

## His Way Re-Discovery Program

His Way's Christ-centered recovery program has been a place of peace and protection since 2007 for men fighting to overcome drug and alcohol addiction. We know that our 6-month residential program is not the right fit for everyone. The **His Way Re-Discovery** program meets weekly at a central location to provide important material, instruction, and support for men in recovery. This program is specifically designed for individuals in the court system, men on the His Way residential waiting list, and anyone seeking recovery and behavior change.



The **His Way Re-Discovery** group is a supporting, Christian environment designed to help participants build the spiritual and behavioral foundation required to overcome drug and alcohol addiction. The program consists of 3 important parts:

**MRT** – Moral Reconciliation Therapy is a proven systematic treatment strategy that includes individual and group counseling, structured group exercises, and prescribed homework assignments. The primary goal of MRT is to change how substance abusers make decisions and judgments by increasing moral reasoning, enhancing self-image, and promoting the growth of a positive identity. Note: Many people on probation or under the direction of the court systems are required to complete MRT.

**Bible Study** – Each **Re-Discovery** Group meeting will include a group Bible Study that tackles practical topics and promotes discussion and questions. Many statistics show that faith-based recovery programs have a significantly higher success rate compared to purely secular programs.

**Random Drug Testing** – Accountability is an important component of any recovery program. **Re-Discovery** participants will be randomly drug tested prior to each meeting.

**Most **Re-Discovery** Group's will include 12-15 participants.  
Successfully participating and completing MRT requires 4-6 months.**

## WHAT IS MRT?

### MORAL RECONATION THERAPY

The term “moral” refers to moral reasoning based on Kohlberg’s levels of cognitive reasoning. The word “reconation” comes from the psychological terms “conative” and “conation”, both which refer to the process of making conscious decisions. MRT is a cognitive-behavioral treatment system that leads to enhanced moral reasoning, better decision making, and more appropriate behavior.

MRT was initially developed in the 1980’s as the cognitive-behavioral component in a prison-based therapeutic community. Because of its remarkable success, the program was then tested and widely implemented in general inmate populations, with juvenile offenders, in parole and probation settings, community corrections, hospital and outpatient programs, education setting and in drug courts. The program leads to increased participation and completion rates, decreased disciplinary infractions, beneficial changes in personality characteristics and significantly lower recidivism rates. Unlike other program outcomes, MRT research shows that participation and program completion by minority groups can significantly lower long-term recidivism rates- for more than 20 years after treatment. No other cognitive-behavioral treatment for offenders or substance abuse has shown such results.

All MRT groups must be operated by MRT-Certified facilitators, professional staff who have completed the 32-hour training program.

Group facilitators use objective criteria to evaluate the participant’s successful completion of each of the program’s steps.

### TO APPLY

Please complete an application which can be found on our website ([www.hiswayinc.org](http://www.hiswayinc.org)) under the **Program** tab. You can also request an application and get your questions answered by calling us at **(256) 859-7377** or emailing [info@hiswayinc.org](mailto:info@hiswayinc.org). Once your application has been received, you will be contacted to set up an interview and complete registration with our Case Management office at the His Way offices.

### FEES

**\$20** One-Time Materials Fee  
**\$50** Due each week  
(Cash or Credit/Debit)

Materials fee and first week’s fee (**\$70**) are due at time of registration. Weekly fee must be paid before the start of each session. This means you must show up each week ready to pay.

#### **What’s Included:**

MRT Workbook, notebook, drug testing and reporting, snacks and coffee.

### SCHEDULE

**5:30** Check-in, payment and random drug testing  
**6:00** Bible Study  
**6:40** Break & Refreshments  
**6:50** MRT

### LOCATION

Meetings are held every  
Tuesday night at:

The Saving Way Thrift Store  
1810 University Drive  
Huntsville, AL 35801  
(3 Doors Down  
from Red Lobster)

Entrance is in the rear of the  
building at the loading dock.