



ABLBH Training/Info Packet

◆ Welcome

- Thank you for coming. We appreciate your interest and support. Remember, attending this training makes you qualified to be part of Team Hope but your chapter's Team Hope must vote you in.
- Becoming part of Team Hope requires commitment, dedication, responsibility, trustworthiness, and free from all mind-altering substances.
- By becoming a part of Team Hope, you will be held to a higher standard by your peers.

◆ Brianna's Story

◆ Mission Statement-

- *"Providing hope through Christ to individuals and communities battling addiction using support, encouragement, and collaboration."*

◆ Foundational Document-

- ***Brianna's Prayer*** (read aloud)
*Please, Lord, look after me and my family. Please help me to do the right thing and to show people that I am not a bad person inside or out and help me Lord to get through this disappointment again and know I make mistakes but who doesn't. I don't do it to do wrong, I do it cuz I feel I have no other choice. I want **a better life**, Lord, I do. Please help me. Do to me as what you feel is best, I surrender to you. In Jesus' name, Amen.*
 - ✓ We require each chapter to study this prayer as a means of connecting from chapter to chapter.
 - ✓ We believe this to be a powerful prayer that speaks of how we want to be perceived.

◆ Identity Statement-

- *"A Better Life-Brianna's Hope is a participant driven, faith-based, compassion filled support and recovery movement for those that are battling the battle with substance abuse."*
 - ✓ We care more about the addict than the addiction.
 - ✓ We care more about the struggler than the struggle.
 - ✓ We care more about your today and tomorrow than we do about your yesterday.
- What does "participant driven" mean?



- ✓ A Team Hope member facilitates the meeting, but it is driven by those in attendance. (Not led but driven).
 - The chapter facilitator will come to the meeting with a prepared lesson plan but will remain flexible in case the group needs something else that night. (Ex. There was an overdose in the community.)
- ✓ It is okay to enter as an addict and leave as one for a while.
- ✓ We are not an “anonymous” group.
 - We care about your privacy and expect confidentiality (what’s said in group stays in group).
 - One of the differences in us and AA or NA is the word “Anonymous”.
 - This alternative just may be one of the reasons we are experiencing the success we are having.
- ✓ We encourage honesty, transparency, non-judgment, and openness.
 - We allow pride in who we are with no perception of pride for what we have done.
 - We invite you to share your story.
 - ✧ We believe it is part of your recovery.
 - ✧ We believe that when you share your story you are sharing the story of many others.
- We are *faith-based*.
 - ✓ Being *faith-based* does not require/mean preaching.
 - ✓ **We believe:** You do not have to preach to integrate Christ into everything you say and do.
 - No one is suggesting that you can’t speak God’s/Jesus’ name.
 - We are saying if your witness can’t be done without words- who will believe them when they hear them?
 - ✓ **We believe:** Preach the gospel. Use words if necessary.
 - Your faith w/o work is what - DEAD!!
 - ✓ **We believe** that if someone wants church, they will show up on a Sunday morning, and many of our people do.
 - So, we give them Jesus on Sunday – Saturday.
 - For some, this has become their church.
 - How many of your churches get 100% of your worship attendees to show up at the mid-week service?
 - ✧ EX: “You put a boat in the water, but you don’t want the water in the boat”.



- ✧ Most of our meetings are in the church but we try to keep the church out of our meetings.
- ✓ **We believe:** “For where two or three are gathered together in my name, there am I in the midst of them.”
- What does “compassion filled” mean?
 - ✓ Compassion is not so much thinking about someone but feeling with them. It requires not just caring but sharing.
 - ✓ The lifestyle and words of the Jesus I know proves He was/is about compassion first with judgment way down the line.
 - Too often, you and I get that reversed.
 - Let me share my evidence:

Matt 9:36 - *When he saw the crowds, he had **compassion** on them, because they were harassed and helpless, like sheep without a shepherd.*

✓ **Compassion** then guidance.

Matt 14:14 - *When Jesus landed and saw a large crowd, he had **compassion** on them and healed their sick.*

✓ **Compassion**, then He healed them.

Matt 15:32 - *Jesus called his disciples to him and said, “I have **compassion** for these people; they have already been with me three days and have nothing to eat, I do not want to send them away hungry, or they may collapse on the way.”*

✓ **Compassion**, then He provided for them.

Luke 15:20 - *So he got up and went to his father, “But while he was still a long way off his father saw him and was filled with **compassion** for him; he ran to his son, threw his arms around him and kissed him.*

✓ **Compassion**, then He ran and then He embraced.

2 Cor 1:3 - *Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort.*

✓ **Compassion** leads Him to comfort them.

Col 3:12 - *Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with **compassion**, kindness, humility gentleness and patience.*

✓ **Compassion** is the first piece we are to put on.



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- ✓ Pope Francis has said, *“If you want to be a shepherd you need to smell like the sheep.”*
 - If you have an issue with a “dirty” God that goes into the trenches, you may want to find your warm fuzzy elsewhere.
 - If you can’t identify with the relapse behaviors of “Peter” you may want to meet another need than that of the addict.
- ✓ Harry S. Truman once said, *“If you can’t stand the heat get out of the kitchen.”*
- ✓ Randy Davis, once said, *“If you can’t take the criticism, you aren’t ready to lead.”*
- ✓ **REMEMBER**, Jesus was never once voted Mr. Popularity.
 - He impacted the world but was He a success?
 - He gained a following and divided nations.
 - He offended as many people, as He connected with.

Pillars of ABLBH’s approach to addiction recovery.

At ABLBH, we believe we have a proven method of addiction recovery.

1. We accept you as you are- raw, real & sloppy.
2. We offer positive connection.
3. We encourage.
4. We see your potential above your problems.
5. We offer resources & rehab.
6. We work with you, not on you or for you.
7. We believe in you, even if you don’t yet.
8. Follow up & continued relationship.
9. Opportunities for growth & paying it forward.
10. Offer Jesus.



A Better Life-Brianna's Hope is both Reactive and Proactive

- ◆ **Reactive-** acting in a response to a situation rather than creating or controlling it.
- ◆ **Status of ABLBH**
 - **Present chapters:** 42 chapters in 26 counties
 - ✓ **Indiana Counties (23):** Adams, Blackford, Clinton, DeKalb, Delaware, Fayette, Greene, Hamilton, Hancock, Henry, Jay, Lake, Madison, Marion, Morgan, Randolph, Rush, Shelby, Tippecanoe, Union, Wabash, Wayne, Wells
 - ✓ **Ohio Counties (3):** Auglaize, Darke, Mercer
 - **STATS as of 9.1.2024**
 - ✓ Indiana Chapters: 38 Ohio: 4
 - ✓ Attendance: 1100+
 - ✓ Assisted into Treatment/Sober Living: 2,000+
 - ✓ Commitments/Recommitted to Christ: 800
 - ✓ K-12 & Staff spoken to: 30,000+
 - ✓ Alumni now employed within the Recovery field: 100
 - ✓ *Faith In Your Recovery* podcast outreach has:
 - 50k listeners
 - 150+ episodes released
 - Stream LIVE on Wednesdays at 4pm (find us on Facebook & YouTube)
 - Available on Apple podcast, Google podcast, Spotify, SoundCloud & all favorite podcast platforms!
 - Also available on YouTube and www.ablbh.org.
 - Also available on 100.9 local FM radio station Sundays at 7:45am.
 - **FYI-** Denominations involved by leadership or location: Assembly of God, Baptist, Biker, Brethren, Catholic, Christian, Christian Fellowship, Christian Missionary Alliance, Disciples of Christ, Friends Meeting, Nazarene, Non-denominational, UMC, Wesleyan, (4) Community Buildings, (1) SIF Family Resource Center, Youth Building, Library, (4) Jails, Industry/Factory, Rehab Center, Former Kingdom Hall Jehovah's Witness.



- ◆ **Proactive-** creating or controlling a situation by causing something to happen rather than responding to it after it has happened
 - Speaking engagements
 - ✓ Clubs/Civic Groups/Sororities/Churches/ wherever invited.
 - ✓ Schools
 - We have shared with over 30,000 K-12th grade students in Indiana and Ohio.
 - ✓ Jails: Mercer Co Jail in Celina, OH; Auglaize Co Jail in Wapakoneta, OH; Jay Co Jail in Portland, IN; Adams Co Jail in Decatur, IN



What can Your Chapter expect from *A Better Life-Brianna's Hope*?

◆ ABLBH will provide

- 24/7 support and guidance
 - Leadership training
 - 9-member Executive Board
 - Names of speakers
 - Resourcing/Networking
 - Financial assistance to get those interested into detox/rehab
 - Rehab facility resources
 - Letterhead
 - Starter Kit:
 - ✓ Guideline sheet for all chapters
 - ✓ Rehabilitation Treatment Facility Info
 - ✓ **Meeting Attendance verification forms**
 - ✓ 16"x20" Poster w/ Brianna's Prayer and picture
 - ✓ 6' Upright Banner \$250.00
 - ✓ Tabletop Display Trifold \$75.00
 - ✓ '3x6' Outside Banner \$180.00
 - ✓ Trifold Brochures \$25.00
 - ✓ Yard Signs \$120.00
 - ✓ 1st order of Victory Tags \$250.00
 - ✓ Promo Items/SWAG \$100.00+
 - ✓ 1st order of Chapter T-shirts \$200.00
 - Each chapter is responsible for arranging T-shirts to be professionally made.
 - Must be one of two designs.
 - We will provide a list of color combinations already chosen.
 - ✓ Liability Insurance for the Leadership \$100.00
 - ✓ Misc. \$200.00
-
- \$1,500.00**



What *ABLBH* Expects from Your Chapter

- ◆ Use *Brianna's Prayer* every meeting!
- ◆ Communicate with the office- report victories and struggles, ask questions, report leadership change, events that your chapter is a part of.
- ◆ Check your email- we don't send much but what we do send we want you to read
- ◆ During your meeting, share info from the office and promote surrounding chapters and events.
- ◆ **Stat sheet(tracker) emailed to Main Office after the last meeting of each month.**
 - It is critical to our organization. YOUR tracker is utilized to write grants for funding to keep us going! Without it, we CANNOT show our growth.
- ◆ Follow the meeting agenda while making it your own.
- ◆ Provide a meal at each meeting via local donations.
- ◆ Raise up leadership- encourage participants to get involved with Team Hope.
- ◆ The chapter should be self-sustaining after the first year.
- ◆ Financial support when possible.

✓ **Remember:**

We are about the struggler, not the struggle.

◆ **Contacts**

- Facebook: <https://www.facebook.com/ABetterLifeBriannasHope>
- Email: info@ablbh.org
- Website: <https://www.ablbh.org/>
- Phone number: 260-766-2006

◆ **Hints/Tips/Standards for Your Team Hope**

- Meeting facilitators must attend our leadership training.
- If you are stepping down from Team Hope leadership and are one of the two main leaders, please contact our office ASAP.
 - ✓ Check with the office before assigning someone the role of meeting leader. We want to make sure they understand the commitment they are about to make.
 - ✓ Team Hope should visit a model chapter 3 times.
- Be sure to utilize our USP (Unique Selling Points).
 - ✓ Remember, we are not a 12 Step.
 - ✓ We have a design, but it is not rigid.
 - ✓ Faith-based not faith forced or expected.



- ✓ We accept everyone as they are, regardless of how raw or new in their journey.
- Engage your attendees.
 - ✓ Ask open-ended questions.
 - ✓ Allow differing opinions.

- ◆ Get the community involved and be involved in community service.

- ◆ Post proper info on Facebook.

- ◆ LEAD, yet encourage and allow participation.
- ◆ REMEMBER, it is easier to maintain momentum than build it.
 - Our office has never received a report that there was higher attendance the week after a meeting was canceled.

- ◆ **Getting clean process and how we assist:**
 - Team Hope member **must** talk to the individual asking for help.
 - ✓ Key questions:
 - Tell me your story.
 - Drug of choice?
 - What are you hoping for?
 - Have you been to detox/rehab before? If so, how many times?
 - When was the last time?
 - Do you have insurance?
 - Contact the office if you need further assistance.

- ◆ **Finances**
 - Donations and fund-raisers
 - United Way
 - Churches, Businesses, Individuals
 - Clubs, groups, organizations, Sororities
 - Monthly supporters
 - Grants
 - Administrative costs are limited to one part-time Office Manager of up to 35hrs per wk @ \$25.41 & one secretary of up to 35hrs per wk @ \$21.78.
 - ✓ Unless earmarked for administration, most donations go to enable our addicts to work and walk the road to recovery.



- We are a 501c3 and have two forms you will need to turn in on a monthly basis.
- We do not want \$\$ to stand in the way of someone's recovery.
 - ✓ We call ourselves faith based.
 - ✓ We say we are about the addict/struggler.
 - ✓ Harbor Lights- Indianapolis
 - 7-12 days detox= \$255.00
 - 2 weeks Residential Treatment= \$420.00 (Phase 1)
 - 2 weeks Residential Treatment= \$420.00 (Phase 2)
 - 2 weeks of Transitional Housing= \$224.00
 - ✓ We want to jump-start your chapter but cannot fund you without your help.
 - ✓ We will need a spoken commitment from you that you will do everything possible to help us raise funds for detox/rehab expenses.
 - ✓ Freely we have received, freely we want to give.



Order of Meeting

◆ Welcome & Announcements	12mins
○ Reading/Poem/Positive scripture	
○ Word from Team Hope	
○ Announcements	
✓ Information for the evening	
✓ Review of Past Week	
○ What's Happening	
○ Save A Friend	
○ <i>Brianna's Prayer</i> -shared out loud at every meeting	2mins
◆ Victory Reports/Struggles & Presentation of Victory Tags	10-12min
◆ Mini-Lesson	15mins
◆ Break	10mins
◆ Lesson/Sharing by someone that has <i>Been There, Done That, and has the Scars to Prove It</i>	25-30mins
◆ Closing Remarks/Words of Inspiration	10mins
◆ Prayer	

~Please remember:

You have agreed to follow this standard *Order of Meeting* as did all other chapters to preserve conformity among chapters, giving communities a stronger sense of who we are. We need this to maintain our integrity and identification as connected and united chapters of *ABLBH*. We encourage you to add to this standard to make it your own without straying outside of it.



PODCAST

- ◆ On October 22, 2021, ABLBH offered the first episode of our *Faith In Your Recovery* podcast.
 - We are currently over 50k listeners, and our numbers are growing.
 - The podcast is available on YouTube, Spotify, Apple Podcast, SoundCloud & other favorite podcast platforms.
 - The podcast is an interview format with Randy Davis as the moderator/interviewer.
 - Faith In Your Recovery is about *all things recovery*.
 - ✓ Our guests are those that have been there and done that with the scars to prove it, health care professionals, law enforcement, leaders of other recovery groups or rehabs, politicians, family members who have lost loved ones and more.
 - The podcast is recorded at a studio in Anderson, Indiana on Wednesday at 4pm. Join us at that time on our Facebook pages and YouTube channel as we livestream each episode.
 - ✓ We also have occasional access to a studio at WPGW, 100.9 radio station in Portland, Indiana.
 - Every Sunday morning at 7:45 one of our podcast episodes is aired on WPGW 100.9.
 - ✧ The coverage is Adams, Blackford, Delaware, Jay, Randolph, and Wells counties.
 - We are open to receiving names of possible interviewees.
 - ✓ Are you confident in referring them?
 - ✓ Please speak to Randy Davis about them or send an email of support.
 - Send email to podcast@ablbh.org.
 - Give them my number 765-730-4979.



◆ **The story of *Everybody, Somebody, Anybody and Nobody*:**
There was an important job to be done and **Everybody**
Was sure **Somebody** would do it.
Anybody could have done it, but **Nobody** did it.
Somebody got angry about that because it was **Everybody's** job.
Nobody realized that **Everybody** wouldn't do it.
It ended up that **Everybody** blamed **Somebody** when
Nobody did what **Anybody** could have done.
✓ Bottom line - **Nothing** got accomplished.

**With my multiple years of maturity, I have come to realize that even for us imperfect perfectionists, a sloppy start is better than no start.

The Man in the Arena

It is not the critic that counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done then better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, for there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at best knows in the end of high achievement, and who at the worst, if he fails, at least fails daring greatly, so that his place shall never be with those cold and timid souls who neither know victory or defeat.

Teddy Roosevelt
April 23, 1910