

New Day Recovery

New Curriculum Briefing

Monday, November 2, 2026 · Senath

What changes on Monday, November 16: one curriculum, in order

Nothing about this program depends on who happens to be in the room. Every facilitator teaches the same sessions, in the same order, in the same rhythm.

1

One sequence.

Sixty numbered sessions build on each other across twelve weeks, plus a Saturday recap group each week. Keep the session order and keep the phase gates. Do not skip ahead or reorder.

2

One rhythm.

Every sixty-minute session follows the same shape, so participants always know what is coming and facilitators never have to invent the hour.

3

Real choice, inside clear boundaries.

Breakout groups let each person choose the work in front of them, while the evidence-only standard and the crisis protocol hold every time.

4

Rolling open enrollment.

People join as they arrive, rather than waiting for a fixed start. A newcomer joining mid-week attends that Saturday’s recap, covering the week’s lessons.

Same lesson, same standard, in every room

A standardized curriculum means a client gets the same quality no matter who facilitates or which group they sit in.

- **No more guessing week to week** — every session has a set topic, reading, and purpose, planned in advance.
- **Every facilitator teaches the same core** — so coverage does not depend on one person's memory or style.
- **It can be reviewed and improved** — when everyone runs the same program, we can see what works and fix what does not.
- **It is built to hold up** — written to meet future Recovery Support Services (RSS) standards, not just today's needs.

The program at a glance

60
numbered curriculum sessions, each complete on its own

12
weeks, in five phases

5
numbered sessions a week, 60 minutes each

12
Saturday recap groups, one each week

The standing week: Warrior Curriculum Monday to Friday, 10:00–11:00 AM, men and ladies in separate groups; breakouts 4:00–5:00 PM; a 90-minute Saturday recap, 10:00–11:30 AM, men and ladies separately; Facility Hygiene every morning and evening, seven days a week.

Built on four dimensions.

Health, home, purpose, and community — the SAMHSA dimensions of recovery. Each phase names the part of life it is rebuilding, and participants should be able to say it in their own words.

Person-centered, trauma-informed, and evidence-based. Clinical material stays inside the facilitator's own scope; the curriculum itself never changes to fit a credential.

What you will hold in your hands:

Facilitator guide — all 60 numbered sessions, ready to open and run. Participant workbook and handouts for the plans that matter. Attendance tracker, Facilitator Log, and fidelity checklist.

Five phases, one life rebuilt

1 · Foundation · sessions 1–9 · weeks 1–2.

Coming home, stabilization, and a written crisis and safety plan by week 2.

2 · Healing · sessions 10–18 · weeks 2–4.

Renewed mind, shame and grace, pain and lament — coping only, never trauma processing in group.

3 · Rebuilding · sessions 19–27 · weeks 4–6.

Relationships, forgiveness and amends, and a life worth living.

4 · Living free · sessions 28–36 · weeks 6–8.

Relapse prevention, new identity and purpose, and staying connected.

5 · Giving back · sessions 37–60 · weeks 8–12.

Service (sessions 37–44), mentoring and leadership (45–52), purpose and vocation (53–60).

Phase complete: 8 of 9 sessions (Phases 1–4) or 22 of 24 (Phase 5), attended or made up, phase product complete, and the core skill stated in the person's own words. **Graduation:** all five phases, at least 54 of 60 sessions, the audited 90-day plan, and the Session 60 closing.



Sixty minutes, the same shape every time

0–3 **Opening.**

Purpose and objectives, stated plainly.

3–11 **Check-in.**

Name, craving 0 to 10, one word for the week.

11–31 **Teaching.**

Taught in your own words, never read aloud.

31–41 **Discussion.**

The session's questions, in order. Draw out quiet voices.

41–53 **Skill practice.**

Done in the room, in pairs, trios, or together.

53–58 **Personal application.**

Homework written down, in the workbook, by each person.

58–60 **Closing.**

One sentence: the core skill, the homework reminder, and the next session named.

If a session runs long, cut teaching — never cut the skill practice or the closing.

Saturdays are different: a 90-minute recap, 10:00–11:30 AM, men and ladies separately, the recap carries no session number. Homework is turned in at the next group after it is assigned, and all of it is in hand by the end of Saturday's recap.

60 sessions over 12 weeks, one clear flow

60
sessions in the full curriculum

60 min
for each session

12
weeks, start to finish

How a session runs

Open with the reading, teach the session's core point, work the discussion questions together, then close with a practice step clients can use that week.

Evidence-based core

The core curriculum is evidence-based teaching only. Nothing is improvised session to session — facilitators follow the guide for that session.

The presenter puts only the lesson on the TV



From your phone to the big screen

Open the presenter on the desk, pick the session or breakout, and tap Show on screen. Your phone links to the group-room TV.

On screen: the reading, teaching points, questions, and exercises — in big type clients can follow while they work.

Never on screen: facilitator notes. Those stay in your guide, for your eyes only.

Your guide leads. Their workbook follows along.

Facilitator guides

Your full road map for each session: purpose, timing, teaching notes, and what to watch for. This is the part clients never see.

Participant workbook

Clients follow the same lesson in their workbook and complete the worksheets as the group works — so the screen, the guide, and the page all line up.



Breakouts go deeper, handouts go home

20 breakout topics

Focused small-group topics, B-1 through B-20, each with its own handout. WRAP runs twice a week. The other 19 rotate — 8 run each week, chosen by client need, on a 3-week cycle (24 slots: every topic runs at least once, exactly 5 run twice).

Handouts for every topic

Each core session and breakout has a matching handout clients complete in group and keep — the lesson does not end when the session does.

Optional spiritual handouts — on request only

Spiritual and scripture handouts are available when a client asks for them. They are optional, they are separate from the core curriculum, and they are never part of the required lesson.

Boundaries that keep us safe and honest

Evidence only, in billable time

No faith teaching delivered, and no prayer led in session time, and none of it is billed. The core is evidence, and it stays that way.

Stay inside your scope

Teach the session as written. Do not diagnose, do not do individual therapy or trauma processing in group, and never advise on medication in any direction. Refer warmly, the same day.

Know the crisis protocol cold

Ask directly. Stay — never leave the person alone. Escalate the same hour. Call 911 for immediate danger or overdose; use naloxone if stocked and you are trained. Connect to 988, never hand off cold. Document before you leave; follow up within 24 hours. Withdrawal from alcohol or benzos goes to medical care the same day — never handled in-house.

Grace is the tone, not shame.

Medication-supported recovery is respected. A return to use, disclosed here, is met with a plan — not shame.

How staff implement it



Before.

Read the session before group, never during group. Ensure all clients are seated and ready, kit ready: workbooks, handouts, whiteboard, timer, roster, note forms, referral and crisis lists.

Readiness.

Initially, our current facilitators go live without the readiness checklist. Read the guide in full and complete the required trainings: confidentiality, boundaries, trauma-informed care, suicide-risk response, and naloxone where stocked. Know the crisis protocol without looking it up.

During.

Read the group agreements aloud in session 1 and post them. Keep confidentiality and its limits plain and early. Self-disclosure stays brief and participant-serving.

After, the same day.

Attendance for every person, craving scores, the Facilitator Log: one S.O.A.P. group note with the roster attached, and any referral or incident record. Documentation is part of care, not paperwork after it.

Every group gets a SOAP note

SOAP is how we document each session the same way, every time. Four parts, in order:

S

Subjective — what the client said

In the client's own words: how they describe what they are dealing with and how they are doing.

O

Objective — what you observed

What you saw in group: attendance, participation, appearance, and behavior — facts, not opinions.

A

Assessment — what it means

Your read of progress in plain terms: how the client engaged with the session and where they stand.

P

Plan — what happens next

The next step: follow-up, practice work, referrals, and what the next session builds on.

We train and print first, then we go live

SOAP training comes before go-live

Primary facilitators will be trained by Josh on the new SOAP note before November 16. No one documents the new way untrained — training is a requirement, not an option.

Session 1

Monday, November 16, 2026

That is day one of the new curriculum.

Why the two-week push

Time to train every facilitator properly and get workbooks and handouts printed and ready — not handed out half-done.

Practice the presenter

Try the phone-to-TV flow in your group room before day one, so go-live morning has no surprises.

Materials ready

Guides in facilitators' hands, workbooks and handouts printed, breakouts scheduled.

Clear scope today, room to grow tomorrow

Today: recovery support and education

This curriculum is standardized group education and recovery support. It is built to live up to future RSS standards, and facilitators work within that scope.

Future: clinical services, only when ready

If higher accreditation through the Joint Commission or CARF is sought, clinical services will be added only once appropriately credentialed staff are hired.

Clinical work belongs to credentialed staff only

When clinical services are added, they will be relegated to only those with clinical licensure or SUD counseling credentials, as per regulatory body standards. No exceptions, and no one works outside their credentials.

Things we are still working out

Two pieces still need to be finished so groups run smoothly day to day.

1

A print packet for every group

Printing will be set up so each group gets a packet with that lesson's facilitator guide, workbook pages, handouts, roster, and note template.

2

Train staff on S.O.A.P. notes

Staff will be trained on S.O.A.P. notes so every group is documented the same way, every time.

Trained, printed, and ready for November 16

Same curriculum in every room, the lesson on the screen, the work in the workbook, and a SOAP note that shows it — starting with Session 1 on Monday, November 16, 2026.

Get the materials on the curriculum portal: https://new-day-staff.pages.dev/