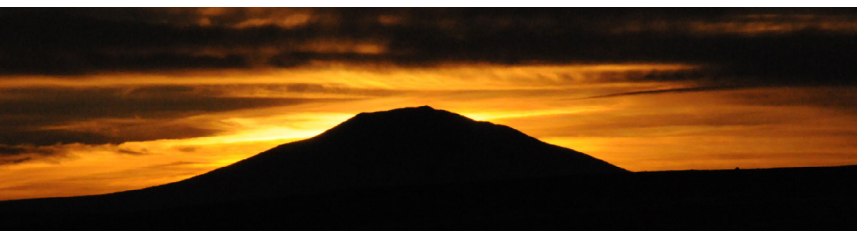




Program Overview for Correctional & Recovery Facilities



*Helping participants build purpose,
hope, and long-term recovery.*

Starting Over is a facilitator-led, 11-session recovery curriculum designed for correctional, residential, and recovery settings. The program is structured to fit within existing facility schedules and can be adapted to meet each organization's operational needs.

The program combines workbook exercises, guided discussion, journaling, and personal reflection to help participants build a foundation for long-term recovery. Inspired by the principles of the Beatitudes, the curriculum focuses on personal responsibility, accountability, healthy decision-making, recovery skills, and helping participants build purpose, hope, and long-term recovery.

AT A GLANCE

- | | |
|--|---|
|  11 structured sessions |  Certificate available |
|  60-90 minutes each |  Recovery-focused, life skills, and personal growth |
|  Facilitator-led |  Suitable for correctional, residential, and recovery settings |
|  Workbook included | |



PROGRAM FORMAT

- 11 facilitator-led sessions
- Typically delivered weekly, or according to the facility's schedule.
- Approximately 60–90 minutes
- Workbook-based curriculum
- Guided discussion and reflection
- Individual journaling and recovery exercises



PARTICIPANT OUTCOMES

Participants will:

- Develop greater self-awareness and accountability.
- Recognize unhealthy thinking patterns and behaviors.
- Build a positive vision for the future.
- Strengthen recovery skills and support systems.
- Develop a personalized long-term recovery plan.
- Build healthier relationships and community connections.
- Gain confidence through discussion, reflection, and group participation.
- Develop leadership skills and, when appropriate, learn to facilitate future Starting Over meetings.



PARTICIPANTS RECEIVE

- Personal workbook
- Certificate of completion (if offered by the facility)
- Structured recovery curriculum
- Guided discussion and reflection
- Practical recovery exercises
- Long-term recovery plan

CURRICULUM TOPICS

Phase	Sessions	Focus
REAWAKEN	Introduction, Poverty, Sadness	Recognizing need and healing
REINVENT	Humility, Hunger	Building a new foundation
REINVEST	Kindness, Sincerity, Goodwill	Developing purpose and relationships
REVIVAL	Disconnect, Resolve, Graduation	Maintaining long-term recovery



PROGRAM COST

✓ **FREE**

Starting Over is provided at no cost. Donations are welcome and may be made on a per-participant basis.



COMMON QUESTIONS

Is Starting Over a religious program?

Starting Over is a spiritual recovery program similar in approach to Alcoholics Anonymous. While it is based on principles found in the Beatitudes, it does not promote any denomination, church, or religious organization. Participants of all faith backgrounds—or no faith background—are welcome. The program emphasizes personal growth, responsibility, hope, and purpose.

What type of program is Starting Over?

Starting Over is a structured recovery curriculum with educational components. It is designed to complement existing treatment, recovery, and reentry services by helping participants build purpose, accountability, healthy thinking, and long-term recovery skills.

Is Starting Over only for substance abuse?

No. While many participants are recovering from substance use disorders, Starting Over uses the term “addiction” broadly to include compulsive behaviors, unhealthy habits, and destructive patterns of thinking. The curriculum is designed to help participants build healthier lives regardless of the specific challenges they are overcoming.



NEXT STEPS

Interested in offering Starting Over? We'd be happy to discuss scheduling, logistics, and how the program can fit within your existing services.



Questions?

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Program Reach & Impact

Starting Over is a structured recovery curriculum used in correctional, residential, and community recovery settings. Organizations can integrate the facilitator-led program into existing schedules while providing participants with practical tools for long-term recovery.



ESTABLISHED COMMUNITY PARTNERSHIPS*

Current partner organizations include:

- Hope Recovery Center
- New Hampshire Department of Corrections
- Calumet Halfway House
- Shea Farm Women's Facility
- Hampshire House (Federal Residential Reentry Center)



PROGRAM SETTINGS

- Correctional facilities
- Residential treatment programs
- Halfway houses
- Recovery centers
- Community recovery organizations

PROGRAM AT A GLANCE*

5	6	60+	100+	6
Partner facilities	Weekly meetings	Annual graduates	Workbooks distributed annually	Peer facilitators trained

HOW RECOVERY IS BUILT

Recovery isn't built in a single breakthrough. It's built over time. Starting Over guides participants through four stages that help them confront the past, build a stronger foundation, and create a life worth protecting.

- | | | | |
|---|--|---|---|
| 1 | Clear the Lot
Confront the past. | 3 | Build the Home
Practice new ways of living. |
| 2 | Lay the Foundation
Develop new thinking. | 4 | Maintain the Home
Protect long-term recovery. |



Recovery doesn't end with graduation.

Graduates have the opportunity to become peer facilitators, helping mentor future participants and strengthen recovery communities.



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**Program statistics reflect activity during calendar year 2025.*