovery meetings, peer support, healthy relationships, and appropriately prescribed medication as resources that may be important in recovery.

The Mission Continues

12 Steps to Freedom, Inc. is a federally recognized 501(c)(3) nonprofit organization dedicated to helping people find freedom from addiction, destructive behaviors, hopelessness, and spiritual bondage through a growing relationship with Jesus Christ while supporting the recovery work already taking place in their lives.

Every life changed is a victory.

Institutional Review & Response Form

Thank you for taking the time to review 12 Steps to Freedom. We value the perspective of correctional professionals, treatment providers, counselors, chaplains, recovery leaders, and others serving individuals affected by addiction.

Organization Information

Organization / Facility:

Name: _____

Title / Position:

Email: _____

Phone: _____

After Reviewing 12 Steps to Freedom

- ☐ I am interested in discussing a pilot program.
- ☐ I would like additional review copies.
- ☐ I would like bulk workbook pricing information.
- ☐ I would like facilitator / peer-led implementation information.
- ☐ Please contact me to discuss the program.

Reviewer Feedback

Which aspects of the workbook appear most useful for the population you serve?

Are there any questions, concerns, or additional materials you would like us to provide?

Contact

William Snyder | Founder & President | 12 Steps to Freedom, Inc.
12stf.org | bill@12stf.org

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