



WAYPOINT MINISTRY

Men's Addiction Regeneration Program

Family Participation Guide



Welcome to Waypoint

Congratulations on your loved one being accepted into the Waypoint Ministry Regeneration Program. We understand that this is an important moment for your family, and we want you to know that upon entrance into the program, the staff at Waypoint Ministry is committed to working hand in hand with the family, as we believe that your involvement plays a crucial role in the regeneration process and is vital to the success of your loved one. In this packet, you will find an introduction to our ministry's mission and vision, as well as, details about the program itself and some important guidelines. Our aim is to provide you with a comprehensive understanding of how your participation can contribute to your loved one's regeneration and long-term sobriety.



MICHAEL TUCKER

PROGRAM DIRECTOR

About Waypoint

Waypoint Ministry is a 12 month Christian Residential Regeneration Program accommodating men aged 18 & older. We are a non-profit, 501c3, Georgia-based, THOR-approved, state licensed, level 3.1 residential drug & alcohol treatment facility.

Waypoint Ministry stands apart from traditional rehab programs as a regeneration program. While rehab programs focus on returning individuals to their former state, we recognize that it was precisely their former state that brought them to this point in their lives. Instead, we offer a long-term solution centered around complete regeneration of the body, soul, and spirit. When men enter our program, they often feel broken and devoid of hope, burdened by shame and guilt.

At Waypoint, we give them the space to allow God to bring their issues to the surface in His divine timing. Our approach doesn't involve adding more shame or guilt to their already heavy load. We trust in God's perfect timing to heal these men as their pains and hurts rise to the surface. Our ultimate objective is for your loved one to experience a true spiritual rebirth and discover new life through Jesus Christ. This form of rebirth leads to profound freedom from the pain of the past, the shame of the present, and addiction itself. Their journey not only changes their own lives but also has a profound impact on the lives of their children. God has regenerated these men into powerful forces for good.



Our Mission

A Regeneration Program Building
Godly Men Through Christ

"He will turn the hearts of the fathers to the children
and the hearts of the children to their fathers, a
reconciliation produced by repentance ..."

-Malachi 4:6

Our Vision

- To turn men from addiction to Christ
- To turn the hearts of fathers to their children
- To turn broken families into healed testimonies

"Therefore, if anyone is in Christ, he is a new creation.
The old has passed away;
behold, the new has come."

-2 Corinthians 5:17

Our Strategies

- Facilitating clients through the 12 steps of recovery in 4 phases of the Dunklin Curriculum
- Journaling, Daily Moral Inventory, Quiet Time, & Communion with God
- Curriculum, Homework & Insights
- Small Groups & Family Recovery
- Time Stewardship & Scripture Memorization
- Monthly Clinical Treatment Plans with Weekly Progress Notes
- Educate & establish understanding of spiritual authority, healthy boundaries & relationships and understanding priorities
- Regular church attendance & establishing healthy relationships within the church community
- Inner healing from wounds of the past
- Discipleship and transition back into the family & community
- Alumni Aftercare



Stabilization Period

Upon entering the program, your loved one will undergo a minimum 30-day stabilization period, during which we kindly request that there be no direct contact with them. This initial period is crucial, as it allows them to fully focus on stabilizing their mental and emotional well-being, as well as, making the necessary adjustments to adapt to the program. It is during this time that they will begin breaking down the barriers of denial and start their journey towards healing from chemical use. It is important to remember that every individual progresses at their own pace, and just because someone has completed the 30-day stabilization period, it does not necessarily mean they are ready to transition out of it. Each case is thoroughly evaluated on an individual basis to determine their readiness for the next step. We prioritize their well-being and progress, ensuring that they receive the comprehensive support they need. Once the initial 30 days have passed, you will be able to check on your loved one's progress by contacting our office via email or phone. Our team will assess their progress and will provide you with further details regarding visitation opportunities. Please remember that this process requires patience, trust, and understanding. While it may be difficult not to have direct contact during the stabilization period, keeping this time free from external influences helps create a safe and conducive environment for their recovery journey.



Visitation

We understand that as a new member of the Waypoint family, your priority is the restoration of your own family. Our family visitation program aims to provide a suitable environment that fosters healing and reconciliation between your loved one and his family. Rest assured, we have implemented healthy guidelines and boundaries to ensure the best possible care for your loved one. As part of the program, Family Recovery Classes are mandatory and are held on Sundays from 2pm-3pm during visitation weekends. While we acknowledge the desire to visit your loved one, it is important to maintain a healthy separation during his regeneration process. In the event that you are unable to visit, please know that he will be in a safe and nurturing environment and will not be alone. At times, an extended separation can be beneficial for a man's regeneration. Additionally, there may be periods during your loved one's program when visits are not permitted. This could be due to specific aspects of the regeneration program, the inner healing phase, codependent or enabling relationship recovery, or disciplinary consequences for guideline violations. We appreciate your understanding and support as we work towards the restoration of your family.

What to bring/not to bring

At Waypoint, we understand the importance of personal and financial responsibility in our Regeneration Program. Our goal is to guide our residents in recognizing the distinction between wants and needs. Rest assured, all of our men's essential needs are fully met during their entire stay with us. For a comprehensive list of approved and unapproved items, please visit our website. When submitting your visitation request, kindly inform our office of any specific items your loved one may require. Each request will be carefully considered on a case-by-case basis. We want to emphasize our right to decline personal items, as it is vital to protect our limited residential space and prevent any potential exploitation of your generosity. Furthermore, this approach promotes personal detachment and individual responsibility. By encouraging our men to differentiate between needs and wants, we strive to instill this valuable life lesson. We sincerely appreciate your cooperation in this process as we work together to support your loved one's regeneration. Remember, a need is something essential, while a want is something desired or wished for.



Required Guidelines

Below is a list of guidelines that you will be required to follow. All the men are aware of these guidelines and it is his responsibility to communicate these to you and to follow them. If these guidelines are not followed, there may be disciplinary consequences or visitation privileges may be revoked.

- 1 Visitations are held every weekend of each month (unless notified otherwise).
- 2 All visitors must sign a consent form permitting drug testing that could be administered at staff discretion.
- 3 Tobacco & nicotine products of any kind (including vaping) are prohibited on Waypoint Property.
- 4 Request for visitation must be received by our office no later than Thursday 5pm during the week of the weekend you desire to visit.
- 5 The visitation request should be emailed to: family@waypointministry.com. If email is not available, you may call our office at (706) 864-7110.
- 6 All requests for visits must include the day(s) visiting, who will be visiting (limited to 4) and their relationship to the man in the program (immediate family only), and items/food you are requesting to bring. No girlfriends or fiancés allowed to visit unless approved by the Program Director.
- 7 Visitation starts promptly at 1pm and ends promptly at 5pm. No exceptions.
- 8 If you attend church service with us on Sundays, you are allowed to come directly to the property following the service. You are only permitted to come to the property before 1pm if you attend the church service.
- 9 If for any reason you have to leave the property during visitation, you will not be allowed back on the property for the remainder of that visitation.

Required Guidelines (cont.)

- 10 Phones and all electronic devices are prohibited for the men. Information regarding things taking place outside of Waypoint is a distraction and could be a danger to the men. No pictures are to be shared with or taken of the men without staff approval.
- 11 You can bring a meal for you and your loved one to eat together. We ask that it be enough food for one meal only (no leftovers). You are not allowed to bring a meal for other men in the program.
- 12 All items must be approved by email. If items are not on approved visitation list (posted in pavilion), then they will be sent back.
- 13 Brief conversations with other men in the program are understandable. Please remember that you are here to work on the relationship with your loved one. It is not appropriate to hug or have lengthy conversations with other men in the program.
- 14 Family Recovery takes place from 2-3pm during certain Sunday visitations. It is a requirement that family attend Family Recovery. Family members that intentionally dodge Family Recovery will forfeit their next visit.
- 15 Appropriate clothing must be worn when visiting your loved one at Waypoint.
- 16 We require that while your loved one is in the program, you DO NOT visit our Thrift Store for shopping or donations. Should you need something or wish to donate items, please contact our office at 706-864-7110 and we will help you make the needed arrangements.

What is Family Recovery?

Family Recovery classes are held in our chapel each Sunday of visitation weekend from 2pm-3pm. The goal of our Family Recovery classes is to educate, encourage and unite family members who have been impacted by addiction. The classes serve as an opportunity to accelerate the reconciliation process with your loved one in a safe Christian environment. While in Family Recovery, you will have the opportunity to meet other families. While we encourage families to build relationships with others as a means of support, we ask that you not address specific issues concerning men in the program with other families. If you have specific concerns about your loved one, please bring them to the attention of a staff member. We encourage you to spend time on your visit to focus on your own personal healing within your family.

Each Sunday we attend various church services at 9am or 11am. We believe that a vital part of the Family Recovery process is attending church services together. You are welcome to attend church service with us each Sunday. Church attendance with the men is not only limited to just visitation weekends. Please email us at family@waypointministry.com by Thursday 5pm to notify us that you will be in attendance.



Our Program



Orientation

The initial phase of our comprehensive program is the Orientation phase, where men embark on their transformative journey. Here we emphasize the importance of this phase as the foundation for progress. During Orientation, participants are provided with invaluable opportunities to deepen their relationship with the Lord, gain an understanding of the Waypoint program, and adjust their attitudes while developing a willingness to adhere to the program's rules, structure, and authority. An essential aspect of this phase is the formulation of a personal contract, enabling individuals to set achievable goals for themselves throughout the program. Additionally, participants begin the crucial process of identifying amends that need to be made to friends or family who have been hurt due to their addiction, actively taking responsibility for their past actions.

In the Regeneration phase, a holistic approach is taken to address the spiritual, mental, and physical aspects of addiction and life skills. Through biblical counseling, classroom teaching, and small group meetings, individuals are provided with the tools and support necessary for their journey towards healing and growth. This phase places great emphasis on addressing the underlying issues and providing guidance for a lasting transformation. By incorporating different methods and resources, the Regeneration phase empowers individuals to not only overcome addiction but also develop important life skills that will contribute to their overall well-being.



Regeneration



Inner Healing

The Inner Healing phase, which marks the third stage of the journey, is a profound and spiritual experience aimed at addressing the wounds, trauma, and false core beliefs that have plagued individuals in their past. While all phases hold significance, this particular phase is often revered as the most pivotal one. Its emphasis lies in the essential task of healing the underlying issues or the "root" causes of addiction. By delving deep into their inner selves, the men engage in a transformative process that fosters personal growth and spiritual connection. The bonds formed within this class serve as a testament to the profound impact it has on the individuals' lives, leaving them with a profound sense of camaraderie and a profound personal experience of God.

The Discipleship phase marks the fourth and final stage of our program, where men undergo a profound transformation. This phase centers on shifting their focus away from addiction and towards embracing their true identity as revealed by God. They are equipped with the tools and knowledge necessary to walk in this truth, leading to lasting freedom. Moreover, during this phase, individuals are encouraged to give back and serve others, sharing the invaluable lessons they have acquired throughout the program. Within the Discipleship phase, off property visits may be permitted with the Program Director's permission. While we understand the importance of spending time with loved ones, it is crucial to safeguard their regeneration by avoiding old friendship circles or risky environments that could jeopardize their sobriety.



Discipleship



Communication



It is important to establish healthy lines of communication. Remember, we have several men in the program. Our focus each day is your loved one and we maintain a busy schedule. Your call will be returned as soon as possible.

If you have any questions, concerns, or needs about your loved one, please contact the office at (706) 864-7110 or email us at family@waypointministry.com



In case of an emergency, contact Michael Tucker (Program Dir.) 706-202-9677.

If Michael cannot be reached, contact Chris Gillhouse (Executive Dir.) 706-525-1612.



We will only contact you in emergency or essential situations that we deem necessary. If you would like an update on your loved one, we ask that you call or email us.



“How do I help my loved one through recovery?”

- 1 Avoid Enabling Behaviors:** Many family members fall into the trap of enabling, unwittingly engaging in seemingly helpful behaviors which prolong addiction. Before aiding a loved one struggling with substance abuse, ask yourself if helping will make it easier for him to maintain the addiction.
- 2 Maintain Boundaries:** You must remember that addiction can turn even the most generous person into a master manipulator. It is necessary to create clear boundaries for your loved one, so he knows what is and is not acceptable in your relationship. You should strive to create boundaries that help keep your loved one on the path to sobriety. If you need resources on this, we recommend reading [Boundaries](#) by Henry Cloud. We also cover these topics in family recovery.
- 3 Be Patient:** No two people experience substance abuse the same way. One person's recovery journey may be much more difficult than the next. Families must understand that recovery takes time. The focus must be on the recovery from substance abuse. The evidence is clear, if the substance abuse is not dealt with and your loved one is not healthy, then all other aspects of life will not be healthy. Recovery is possible but it is a process. Be patient, try not to force them back into a life that they are not ready for.
- 4 Create A Safe and Supportive Environment:** If you are hosting a loved one who just finished recovery, you should take time to make sure your home is a welcoming and supportive environment. This may require removing all alcohol and other substances from the home to minimize temptation, but this is a very small sacrifice compared to the potential good you are doing for your loved one in recovery.
- 5 Acknowledge the Value of Family Counseling and Family Therapy:** Family members of a person with a substance abuse disorder likely have their own traumas and issues with addiction. Family recovery is valuable because it helps a person with an addiction see issues from the perspectives of loved ones. You may feel hesitant about attending family recovery sessions but remember that this type of education and counseling can be incredibly helpful to your recovering family member.
- 6 Research Addiction:** Many Americans have a working knowledge of addiction but may not realize the full gravity of a loved one's struggle with substance abuse. Take time to research your loved one's addiction, the potential medical complications it may cause, and available treatments. Helping a loved one through recovery will undoubtedly entail several important conversations, and it is very helpful to enter these conversations armed with knowledge from reputable sources and researchers. We recommend the following resources :
 - al-anon.org
 - nida.nih.gov
 - [Boundaries](#) by Henry Cloud
 - [I Said This, You Said That](#) by Kathleen Edelman
 - Life Recovery Bible

Servant Leadership Training Program

The Servant Leadership Training Program (SLT) is an exceptional opportunity for graduates of the Waypoint Ministry Regeneration Program to further contribute and make a difference. This one-year commitment is designed for men who feel called to leadership, counseling, or ministry. As SLT's, participants put their knowledge into action through various studies, mentoring those who are part of the Regeneration Program, and assuming leadership roles within different industries. This program allows our men to utilize their spiritual gifts and promote the understanding of the calling to ministry and missions. SLT's not only assist in leading the men in the Regeneration Program but also support the class teachers, thereby gaining hands-on experience in serving and leading with godly examples and speaking truth in love. At Waypoint, we firmly believe that there is no substitute for the invaluable lessons learned through this immersive and transformative training program.



We sincerely hope that this document has helped you gain a sense of peace and understanding of our offered programs here at Waypoint Ministry. We understand that all of your questions may not have been answered. Please feel free to call our office if additional questions arise.



Contact Information



(706) 864-7110



www.waypointministry.com



family@waypointministry.com

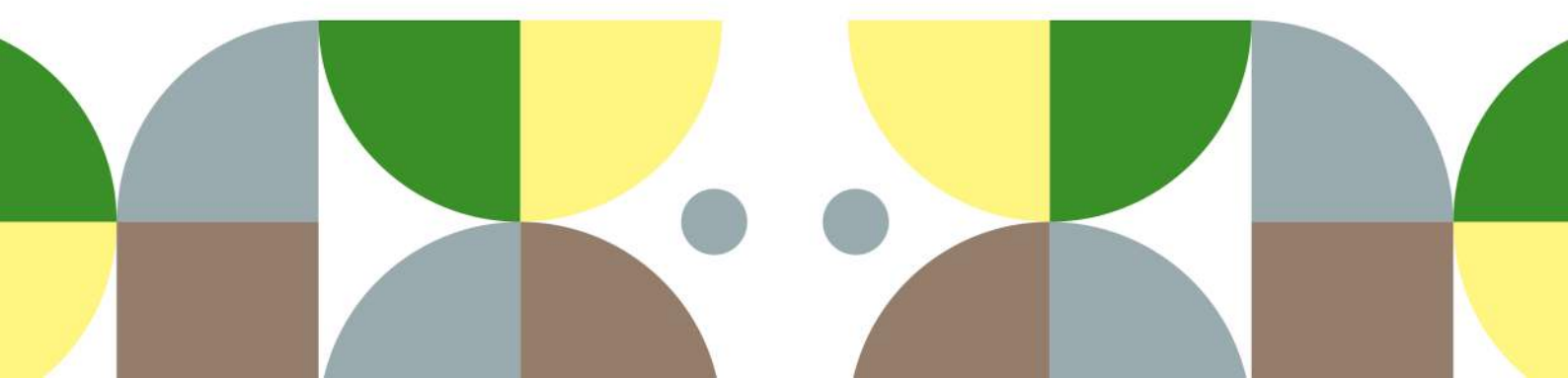


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