



jacob's
ladder

Authentic
Enlightened
Recovery

Our Problem

Addiction is a primary illness and does not find its genesis in parenting style, mental health, family of origin or circumstance. These factors may exacerbate addiction but they are not the central issue. Addiction is both progressive and chronic. If left unabated it gets worse over time.

The personality of an addict, and what differentiates the addict from the “normie,” is primarily characterized by an inherent and pervasive sense of alienation, sensitivity, over-reaching need for love and external validation, and egregious fears. Addicts often self-describe as “terminally unique”.



In order to quell the pain of separation and alienation, addicts use chemicals, manipulate families, lie, steal, cheat, invent personalities

(those they find most attractive), and discard their true selves. Every time they step on others to get high, guilt and shame are the consequence. In order to subordinate the sense of shame more chemicals are used, loved ones are avoided, and the life of fear and hiding is created.

At *Jacob's Ladder*, we believe that abstinence without a committed recovery lifestyle is not a long-term solution to the disease. A healthy, life-long recovery is accomplished when abstinence coincides with internalization - and the continuous practice - of behaviors and principles that free an addict from self-centeredness and alienation. The unique offering of *Jacob's Ladder* is a synthesis of multiple treatment modalities designed deliberately to offer individual customization, and to facilitate an awakening for a lasting recovery experience.

Our Solution

Jacob's Ladder is a long-term residential treatment facility where a caring community of professionals and peers transform young men challenged by the disease of addiction. Unconditional positive regard for all people, at all times, is the fabric binding our community as we farm and work together.



At *Jacob's Ladder* we believe that the 12 steps programs (AA, NA, etc.) embody precepts universal to all spiritual disciplines with specific applicability to the addict and alcoholic. These principles transcend the specific traditions which enlist them and are useful to all who are actively seeking a healthy recovery. Therefore, the 12 steps, 12 traditions and 12 step facilitation model are integral parts of the *Jacob's Ladder* program. However, we do not limit our scope of theoretical paradigms solely to the 12 steps. We also rely heavily on the healing and liberating quality of "mindful" living as well as other therapeutic modalities. It is our core belief that an atmosphere and community founded in love, accountability, positive regard and presence of mind provide the foundation for emotional, mental, and spiritual growth.



Our Program

The program requires a 6-month minimum commitment, where we synthesize and facilitate proven therapies that are customized to the needs of the individual through a phased progression of increasing awakening and autonomy.

Acceptance

The *Jacob's Ladder* team will educate residents on the disease, and their journey toward awakening, and help them own the disease within themselves. During this initial phase, residents are more restricted than in later phases and will be focusing solely on preparing themselves for a life of recovery. As they progress in their step work and treatment programs, as will be evidenced by milestones and indicators, their time spent farming will increase, as will the expectation of self-reliance and accountability.

Discovery

By now, residents have demonstrated absorption of the principles of steps 1-3 and are ready to take action. The goals in this second phase are self-acceptance, humanization, and a healthy sense of self and lovability. This is a time where residents come into their own and can live comfortably in their own skin. There is greater involvement on the farm, and greater involvement with peers. With continued progression, leadership roles are assumed within the *Jacob's Ladder* community and residents act in service to others who are new to the program.

Awakening

The third phase is one of great excitement and action. Supervisory involvement on the farm is expected, as is peer leadership and service work with new community residents. Goals are personal accountability and motivation without prompting, obtaining an outside 12 step sponsor, and the commencement of making amends. At this time, we start discussion about relapse prevention and designing the after care plan.



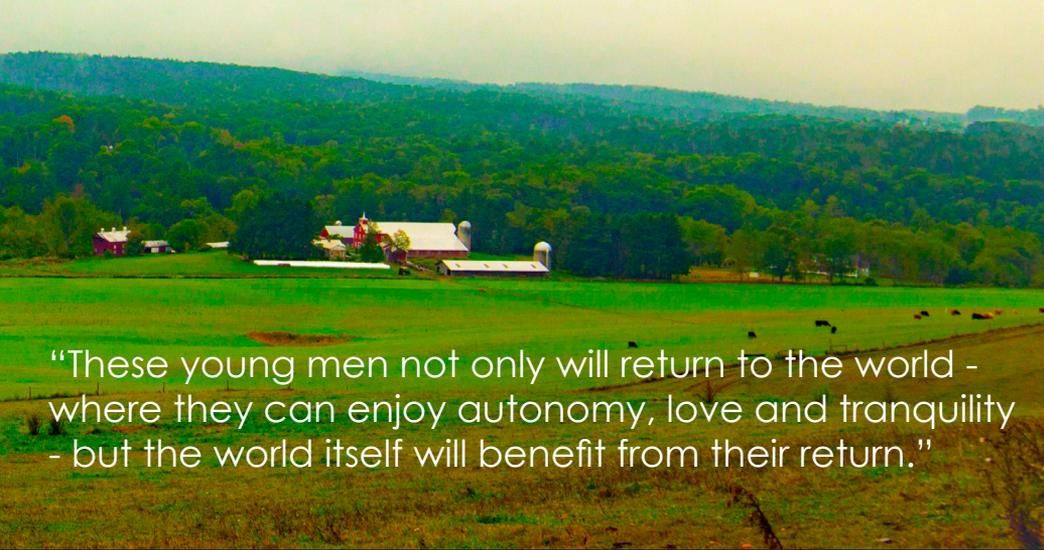
Our Difference

The *Jacob's Ladder* community is grounded in the belief that an atmosphere of authentic love, and unconditional positive regard is not simply a catchy cliché, but rather it is the essence of that which is curative in addiction treatment.

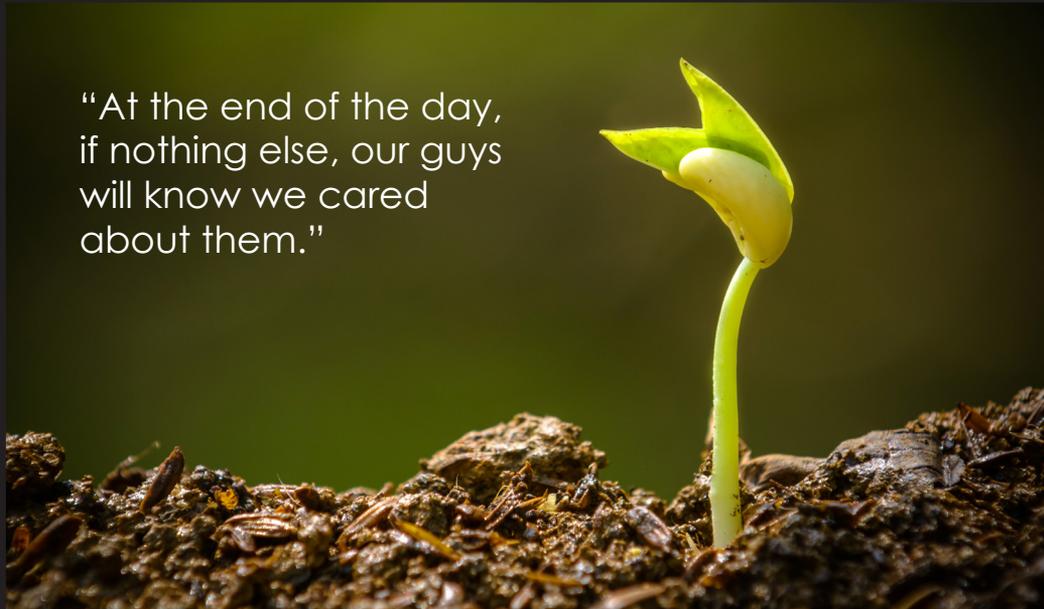
We understand that in active addiction our residents have lived extremely self-centered and isolated lives, depending exclusively on their own addictive reasoning and skewed beliefs. We believe that this sense of dis-ease, shame, and alienation is the driving agent in the addictive process.

Therefore, we emphasize a therapeutic model that shapes personal and societal values through the lessons and work performed on a farm, as a means of helping our residents find meaningful and lasting connections with their peers, their Higher Powers and themselves.





“These young men not only will return to the world - where they can enjoy autonomy, love and tranquility - but the world itself will benefit from their return.”



“At the end of the day, if nothing else, our guys will know we cared about them.”



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