Session 60: Sent Again: The Full Review and the Renewed Plan

Duration: 60 minutes

Materials: Appendix D for every participant; completion letters / certificates (prepared with the Program Director); workbooks and pens

Learning objectives — by the end of this session, participants will be able to:

- Present a renewed 90-Day Continuing Care Plan (Appendix D) integrating service, mentoring, and vocation commitments. The product of this session is “My Giving Back Plan and the Next 90 Days.”
- State their standing against the graduation criteria (Appendix F) and any completion plan for gaps, privately, one-to-one with the Program Director, before the recognition
- Name their ongoing posts for the next season: one service post, one helping relationship, one capability in build

Opening (4 minutes)

Newcomer bridge (60 seconds): This is Phase 5 — Giving Back. The one idea today is that the whole curriculum is renewed in “My Giving Back Plan and the Next 90 Days” — sent again, not finished. You are welcome here without earlier sessions; everything you need for today is in this session. Sixty sessions. Four dimensions. One plan, renewed. Today the whole curriculum sits on the table at once — the safety plan, the chains, the service post, the boundaries, the work — and leaves this room the way it was always meant to: carried by people who now carry others.

Check-in prompt (7 minutes)

Name, craving 0–10, one word for your week — then: “Final check-in: name your craving score, and then finish this sentence — 'The session that most changed me was number ___, because ___.'” Log every craving score on the roster.

Passing is honored — you may pass any question, prompt, or practice without explanation, step out and rejoin, and choose a partner-only option where one is offered.

Teaching (15 minutes)

Session 36 assembled the 90-Day Continuing Care Plan and said the truest thing in this book: ninety days is the design horizon, not the recovery horizon, and the plan schedules its own renewal. This session is that renewal, at full strength. The renewed plan carries what Phase 5 built: a service post with a season and a review date (Session 44), helping relationships with bright lines and a supervisor (Sessions 45–52), and a vocation direction with a capability in build (Sessions 53–58) — all of it audited in pairs before the session, the way Session 36 taught. The product named in this session and in Appendix F is “My Giving Back Plan and the Next 90 Days.” Standing against the criteria is stated privately, one-to-one with the Program Director, before the recognition. Nothing about standing is said aloud in the room.

- **Renewal is the design, not a repair** A plan that is never renewed becomes a souvenir. The renewed Appendix D keeps every working element, replaces what life has outgrown, and re-dates the reviews — quarterly now (Session 59), with named people in them.
- **Carry three posts into the next season** One service post, kept. One helping relationship, bounded. One capability, building. A graduate's life is not bigger than a participant's; it is clearer — fewer, named, reviewed commitments instead of a crowd of intentions.
- **Sent again, not finished — again** Session 36's word still stands, and this room has now lived it for a whole phase: nobody here is declared cured or completed. We are sent — equipped, accompanied, and expected back: as alumni, as peers, as the people who set up the chairs for the next room.

Sources & Evidence — Facilitator background — do not teach

Purpose — meaningful daily activity, work, and service — is one of SAMHSA's four dimensions of recovery, and continuing-care planning throughout this curriculum follows the same written, reviewed structure: named commitments, named people, scheduled renewal (SAMHSA, 2012; Stanley & Brown, 2012). Key sources for this session: SAMHSA (2012); Stanley & Brown (2012); Granfield & Cloud (1999); White (2008). Evidence strength: Moderate. Spiritual practice: Service and helping others — correlates with the helper-therapy principle and recovery capital in sustained recovery; evidence: Moderate (Riessman, 1965; Granfield & Cloud, 1999). Full citations: Appendix H. The session's Scripture material is in its optional handout (Appendix I), as theological foundation, quoted from the King James Version.

'Evidence strength' grades the correlated mechanism, not the spiritual practice itself

Pause midway through teaching: ask, "What part of that sounds most like your life right now?" Take two or three answers, connect them to the teaching, and continue. Teach in your own words — the bullets are your map, not a script to read aloud.

Discussion questions (8 minutes)

1. Read your renewed plan's weakest field aloud to your partner — where is it thinnest, and what did you just strengthen?
2. Name your three posts for the next season, exactly: service, helping, capability. Who else knows each one?
3. What do you want to say to the person who sits in your chair next — the one arriving the week after this room empties?

Skill practice (20 minutes)

Plan renewal and recognition: renewed plans, audited in accountability pairs before the session (pre-work), are spot-checked against the Appendix D checklist, extended with the Phase 5 entries — service post and review date, helping relationships and supervisor, vocation direction and capability step. Then each graduate is recognized individually: they state their compass sentence (Session 53), name their three posts for the next season, and name the date of their first quarterly review — one sentence, three posts, and the date

per graduate. The room responds as it did in Session 36: commitments heard, community named, nobody sent out alone. Passing is honored; nobody is publicly graded, and no pending criterion is announced. If a post is still forming, name it as forming and name the person helping you form it — including staff. 'Still forming' is a complete answer.

Personal application — homework (4 minutes)

Live the renewed plan. First service shift on the date written, first helping conversation inside the bright lines, first quarterly review on the calendar. The plan's renewal page names the next review date — keep it the way you kept these sixty sessions: one kept day at a time. Participants write it in their workbook before leaving. Facilitator: name the homework again at the door as people leave.

Facilitator notes and cautions

Protect the recognition's honesty and its joy in equal measure: no graduate is publicly graded, no pending item is announced to the room, and completion plans (Appendix F) are set privately with the Program Director. Anyone whose renewed plan surfaces current risk is connected to the care team today, warmly and without ceremony.

Closing (2 minutes)

You arrived carried. You leave carrying — a plan renewed, a post to stand, people to steady, and work that fits the life. Ninety days was never the horizon. Go live the long, free middle. We will keep a chair set up for you — and expect you back to set up chairs for others.

Fidelity check for this session: objectives named at the start ☐ craving scores logged ☐ skill practice completed in full ☐ homework written down by participants ☐ session note filed today ☐