We believe a long term stay commitment is necessary to allow the body time to clear from substances, the person to begin to acknowledge and exam the issues that brought them to addiction, and the brain time to build new neural pathways that will help them be successful once no longer in our program. The US National Institute on Drug Abuse suggests rehabilitation programs of at least 90 days or longer are needed to give an addicted person enough time to recover.  We chose a six month time period. We understand that there are some women who may not be able to commit to 6 months because of a job or children. With that in mind we do have some flexibility in our commitment time period and will consider accepting a women for 3 months.

Our program consists of three phases.

Our Phases are

1. Acceptance Month 1
2. Discovery Month 2 - 3
3. Awakening Month 4 – 6

Ideally, progression through phases follows the above timetable, but everyone is different and phase progression is determined by ANBI staff input based on individual goal accomplishment.

**Acceptance**

ANBI will educate residents about addiction, and their journey toward awakening. During this initial phase, residents are more restricted than in later phases and will be focusing solely on preparing themselves for a life of recovery.  As they progress in their step work and treatment programs, the expectation of self-reliance and accountability will increase

Acceptance is marked by the following:

* Detox time ( off site)
* Introduction to program elements
* Step 1 education and work
* Step 2 education and work
* Step 3 education and work
* Exposure to Various Types of Recovery Philosophies

Goals of Acceptance

* Free of physical symptoms of addiction
* Acknowledgment of powerlessness of addiction
* Acceptance of a higher power in whatever form the resident chooses
* Participation in Group Therapy
* Participation in Individual Therapy
* Resident provides self care
* Resident follows basic rules
* Resident participates in program schedule

**Discovery**

The goals in this second phase are self-acceptance, humanization, and a healthy sense of self and lovability. There is greater involvement on the farm, and greater involvement with peers.  With continued progression, leadership roles are assumed within the home and residents act in service to others who are new to the program.

Discovery is marked by the following:

* Increased willingness, honesty and participation in Individual Therapy
* Increased willingness, honesty and participation in Group Therapy
* Increased willingness and participation in program elements
* Step 4 education and work
* Step 5 education and work
* Mindfulness training
* Meditation training

Goals include:

* Learning to have sober fun
* Learning to process emotions without the use of substances
* Increased farm and house responsibilities to provide confidence and accountability

Family participation begins at month 3

**Awakening**

The third phase is one of great excitement and action. Peer leadership and service work with new community residents is expected.  Goals are personal accountability and motivation without prompting, and the commencement of making amends. At this time, we start discussion about relapse prevention and designing the after care plan.

Awaking is marked by the following:

* Resident displaying leadership and initiative in his own recovery and the recovery of his fellow housemates
* Designation of Senior Resident status
* Discharge planning - housing, employment, schooling, sponsor, further recovery goal setting, and the like

Goals include:

* Continued Step Work
* Continued Individual and Group Therapy participation
* Senior Project determination, planning, and completion
* Discharge planning: Determination of housing plan, obtaining employment or enrolling in schooling, arranging for a sponsor, additional recovery goal setting