Session 36: The 90-Day Plan and Phase 4 Completion: Sent, Not Finished

PHASE 4 — LIVING FREE: PREVENTION AND PURPOSE (WEEKS 6–8) · WEEK 8 — STAYING CONNECTED

Date: _____ My craving today (0–10): _____ One word for my week: _____

Handout for this session: the Session 36 handout (My 90-Day Continuing Care Plan) — in the Handouts Packet.

What we're learning

The final session brings everything together into your 90-Day Continuing Care Plan, covering all four dimensions: Health, Home, Purpose, and Community. Every field gets a name, a date, a number, or a place — a plan with names and dates is a bridge; without them it is a wish. Plans are checked in pairs, and then each participant completing Phase 4 is recognized: you state your identity statement, name your two communities and your accountability person aloud, and the group sends you off together. You are sent, not finished — and the plan schedules its own day-90 review today. This is a 60-minute session. Opening 3 minutes, check-in 7, teaching 11, discussion 4, skill practice 30, homework 3, closing 2. In the closing recognition, you may pass on speaking aloud and share with a partner instead, without explanation.

- A plan with names and dates is a bridge; without them it is a wish Pairs audited Appendix D before the session; the facilitator spot-checks every field for a name, a date, a number, or a place. Blank fields get filled or get a dated step toward filling them, in this room.
- Ninety days is the design horizon, not the recovery horizon The plan's final page schedules its own renewal: at day 90, the participant reviews it with mentor, coach, or alumni contact and builds the next ninety. Graduation installs the rhythm; it does not retire it.
- Sent, not finished The closing language matters — nobody here is declared cured or completed. We are sent: equipped, accompanied, expected back as alumni, givers, and eventually the people who set up the chairs.

Goals for this session

☐ I can present a completed 90-Day Continuing Care Plan (Appendix D) covering all four SAMHSA dimensions

☐ I can state my standing against the Phase 4 completion criteria in Appendix F and any completion plan for gaps

☐ I can participate in the closing and send-off: commitments spoken, community named

Check-in

Name your craving score, and then finish this sentence: 'The person who walked into Session 1 would not believe that I now _____.'

Discussion — write your answers

Write what you would say out loud — and more, if it comes. There is no right-length answer; there is only an honest one.

1. Read your plan's weakest field aloud to your partner — where is it thinnest, and what did you just strengthen? Share only what you choose — headlines, no figures or health detail aloud.

2. What will you do at day 30 when motivation is ordinary and the plan feels like paperwork? Name the person and the practice now.

Session 36 — Skill Practice

Closing and send-off: plans, audited in accountability pairs before the session (pre-work), are spot-checked against the plan checklist, then each participant completing Phase 4 who chooses whole-group recognition is recognized individually — they state their identity statement (Session 31), name their two communities and their accountability person aloud, and receive the group's send-off. Anyone may pass on speaking aloud and share with a partner instead, without explanation. Phase 4 completion letters are presented; certificates are presented at Session 60.

Audit your 90-Day Continuing Care Plan (final pages of this workbook) in a pair before the session (pre-work), and spot-check it before the closing and send-off: every field has a name, a date, a number, or a place. ☐

For the closing: my identity statement (Session 31) / my two communities / my accountability person:

My takeaway

The one thing from this session I most need to remember — in my own words:

Homework — this week's application

☐ Live the plan. First accountability call within seven days, first community visit on the date written, day-30 self-review marked in a calendar today — before you leave this room. Also write discussion questions 3 and 4: 'What do you want to say to the person who enters this

program next, sitting in your chair? (These may be collected, with permission, for the alumni welcome.)' and 'What are you taking from this room that you intend to give away — and to whom, first?'

Space to do the homework and note how it went:

An optional Scripture handout for this session is available from your facilitator on request.

Phase 4 Check-In

Phase 4 — Living Free: Prevention and Purpose (Weeks 6–8)

Twelve weeks. You fought your way to this page. Now write the plan that keeps you free.

Do not grade the fight. Report it honestly — where you held, where you got hit, and what you need for the next round. Honest is how warriors do an after-action review.

Where I was when this phase began:

Where I am now:

The fight in this phase — where I held, and where I got hit:

What I still need:

My phase progress — honest self-check

Phase completion in this program means: I attended at least 8 of this phase's 9 sessions (or made them up with my facilitator), my phase product is complete, and I can state the phase's core skill in my own words. Sessions and homework from before a participant entered do not count as outstanding. The phase count runs from the sessions you attend after entry: attend at least 8 of 9 sessions in Phases 1–4, or at least 22 of 24 in Phase 5, counting attended sessions plus facilitator-assigned makeups (attending the session in a later rotation or completing the facilitator-assigned equivalent), with any remaining gap carried in a completion plan set with the Program Director — never exclusion.

- ☐ Session 28: The Warning-Sign Chain: Relapse Starts Long Before Use — attended ☐ / made up ☐
- ☐ Session 29: High-Risk Situations: The Personal Prevention Plan — attended ☐ / made up ☐
- ☐ Session 30: After a Slip: Return, Don't Run — the First 24 Hours — attended ☐ / made up ☐
- ☐ Session 31: A New Identity — attended ☐ / made up ☐
- ☐ Session 32: Strengths, Gifts, and Service: Recovery That Gives Back — attended ☐ / made up ☐
- ☐ Session 33: Telling Your Story Safely: Testimony Without Harm — attended ☐ / made up ☐
- ☐ Session 34: My Community Connection Plan — attended ☐ / made up ☐
- ☐ Session 35: Mentoring and Accountability After Graduation — attended ☐ / made up ☐
- ☐ Session 36: The 90-Day Plan and Phase 4 Completion: Sent, Not Finished — attended ☐ / made up ☐
- ☐ Phase product complete: My Warning-Sign Chain, Return Card, and 90-Day Continuing Care Plan complete (Sessions 28, 30, 36)

The core skill of this phase, in my own words:

Program wording: spotting my warning-sign chain early, interrupting it, and living my 90-day plan with my people. Now say it your way:

One thing I am grateful for at the end of this phase:

One thing I am asking for help with in the next phase:



Phase 5 — Giving Back: Service, Leadership & Purpose (Sessions 37–60)

You were carried when you could not carry yourself. Now you learn to carry others — carefully, with boundaries, and with a purpose that outlasts this program.

Phase 5 turns the work outward in three blocks of eight sessions. Sessions 37–44, Service: giving back and contributing to this house and this community, treating service as recovery capital you build on purpose. Sessions 45–52, Mentoring & Leadership: supporting newer participants as a peer — listening well, sharing your story safely, holding boundaries in helping roles, and handing safety concerns to staff without hesitation. Sessions 53–60, Purpose & Vocation: the direction, work, and craft that will carry your freedom — readiness, honesty on paper, guarding your recovery at work, and My Giving Back Plan and the Next 90 Days, which renews your 90-Day Continuing Care Plan. Your own recovery still comes first in every session of this phase. That order is not selfishness; it is what makes the giving possible.

Block 1 — Service: Giving Back (Sessions 37–44)