

The Substance Abuse and Mental Health Services Administration (SAMHSA) Defines recovery as:

“Recovery is a process of change through which people improve their health and wellness, live self-directed lives, and strive to reach their full potential.”

SAMHSA also identifies the four dimensions that support recovery to be:

Health - overcoming or managing one's disease or symptoms and making informed, healthy choices that support physical and emotional wellbeing.

Home - having a stable and safe place to live.

Purpose - conducting meaningful daily activities and having the independence income, and resources to participate in society.

Community - having relationships and social networks that provide support, friendship, love, and hope.

These are the pillars that the Exodus Recovery Program is built on.



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Exodus

Men's Life RECOVERY Program

Recovery: “a return to a normal state of health, mind, or strength”.

Oxford dictionary

stage
3

MOVING FORWARD

- P.A.W.S.
- Stress
- Self-esteem
- Forgiveness & Resentments
- Social Roles
- Defense Mechanisms
- Relapse Prevention
- Money Management

HONING SKILLS

**JOB/SCHOOL
READINESS**

LIFE PLAN

stage
2

MAKING THE CHANGES

- Self Awareness
- Emotional Management
- Medical Consequences
- Anger Management & Resentments
- Cross Addiction - substance/behavioral
- Anxiety
- Co-Dependency
- Boundaries
- Physical Health

APPLYING THE TOOLS

**UNDERSTANDING
THE TRIGGERS**

STABILIZING SELF

stage
1

UNDERSTANDING THE ADDICTION

- What is Addiction?
- What is Recovery?
- The Addicted Brain
- The Six P's of Recovery
- False Core Drivers
- Relapse Prevention
- Sleep, Nutrition
- Mental Health
- Interpersonal Relationships
- Communication

OWNERSHIP

**UNDERSTANDING
THE PYSIOLOGY**

RECOVERY REALITIES