



Dear potential student,

I want to welcome you to Tennessee Valley Teen Challenge. My name is Jim Forakis and I am the Executive Director. We have support groups that meet every Tuesday and Thursday nights. We are a Christian Discipleship Program for people with life-controlling problems. These support groups are here to help you and are led by trained and faithful facilitators.

In this packet is a more detailed description of these small groups. If you would like to earn a certificate of completion from our six month outpatient program, here are the requirements: **1) Complete six support groups that will take about six months to complete if you attend faithfully every Tuesday and Thursday nights, 2) Complete the devotional and church attendance sheets every week and turn it in to your facilitator, 3) pass a drug test, 4) Fill out an application by the second week and abide by the guidelines in the application.**

We do not charge for our services, but we do ask for those that can afford it to do two things: 1) Give monthly offerings and indicate the amount on the application and the pledge card. It costs us about \$100 to \$200 per student per month to operate. Please partner with us in giving regularly (\$25-\$50 per month) so we can continue to help people. We have always existed by the donations of individuals, business and churches, 2) we ask for a \$10 donation per book.

We are in the business of changing lives for Jesus Christ. If you truly want help or want to help others, you're in the right place. Remember, if you need help, stick to the program, attend your meeting and attend church faithfully.

May God truly bless you as you look to Jesus for your help and support.

Love in Christ,

Jim Forakis

Enclosures: group outlines, mission statement, study of Teen Challenge,



## MISSIONS STATEMENT

To Provide a Christ Centered Outpatient Program and Referral  
Service for People With Life Controlling Problems.

Hickory Flatt Methodist Church  
4040 Hwy 70  
Cedar Grove, TN 38321  
Meetings: Thursday's at 7 p.m.  
Brandi Chase: 423-509-9312  
[brand.chase@hotmail.com](mailto:brand.chase@hotmail.com)

## Recovery Support Groups

### **Living Free** (Director's discretion for becoming a facilitator or for new students)

This is a 5 session curriculum that addresses the student's understanding of life controlling problems and how to prevent them in their life. It is Christ-centered and used Scripture and prayer to support one's recovery from addictive lifestyles. We offer this as a spiritual recovery group.

### **Insight**

This is a 9 session curriculum that addresses the student's understanding of the spiritual awareness in areas such as trust, feelings, and triggers that lead a person to disconnect from God; therefore, disconnecting from their recovery. We use Scripture, prayer, and assist people in developing spiritual activities as part of their daily life, therefore, increasing the ability for the student to continue in the recovery process. We offer this as a spiritual recovery group.

### **Stepping Into Freedom**

This is a Christ-centered 12-step program that walks students through the steps and assists the student in understanding a plan that reduces the chance of relapse. This program addresses triggers that may lead a person to relapse. We offer this as a relapse prevention group.

### **Anger: Our Master or Our Servant**

This is a 9 session curriculum that addresses the role that anger plays in an addicted person's life. We have discovered that few people entering our program understand the positive and negative aspects of anger in their life, generally helping them to understand how they have used anger in a negative manner that has interrupted their abilities. This group allows students to understand that anger is a God-given emotion that can be used for good, and offers skills to the student to appropriately deal with their anger. We offer this as a recovery skills group.

### **Free to Grow: Overcoming Setbacks and Disappointments:**

This is a 12 session curriculum that is designed to help each participant be free of hindrances or setbacks that have arrested or is presently hindering their spiritual development. Our lives are shaped by our experiences in early life, ages birth through age 12. Our emotional and spiritual development is often hindered by rejection, which comes in many forms.

**Deepening Your Spiritual Roots:** This 7 week study focuses on basic Christianity. Subjects include Spiritual Birth, Assurance, Prayer, Bible Study, Church, Spiritual Battle, and Witness.

- It is designed for the many people who have a current or past relationship with a person who has a life-controlling problem.
- It emphasizes the need we all have for each other.
- It helps people focus on Christ rather than on the problem.
- It serves as a powerful evangelistic tool by providing a way to minister to people's felt needs and then pointing them to Christ



# CHURCH ATTENDANCE

Students Name: \_\_\_\_\_

Date: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

**\*Important Instructions:**

**\*Please turn this form in at the first meeting of each week to your facilitator after completing both sides. Thank you.**

**\* You are required to attend the church of your choice a minimum of twice a week but strongly encouraged 3 times a week and take notes on the Thursday night chapel service.**

**\* You must fill out completely with sermon notes!!**

**\*It is important you get involved and join a church.**

**SUNDAY A.M. SERVICE**

Church Attended: \_\_\_\_\_ Topic \_\_\_\_\_ Speaker: \_\_\_\_\_

Notes \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**SUNDAY P.M. SERVICE**

Church Attended: \_\_\_\_\_ Topic \_\_\_\_\_ Speaker: \_\_\_\_\_

Notes \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**MID-WEEK SERVICE**

Church Attended: \_\_\_\_\_ Topic \_\_\_\_\_ Speaker: \_\_\_\_\_

Notes \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Thursday Lifeline Chapel Service**

Topic \_\_\_\_\_ Speaker: \_\_\_\_\_

Notes \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## TEEN CHALLENGE INTERNATIONAL

*Statistics taken from the study conducted by the U.S. Government's Health, Education and Welfare Department and The University of Tennessee, Alumni Study*

- 72% of people coming into the Teen Challenge Program have had previous treatment for substance abuse. However, 88% of the graduates of the Teen Challenge Program do not require any further treatment after completing the Teen Challenge Program.
- 90% of people coming to the Teen Challenge Program have had prior arrest. Of the 147 individuals surveyed by the Study, they had been arrested a total of 1,020 times. However, 70% of the graduates of the Teen Challenge Program do not have any entanglements with the law.
- 75% of the Teen Challenge graduates went on to receive some level of higher education, after completing the Teen Challenge Program.
- 76% of the Teen Challenge graduates attended church regularly.
- The White House ordered a study of Cocaine use and users, which was undertaken by the Rand Corporation. That study showed that on the average, only 6% of the Cocaine users quit using Cocaine each year. This is compared with Teen Challenge 86% cure rate. The Teen Challenge Program has been consistently producing results of 70% or better for the last 37 years. The program works consistently, with every known drug that man has tried to abuse.

\*H.E.W. Study on Teen Challenge by Dr. Catherine B. Hess, 1975 Dr. Roger Thompson, Teen Challenge of Chattanooga, TN, Survey of Alumni, 1994



## Teen Challenge International, USA Statement of Faith

- We believe the Bible is the inspired, infallible and authoritative written Word of God.
- We believe there is one God, eternally existent in three persons: God the Father, God the Son, and God the Holy Spirit.
- We believe in the deity of our lord Jesus Christ, his virgin birth, His sinless life, His miraculous ministry, His vicarious and atoning death, in His bodily resurrection, in His Ascension to the right hand of the Father, in his personal return to earth, at which time he will judge the quick and the dead.
- We believe the only means of being cleansed from sin is through repentance and faith in the precious blood of Jesus Christ, and that regeneration by the Holy Spirit is absolutely essential for personal salvation.
- We believe in the ordinances of the church: Holy Communion and Water Baptism by immersion.
- We believe the Baptism of the Holy Spirit, according to Acts 2:4, is given to believers who ask for it.
- We believe the redemptive work of Christ on the cross provides divine healing of the human body in answer to believing prayer.
- We believe in the sanctifying power of the Holy Spirit by whose indwelling the Christian is enabled to live a holy life.
- We believe in the Bless Hope, the imminent return of Jesus Christ followed by His reign on the earth for 1,000 years.
- We believe in the resurrection of the saved and the lost, the one to everlasting life and other to everlasting damnation.

Accepted in the Teen Challenge National Executive Committee meetings 2/28/91. Revised and approved on January 23-24, 2001.

### Mission Statement (revised 2001)

To provide youth, adults and families with an effective and comprehensive Christian faith-based solution to life-controlling drug and alcohol problems in order to become productive member of society. By applying biblical principles, Teen Challenge endeavors to help people become mentally sound, emotionally balanced, socially adjusted, physically well, and spiritually alive.