

S.U.C.C.E.E.D. Program Curriculum



Providing a spiritual base, promoting self sufficiency, unity, confidence, curriculum, empowerment, employment, and diversity to the under-served.

Firehouse Shelter a Cooperative Downtown Ministry



What is the S.U.C.C.E.E.D. Program?

The S.U.C.C.E.E.D Program is an intensive non-residential program that will be provided over an extended period of time to our clients living at the shelter and in housing. It will also be extended to others that are under-served in our community. The S.U.C.C.E.E.D. Program facilitates access to community based services at one site, in a coordinated manner, and offers a broad range of services designed to strengthen individuals in areas such as recovery, spiritual needs, daily living skills, education, and employment.

What are the goals of the S.U.C.C.E.E.D Program?

The **S.U.C.C.E.E.D** Program will run five days a week, during daytime hours and will be led by volunteers in 45 minute increments. With these workshops we can educate, empower, and employ our clients and offer healthy alternatives so the cycle of homelessness can be broken. It will be a major influence in the community and by partnering with other organizations the Day Program will be a great success.

The Curriculum

Feelings Check/Devotion/Prayer

The Firehouse Shelter is faith based and believes through Christ all things are possible. This workshop is setup to allow participants to express their emotions at the start of the day, and recognize those emotions that can hinder or motivate them. Participants will also read a daily devotional and end the workshop with a prayer to guide them for the rest of the day. This workshop is approximately 30 minutes long.

The Recovery Workshops

Our addiction recovery workshops cover the first four steps to recovery. Participants will read literature in a group setting, share how the material relates to their life experience, apply what they have learned in activities, and will also receive feedback from peers and staff.

Topic	Week	Day/Time
Who is an addict?	1	Monday/10:00 a.m.
Why Are We Here?	2	Monday/10:00 a.m.
How It Works?	3	Monday/10:00 a.m.
What Can I do?	4	Monday/10:00 a.m.
Topic	Week	Day/Time
Honesty	1	Tuesday/10:00 a.m.
Surrender	2	Tuesday/10:00 a.m.
Self Confidence	3	Tuesday/10:00 a.m.
We Do Recover	4	Tuesday/10:00 a.m.
Recovery not Relapse	1-4	Wednesday/2:15 p.m.
Intro: Spiritual Principles Of Open Mindedness	1	Thursday/10:00 a.m.
Self Acceptance	2	Thursday/10:00 a.m.
Intro: Spiritual Principles of Humility	3	Thursday/10:00 a.m.
Resentment/Recovery	4	Thursday/10:00 a.m.
What is Substance Dependence	2	Thursday/1:00 p.m.
Grief and Loss	1-4	Thursday/2:15 p.m.
Intro: Spiritual Principle of	1	Friday/10:00 a.m.

Willingness to Change		
Self Acceptance	2	Friday/10:00 a.m.
Humility	3	Friday/10:00 a.m.
Intro: Spiritual Principle of Forgiveness	4	Friday/10:00 a.m.
Meditation and Spirituality	1-4	Friday/1:15 p.m.
Step One	1	Saturday/10:30 a.m.
Step Two	2	Saturday/10:30 a.m.
Step Three	3	Saturday/10:30 a.m.
The Twelve Step Program	4	Saturday/9:45 a.m.
Recovery: Why do I practice insanity?	4	Saturday/10:30 a.m.

Educational Workshops

Our education workshops focus on basic educational needs for our participants. With this workshop participants will gain knowledge and skills needed to understand and use information from text as well as written formats. Participants will also gain knowledge and skills required to manage mathematical demands in everyday life.

Mental Health

Our mental health workshops focus on detection, maintenance, and treatment of various mental disabilities. Participants will gain a better understanding of mental and emotional health, better understanding of how to look after their mental health; will receive information on where to go for further help and support, they will also learn how to support someone else who is suffering with and emotional or mental health issue.

Resource Outreach

Resource Outreach workshop focuses on the various resources provided by city, state, and government levels to assist our participants. Through this workshop participants will gain knowledge of how to apply for various housing, income and food assistance, insurance, transportation, SSI, Vital Records, and much more.

Nutrition

Our Nutrition workshop focuses on overall nutrition needs and habits. Participants will gain improved attitudes towards healthy eating. Participants will gain increased knowledge of healthy food choices. Participants will gain improved skill in selecting healthy foods. Participants will gain knowledge of

nutritious meal and snack preparation, will gain knowledge of food handling safety and storage practices, Participants will also gain knowledge of managing their food resources and use of thrifty shopping practices.

Career Readiness

Our Career Readiness workshop focuses on the essentials of preparing for and obtaining and job. Participants will gain knowledge in the following: proper communication when seeking employment, proper phone etiquette, proper attire, and participate in mock interviews.

Life Skills

Our Life Skills workshop focuses on the combination of academic skills and daily living skills that are necessary to participate as independently as possible in the community. Participants will gain knowledge in the following skills:

- Communication
- Self advocacy
- Getting organized
- Managing a household
- Buying/caring for clothing
- Interpersonal skills
- Problem solving
- Building relationships
- Personal/public transportation
- Safety awareness
- Grief and Loss
- Stress Reduction
- Thoughts, Feelings, Emotions

This workshop has many more topics under its umbrella. Please review the schedule to see what topics will be covered per month.

Health

Our Health workshop focuses on the essential needs of the body, exercise, how to detect health problems, communicable diseases, sexually transmitted diseases, preventing the spread of germs, and much more. Every second Monday of the month, Birmingham Aids Outreach will come out and hold an informative workshop on HIV/AIDS and also offer free testing.

Recreation Therapy

Our Recreational workshops focus on providing clients with opportunities to relax, feel a sense of accomplishment, discover pride, improve fine-motor skills, develop meaningful life-long hobby, and to maintain an alert mind. These activities will also provide participants opportunities to laugh, socialize, develop a healthy winning and losing attitude, and to engage in fun activities with family and friends. Recreational activities will range from board games to arts and crafts.

Lectures

Our lecture workshops will allow current participants, former participants, community leaders, civic organizations, church leaders, etc. to come out and speak to the participants of the S.U.C.C.E.E.D Program. Through these lectures they will be motivated, empowered, and uplifted.

Seeking Employment

Our Seeking Employment workshops will focus solely on the job search process and placement. Through this workshop our clients will gain knowledge of the following: how to properly search for a job, how to fill out an application, and how to prepare a job ready resume. This workshop allows participants to get assistance twice a month on site at the shelter, as well as provides them with access to computers to apply for jobs twice a month. The onsite workshop will be held every 2nd and 4th Wednesday of the month and bus passes will be provided to participants for travel to the Family Guidance Center on the 1st and 3rd Wednesday of the month for computer labs.

Small Group/ Individual Counseling

Our Small Group/Individual Counseling workshops will focus on personal topics and provide professional counseling from various resources throughout the city. Some of these sessions will take place off site. Participants will be able to receive support for personal issues they choose not to discuss with peers or staff.

