



The Genesis Program at the Fairbanks Rescue Mission is a faith-based residential recovery and relapse prevention program that takes at least eight months and up to two years to complete. The program uses the Genesis Process curriculum. It focuses on the needs of the whole person including mental, social, emotional, spiritual, and physical.

Included is assistance with referrals for education, skill-building, career development and job placement, long-term housing placement, and transition support. Also provided are recidivism reduction activities and aftercare service.

Genesis teaches that alcohol & drugs are an attempt to numb the pain of broken relationships and that true recovery is achieved only through learning to trust and be in relationship with God and with others.



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GENESIS



RECOVERY & RELAPSE PREVENTION PROGRAM

What We Do: Faith-based walk through traumatic life experiences to gain healing and freedom from destructive behaviors.

"Breaking Chains of Addiction"



Program Phases

The First Ten Days at the Mission, once an interest in the Genesis Program has been expressed, are spent attending all Genesis required activities (Bible studies, devotions, exercise, Genesis classes and weekly case management). This period will help assess an individual's commitment to recovery.

Thirty-Day Trial Period — If the first ten days are successfully completed, a 30-day trial period begins. During this time the participant will start developing a support system in the community (church, sponsor, 12-step program).

Phase 1 — Once a support system is in place, Phase 1 begins. During this time relationships with the support team will be further developed, adding a spiritual advisor and a Genesis mentor. Steps 1-5 of a 12-step program will be completed with a sponsor. Genesis tools will be introduced and practiced.

Phase 2 — To enter Phase 2, a participant must have at least 90 days of sobriety. During this phase the Genesis Process workbook (Processes 1-10) will be completed.

Phase 3 — Participants will continue learning necessary life skills and will transition back into the community. The Genesis Aftercare Program starts during this phase and will continue to be a support during the next year.



The Fairbanks Rescue Mission exists to serve Christ and our Community by addressing the physical, spiritual, mental, emotional, and social well-being of all those whom God brings to our doors.

Genesis Processes

Process 1 (Assessment Process) - Participant and counselor assess participant's physical, mental, emotional, spiritual and relational stability.

Process 2 (False Beliefs) - Discover and challenge false beliefs that support destructive behavior.

Process 3 (Identity) - Identify and detach from unhealthy fears, resentments, and desires.

Process 4 (Management Skills) - Gain more insight into the addictive brain and gain life-management skills for coping with the emotions that contribute to relapse.

Process 5 (Life History) - Gain a deeper understanding of traumatic events and habitual behaviors.

Process 6 (Support Teams) - The most common denominator of all relapse is isolation. The challenge will be to develop a healthy support team and accept accountability.

Process 7 (Dead Ends) - Learn to understand how subconscious thoughts, feelings and behaviors have contributed to relapses.

Process 8 (déjà vu) - Condense relapse triggers into a simple format that will be the basis for a Relapse Prevention Recovery Plan.

Process 9 (Accountability) - A long term relapse prevention plan will be implemented which will enable continued growth.

Process 10 (Exodus) - Through prayer and forgiveness, past hurts and mistakes will be resolved, empowering the walk into a new life of full recovery.

To learn more about our Genesis Program:

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