

Group Values

New Life Recovery, Inc. strives to achieve many values, both personally and professionally, in our lives and when working with others. This list is by no means meant to be all-inclusive, however, these are some of the values we, at New Life Recovery, attest to and strive to honor.

- I. **Respect** - At New Life Recovery the value of respect is one we hold most highly of all our values. By respect we mean that each person is treated with dignity and consideration. Each person's opinions are valid and at New Life everyone receives equal treatment without regard to their background, race, personal beliefs, socio-economic status, religious beliefs or lack thereof, sexual orientation, age, or ability. We also hold with highest regard respect for authority, i.e. our staff and all residents are treated respectfully. Respect for authority means (but not limited to) the police, probation, and court systems. We believe, although many newly recovering addicts have a lack of respect for authority, this is an important issue that needs to be learned and addressed in recovery. Mutual respect, between authority figures and individuals, is something that is very important to us at New Life Recovery. Beginnings can be made with this issue by our newer residents always being respectful when dealing with staff/management and they can be assured that staff/management will always treat the individual fairly and with respect as well. One needs to learn, in recovery as well, the value of respecting those with more experience or "time" in recovery because there is much to learn from those who came before us of great value. These more senior members have more experience dealing with "life on life's terms" without the use of drugs/alcohol or other addictive behavior.
- II. **Family Values** - Family, for us, means a group of people that help each other that are supportive of each other (**not** necessarily in the traditional thinking of a family as being (for example) mother, father, and children). When you come to live at New Life Recovery you become part of **our** family. We expand upon the traditional idea of family to one of **extended family**: those who share the same household living space, a communal living arrangement. People who care about each other, do things together such as sharing meals, going to meetings and other activities together that a family might do. Sharing responsibilities is also part of being a family. Once again, our "New Life Recovery family" does not discriminate by race, age, sexual identity or orientation, religion or lack of religion, ability, or political views. We have a special emphasis, in our family, on the love, safety, welfare, and well being of our **children and** they are afforded special attention and care. New Life Recovery is fully licensed for and permits the overnight visitation of our children and, whenever possible will assist with re-unification of recovering parents with their children, **when** this is in the best interest of the children involved.
- III. **Spirituality** - Although we are not affiliated with any particular faith, we do highly value spirituality. Spirituality is different than religion. We at New Life Recovery

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Mesa, AZ. 85204
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believe in each individual's personal freedom to define his or her own "higher power" AND to practice any religious faith that is meaningful to them (or not). Whether one chooses to practice a formal religion or not is their own deeply personal decision. For this reason our family at New Life Recovery has a very open minded approach to spirituality. One may choose to be Christian, Buddhist, Taoist, Hindu, Jewish, or any combination or have beliefs in the "Universe" or the "Creator", or simply none at all (Atheist or Agnostic). We do, however, recommend and require that you practice the "12 steps of recovery" while you are here with us. We also recommend the daily practice of prayer and meditation only because our experience has shown these practices to be instrumental in our own and other's recoveries.

- IV. Twelve Step** - We at New Life Recovery highly value the 12 step programs of Alcoholics Anonymous, Narcotics Anonymous and all of the other 12 step recovery programs that have been modeled after them. Our experience has shown the twelve-step recovery program(s) to be the **only** method for the individual to have any **long lasting** recovery (i.e. to have: abstinence or recovery for "any length of time"). Statistically, AAINA have been shown to have the highest rate of recovery / success rate than any other treatment modality. For this reason every individual admitted to our program is **required** to regularly attend 12 step meetings, have their own personal 12-step recovery program, and be working the steps formally with a sponsor. This is not up for debate. That being said, our staff are not babysitters. We expect that all our residents are adults and trust them to be attending their meetings and "working a program". If you need guidance or have specific questions as to what "regular meeting attendance" (for instance) means for someone at your level of recovery or what "working your program" should include our caring and professional staff are always available to give you specific guidance in these areas. All residents are required to have a current sponsor and be in regular communication with that individual.
- V. Positive Thinking** - Our program relies heavily on the teachings of Dr. Norman Vincent Peale and the "Power of Positive Thinking". We at New Life Recovery believe in the principles of his teachings and try to implement them in our own lives both personally and professionally. Every idea, every thought we have as individuals shapes our lives. Every great idea manifests itself first on the mental plane (of our thinking), then, on the physical level. Therefore, if we can change our thinking we can change our lives. These are important truths and for this reason we teach our residents how to implement these skills through the use of positive affirmations, visualization techniques, etc. We believe that through the use of this cognitive restructuring we can teach other recovering addicts/alcoholics new skills for living: coping skills, stress relief and other skills people with substance abuse issues are direly lacking. We would also be remiss if we did not also credit Louise Hay with her teachings on affirmations and self-healing- physically, mentally, emotionally, and spiritually. All these areas are of great value and we strive to teach them in our groups/program.
- VI. Accountability / Being Responsible** - We have also found being accountable to one another and our teachers/sponsors to be of high value. Being accountable and

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responsible is a value often lost in active addiction. The only thing people could count on (when we were actively using) was the fact that we could NOT be responsible. Also, many of us shirked responsibility for the fear of what it might entail or the "freedom" we would lose in having to be responsible. But were our lives really the carefree experience we were striving for? Being a part of the New Life Recovery family means becoming responsible. We begin to be responsible productive members of society: responsible financially, responsible for our chores and in caring for others around us. In time we see, although being responsible comes with some burdens, we receive in return the gift of trust and trustworthiness.

VII. Confidentiality - The principle of confidentiality is also of utmost importance to us at New Life Recovery. Many of us, staff and resident alike, would have heavy consequences to pay if our confidences were broken. We honor and ask that each of our group members honor the principle of confidentiality in our home. Our status or identification as "recovering addicts or alcoholics" must always be held in the strictest confidence. If an instance were to occur where, for example, an employer or other party were to get this information it could be very detrimental to the individual. For this reason we value and ask all our residents to keep any information shared in-group or one on one in the strictest confidence.

The only exception to this is in the case of **mandated reporting**. All clients must understand that staff is required by law to report any instance of child abuse or neglect, or, any situation where there is eminent harm to self or another involved.