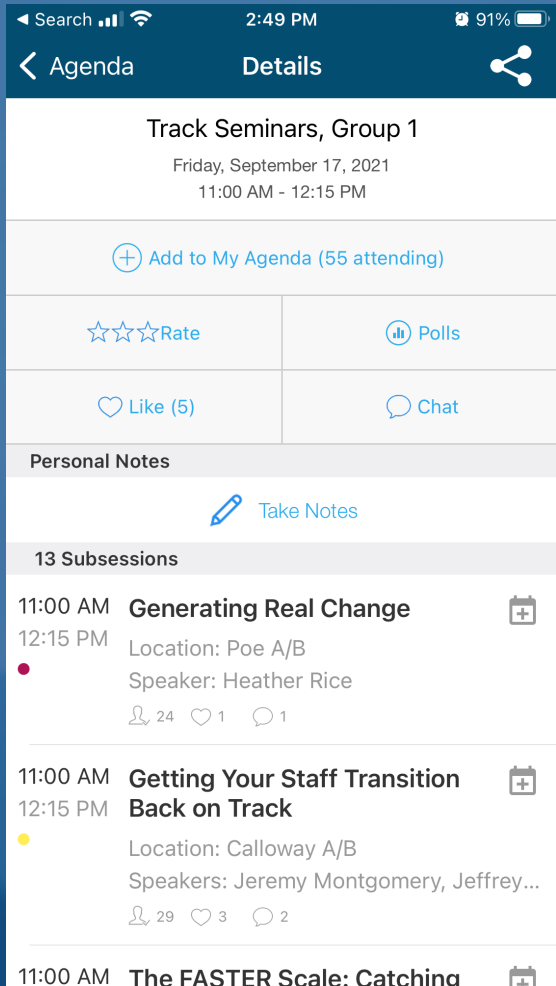


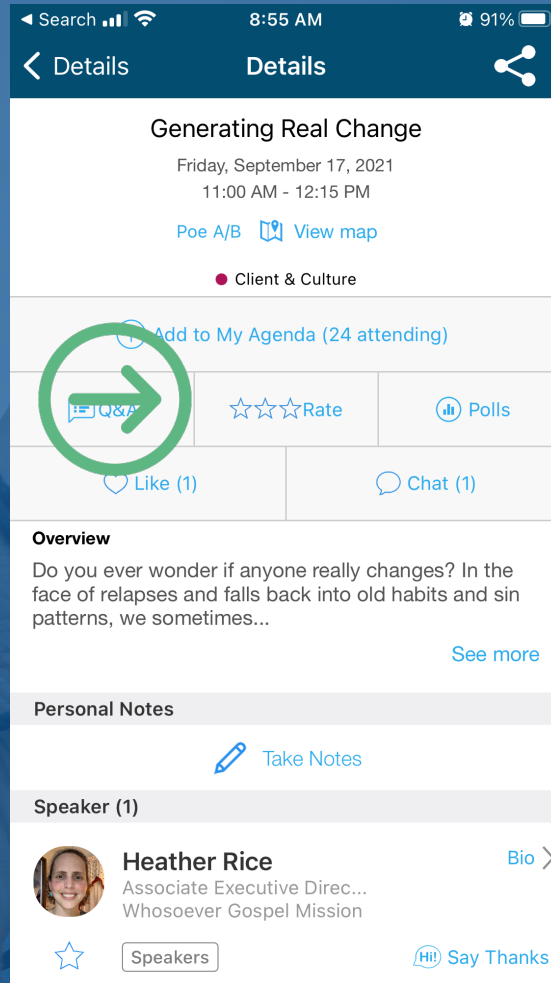
Increase Retention in Recovery Through Life Skills:

Unleashing Student Potential with EI



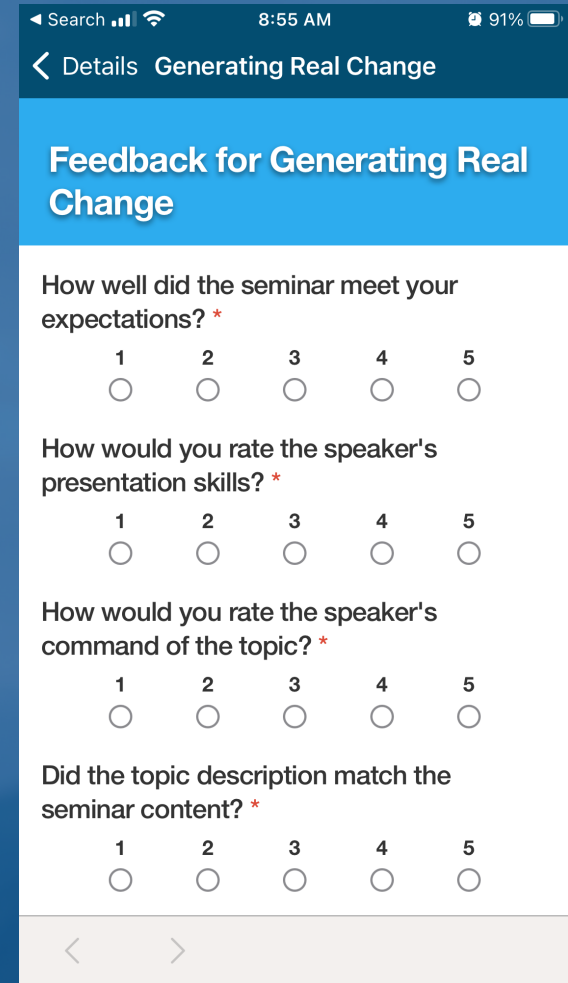
[2]

Open Agenda/Seminar



[3]

Open Seminar and
Select "Rate"



[4]

Answer Questions/Submit

A hand holding a compass against a sunset background. The hand is wearing a light-colored sweater. The compass is a standard outdoor compass with a white face and black markings. The background is a warm, orange-toned sunset over a landscape of rolling hills or mountains.

Let's Talk!!



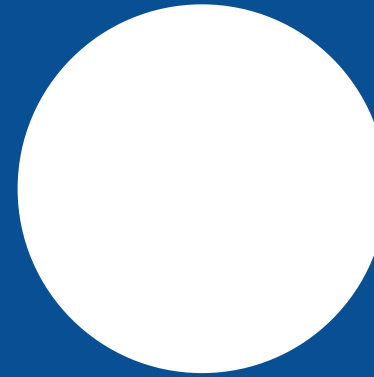
Adult & Teen Challenge

Our Journey

- Life Skills Curriculum - Frequently Requested
- Limitations of Outsourced Curriculum
- Retention in Programs/Services & Relapse



Two Types of Life Skills

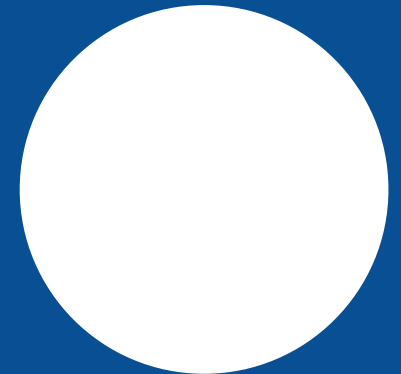


Hard Skills

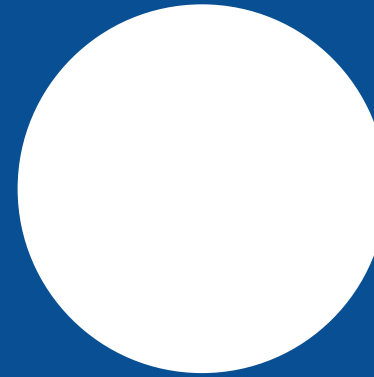
Specific competencies, skills, knowledge, and abilities needed to perform specific tasks.

Soft Skills

Personality traits, social competencies and skills, and abilities used to perform interpersonal activities.



Two Unique Skills

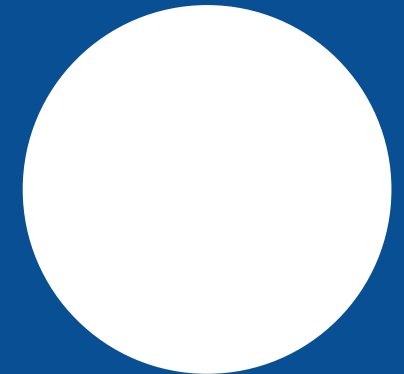


Survival Skills

Taught through trauma, and helpful for emergency situations but toxic to relationships & long-term success.

Manipulative Skills

The ability to manipulate people and situations to enable addictive behaviors.



Our Questions

- What if we developed a curriculum focused on developing BOTH soft and hard skills?
- Would increasing EI & teaching soft skills first increase retention?
- Would increasing EI decrease relapse rates?



Emotional Intelligence

Ability to identify and manage one's own emotions, as well as the emotions of others.



The Impact of EI

- Increased EI = Increased Social Competency
- Increased EI = Decrease in Impulsivity
- Correlations between low EI and instable personalities in substance abusers
- Correlations between EI training and relapse prevention.



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How?

- New Student Curriculum
- Field Testing
- New Staff Training



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Building EI & Retention

1. Establish the value of community
2. Normalize difficult emotions & reframe mental scripts
3. Healthy boundaries, trust & vulnerability
4. Establish community standards as foundational life skills for success
5. Building resilient mindsets



PREPARING for SUCCESS

Growing in
Community



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Client Insights



“I realized I'm not the only one going through this. This packet opened up my eyes to see the bigger picture of things and changed my focus.”

“It made me look at community as an important part of living for Christ rather than a scary place. And it made want to engage in community instead of being alone.”

“I was having thoughts of leaving the program, and I read that I can't learn new life skills on my own...I isolate, and this always causes problems. So, I know that I need community now. I also want to show more patience and grace, and stop being so critical.”

PREPARING for SUCCESS

Working Well
with Others



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Building Core Social Skills

1. Taking personal responsibility
2. Power in community
3. Reading the room – social skills
4. Dealing with difficult people – conflict resolution
5. Sharing God's grace

Client Insights



“I believed that it was possible to obtain success just by myself, this taught me that that simply is just not the case.”

“I started reading the room. I haven't been getting irritated that easily and I've been giving a lot of grace.”

“It encouraged me to consider the fullness of what working with others entails. I had felt as though I had pretty much figured it out, so others were the problem. This study showed me how much more growth I had left.”

Integrating our Lives

1. Decompartmentalization -
Life Skills, Work, &
Character
2. Theology of Work
3. Balanced Priorities
4. Sabbath Rest

PREPARING for SUCCESS

Living & Working
with Integrity



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Client Insights



Adult & Teen Challenge

“Without integrity, life for me would be imbalanced and would not honor God. To have integrity is to be the same even when there is no one else to see you but God. God will honor you when you honor Him with integrity and stick to God’s values.”

“One struggle I have in growing in integrity is keeping healthy boundaries with friends and co-workers. I need to bring God into my relationships. Some friends might have to go, and I need to keep my guard up to keep from making compromises in Integrity.”

Closing Questions



1. How are we establishing the value of community?
2. How are we modeling EI and social competency within our interactions as staff & leaders?
3. Do I have a theology of work?

A hand holding a compass against a sunset background. The entire image is overlaid with a semi-transparent orange filter. The hand is positioned in the lower-left quadrant, holding a black compass. The background shows a soft, hazy sunset over a landscape.

Questions?



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