

Peer Mentors Teach Inmates To Break Chains of Addiction Using SMART Recovery

Learn how Peer Mentors teach inmates the “Learn SMART InsideOut FAST” curriculum behind bars. By identifying and connecting with the peer mentors’ lived-life experiences, you’ll hear how inmates become more emotionally invested and engaged in the program, enabling them to learn the necessary skills and tools to be successful in their recovery journeys post-release.

HIGH POINT

ADVOCACY & RESOURCE CENTER INC.



Sherry White
Founder/CEO



Ryan White
KCPM/KCPS



Tisha Beckman
KCPM/KCPS



- Founder/CEO
- Kansas Certified Peer Mentor
- Youth Mental Health First Aid USA
- Adult Mental Health First Aid USA
- Social Services Designee
- NAMI Family Support Group Facilitator
- National Alliance for Drug Endangered Children of Kansas Academy 101



- Kansas Certified Peer Mentor
- Kansas Certified Peer Specialist
- Youth Mental Health First Aid USA
- Adult Mental Health First Aid USA
- National Alliance for Drug Endangered Children of Kansas Academy 101
- SMART Certified Recovery Facilitator



- Kansas Certified Peer Mentor
- Kansas Certified Peer Specialist
- Family Peace Initiative Facilitator:
Levels 1 & 2
- NAMI Peer-To-Peer Certification
- Youth Mental Health First Aid USA
- Adult Mental Health First Aid USA
- SMART Certified Meeting Facilitator

HIGH POINT

ADVOCACY & RESOURCE CENTER INC.

785 West Webster

Colby, KS 67701

(785) 460-8463 (TIME)

www.highpointadvocacy.com



Licensed Substance Abuse/Misuse Services

Utilizing the SMART Program

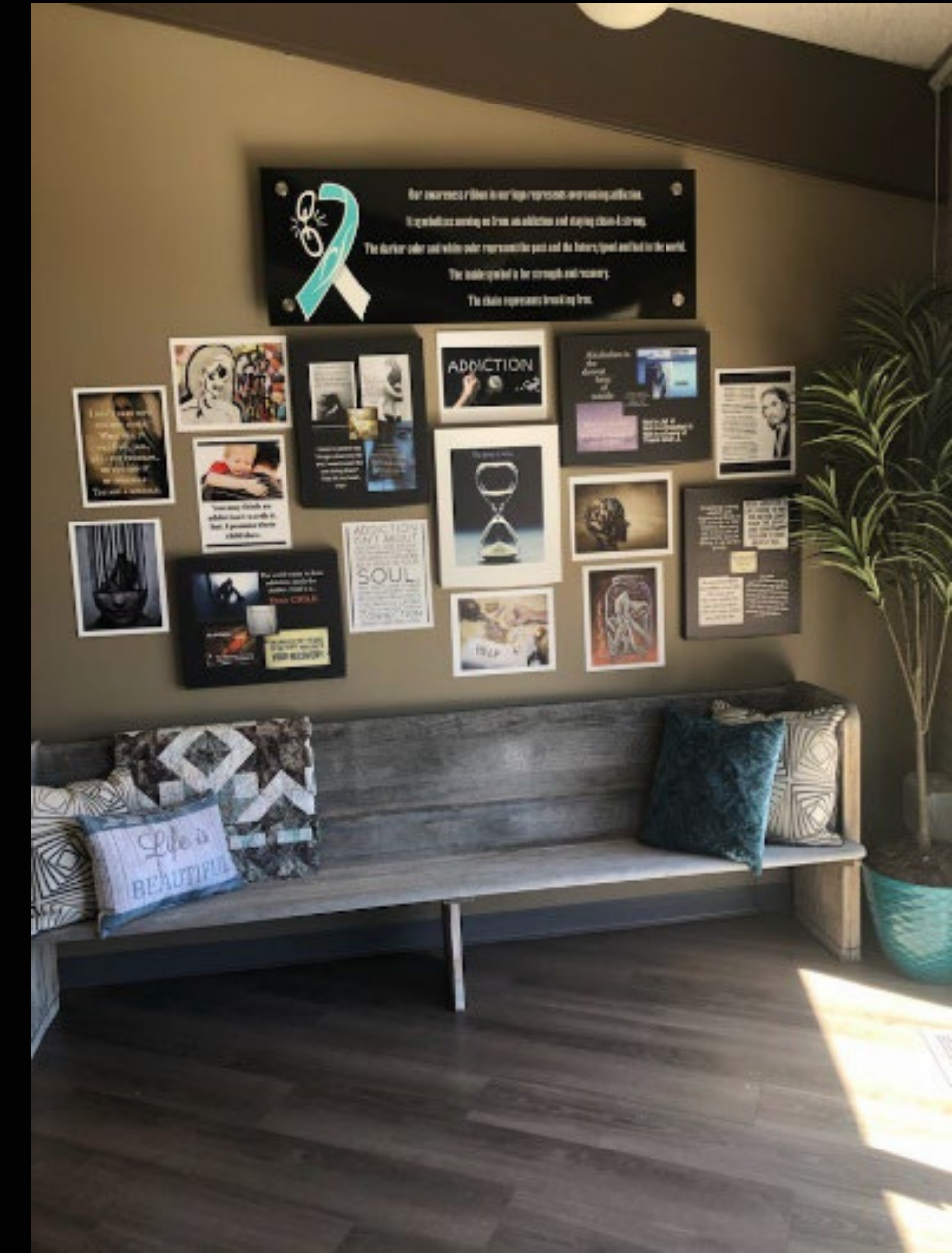
- Drug and alcohol assessments
- DUI evaluations and classes
- Individual Treatment Plans
- Addiction Counseling, including (COG) cognitive behavior-changing classes
- Referrals for inpatient rehabilitation services
- Referrals for in-house certified peer mentoring or certified peer specialist services

Kansas Certified Peer Mentoring/Peer Specialist Services

Utilizing the SMART Programs

- Works closely with clients to meet goals of individual treatment plans
- Breaks down goals into smaller, more attainable steps
- Holds clients accountable for weekly goals
- Celebrates your successes with you
- Assists in attaining community service opportunities
- Teaches goal setting
- Teaches SMART Recovery Family and Friends program
- Provided much-needed emotional support

Lobby



Our lobby is warm and inviting, featuring a calming waterfall. We also have a 3-D addiction wall that illustrates the impact of addiction on individuals and families. An antique church pew, generously donated by a prominent local citizen who is a recovering alcoholic, adds to our space.

Chapel



Our Chapel is a space where individuals can find serenity amid the heartbreak associated with addiction and mental health issues, such as depression, anxiety, PTSD, and grief. Visitors are welcome to sit alone or bring an advocate with them. Many who participate in the Twelve-Step Program appreciate this calm environment. They can light a candle, kneel in prayer, use a Rosary, read the Bible on our iPad, have motivational content read to them, or simply relax while listening to soothing music.

Indoor Meditation Garden Room



For those seeking an alternative to a traditional religious sanctuary, our indoor meditation garden room offers a peaceful retreat. It serves as a quiet space to escape the daily chaos and drama that often accompany addiction and mental health challenges. Guests can relax on the copper glider, surrounded by trees, plants, and flowers, while listening to the soothing sound of water bubbling in the fountain. Visitors are welcome to use our iPad for adult coloring, reading, journaling, or simply enjoying relaxing music. Many people also find joy in writing in their journals, practicing yoga, meditating, or even completing paperwork in this tranquil space.

Classroom



Our classroom serves as a space for group activities and family pattern-changing classes. Some parts of our curriculum are web-based, so we have a large screen TV for improved viewing. Additionally, we have a giant whiteboard that we use for feedback during classes, as we understand that many of our students are visual learners.

Session Objectives:

1. Participants will know how to create community partnerships with their local law enforcement agencies to lower recidivism within the criminal justice system in their communities.
2. Participants will know how to transition inmates into their outpatient treatment programs.
3. Participants will understand the unique role that peer mentors play in bridging the gap between incarceration, treatment, and recovery.

How We Developed A Community Partnership With Our Local Jail

- Talked about High Point and the mission of our organization
- The services we provide
- The new initiative for crime prevention - the new jail program
- SMART curriculum
- The role the peer mentors play with their lived-life experiences
- The benefits to the inmates
- Transition post-release
- Funding
- Decided on a class schedule for both the men's and women's programs
- Materials that were allowed to be left
- Flyer for the pods
- Set up a prepaid phone account for inmates to call and register

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S M A R T

Self Management And Recovery Training

Learn SMART InsideOut FAST

SMART is a **FREE** 12-week treatment program for substance abuse that you can start while incarcerated. This program will help you:

- Discover your power and freedom to change
- Build and maintain motivation for change
- Learn to cope with urges and cravings
- Manage your thoughts, feelings, and behaviors
- Address criminal thinking
- Navigate emotional challenges
- Find balance and fulfillment in life
- Plus much more!

This treatment program continues even after your release, allowing you to participate at our facility free of charge. We also offer other services, such as:

- Licensed drug and alcohol assessments
- Licensed counseling
- Certified peer mentoring
- Case management
- Family services
- Plus much more!

High Point Advocacy and Resource Center, Inc. provides services to residents of Cheyenne, Rawlins, Decatur, Sherman, Thomas, Gove, Wallace, Logan, and Sheridan Counties!

You can call us collect to schedule services, and we will be happy to answer any questions you may have. **(785) 460-8463 (TIME)**

RECOVERY IS POSSIBLE, AND THE TIME IS NOW!

Learn
SMART InsideOut
FAST



A Short Term Course

Participant Handbook

a SMART Recovery® Correctional Program

Meetings 1 & 2:

Find the Power and Freedom to Change

- What is your foundation?
- What are your Values?
- Hierarchy of Values?
- Break it Down: Self-Management and Recovery Training (SMART)
- Ground Rules for SMART Recovery Meetings
- What is addictive behavior?
- The Problem of Instant Gratification (PIG)
- Stages of Change

Meetings 3 & 4:

Point 1 - Build and Maintain the Motivation to Change

- Create an Action Plan for Change To Lead a Healthy, Fulfilling, and Balanced Life
- Change-Plan Worksheet
- Cost/Benefit Analysis
- Decision Worksheet & Cost/Benefit Analysis

Meetings 5 & 6:

Point 2 - Learn to Cope With Urges and Cravings

- What is an Urge?
- Triggers for Urges
- Urge Log
- Disputing Irrational Beliefs
- The ABC Tool
- DISARM (Destructive Imagery Self-Talk Awareness and Refusal Method)
- Defeat Urges with DEADS (Deny/Delay, Escape the trigger, Avoid the trigger, Attack the urge, Accept the urge, Distract yourself with an activity, Substitute for addictive thinking)

Meetings 7 & 8:

Point 3 - Manage Thoughts, Feelings, and Behavior

(Criminal Thinking)

- Disputing Irrational Beliefs
- Locus of Control
- 17 Tactics to Avoid Accountability and Continue the Present Way of Life
- Tackling Criminal Thinking
- Common Criminal Thinking Errors
- My Criminal Thinking Errors
- Tackling My Criminal Thinking with the ABC Tool

Meetings 9 & 10:

Point 3 - Manage Thoughts, Feelings, and Behavior

(Emotional Challenges)

- Anger with Anger Journal
- Thrill-Seeking
- Stress with Stress Journal
- Thought Rebuilding for Managing Depression with Depression Journal

Meetings 11 & 12:

Point 4 - Finding Balance and Fulfillment in Life

- Preventing a Lapse from Becoming a Relapse with the ABC Tool
- Learn to Deal with High-Risk Situations
- What is Lifestyle Balance?
- Three Column Technique
(Practical, Purposeful, Pleasurable)
- Lifestyle Balance Pie
- Improve Your Social Support Network

Meetings 11 & 12: Cont'd

Point 4 - Finding Balance and Fulfillment in Life

- The People in My Life
- Where to Get Support
- Social Survival Manual
- Recovery and Offending Culture
- Practice the SMART Tools
- Keeping Your Recovery SMART!

If the inmates get released from incarceration before completing the program, they have the choice to transition to our facility to complete it.

When this occurs, they have access to all the services we offer, including one-on-one sessions with peer mentors, and these services are FREE!

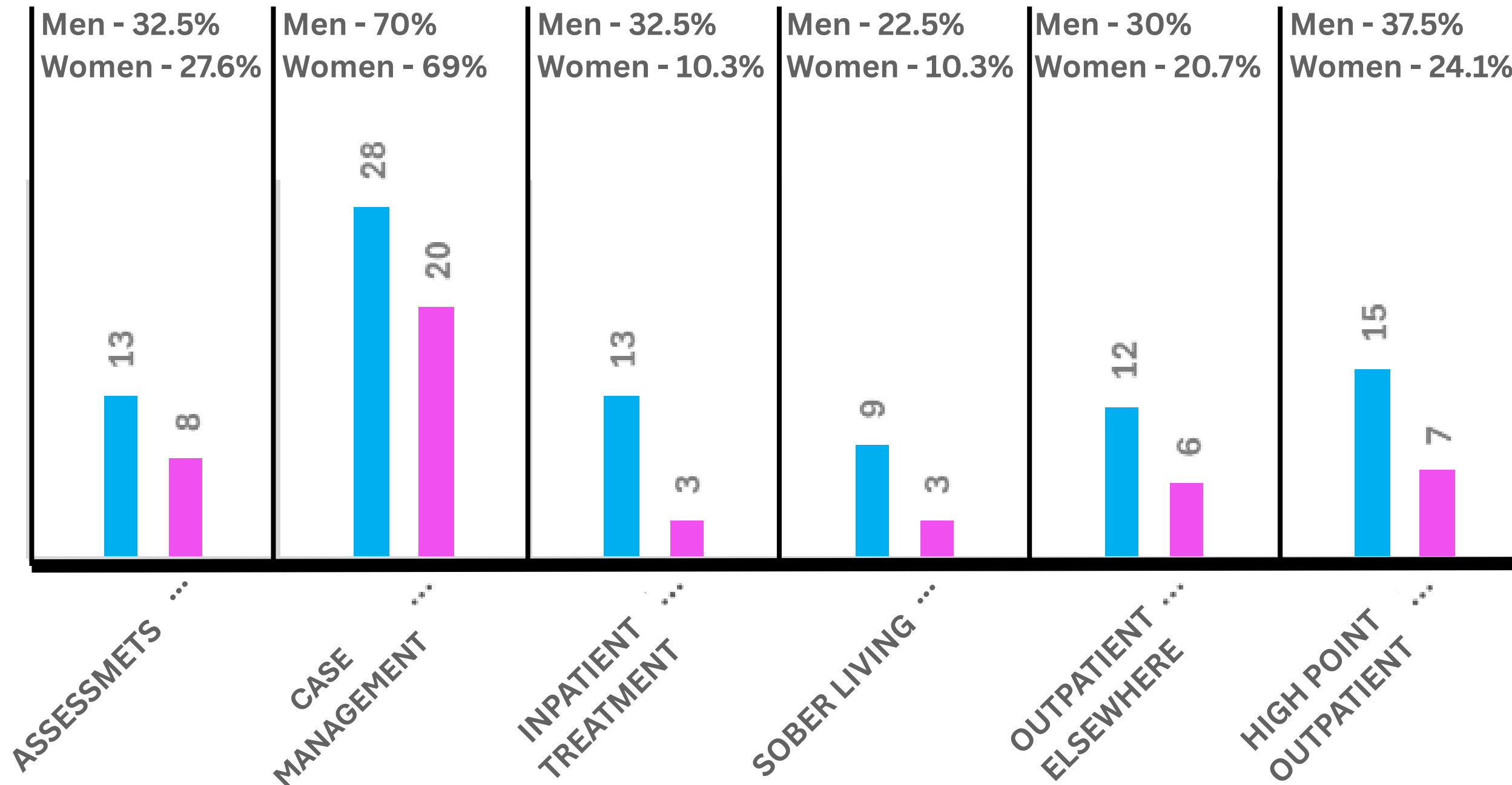
Upon completion, they receive a certificate and a letter from our CEO expressing our pride and asking them not to be strangers! These may be used to prove to their probation or corrections officers, DCF, Saint Francis, or any other facility that they are in compliance.



NUMBER OF SERVICES

TOTAL PARTICIPANTS = 69

■ MALE (40) ■ FEMALE(29)



PERCENTAGES COMBINED

ASSESSMENTS: 30.4%

CASE MANAGEMENT: 69.6%

IN-PATIENT TREATMENT: 23.2%

SOBER LIVING: 36.2%

OUTPATIENT ELSEWHERE: 26.1%

HIGH POINT OUTPATIENT: 32.0%

STILL WORKING A PROGRAM
AND CLEAN/SOBER

MEN: 34/40 85.0%

WOMEN: 21/29 72.4%

TOTAL: 55/69 79.7%!!!!!!

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Thank
you!