

BETTER CONDUCT

SUBSTANCE ABUSE TREATMENT AND RECOVERY SERVICES

Course Title: *Shadows Refuse to be Outlined*

Course Costs: \$2100

Duration: Twelve Months

Introduction

Shadows Refuse to Be Outlined is a course designed to help individuals who need assistance reaching their personal goal to stop using drugs and/or alcohol, including marijuana. Our Treatment methodology (Tx) employs rigorous reflection upon experiences in nature, experiences with the self and experiences in community. The course is designed to teach one how to derive a sense of joy from within themselves. We achieve this goal through the facilitation of curated treatment activities that help participants access, experience and reflect upon nature's raw power and apply wisdom gained to their own lives. In one's effort to make the desired positive change in their life, we leverage the teachings of the Quran and Sunnah to deliver a final outcome that ends our client's reliance upon substances to achieve desired states of being.

CURRICULUM OVERVIEW

Shadows Refuse to Be Outlined is designed to improve mental health and positive feelings for oneself. These goals are achieved through rigorous and intentional

1. remembrance of the grave
2. reflections in nature
3. service to others

Throughout the duration of the course participants will be required to toil and struggle, abandon comfort zones, spend quality time in nature, and with family and in community. There is required weekly reading (One Hour) mandatory participation in online discussions, as well as weekly written reflection due every Friday before noon (No more than 150 words).

A key component of the course is the participant's critical analysis of his or her own capacity to integrate new information and beliefs about oneself and the world around them in meaningful, productive and sustainable ways that encourage recovery and ultimately, sobriety.

We cannot do this for the participant. We encourage critical analysis rendered through fasting, prayer and dhikr. The benefit of journaling this process is recommended. Documenting one's treatment and recovery DAILY, for the duration of course participation will provide participants with a unique reference and tool for reflection, especially when confronting craving or in the event of relapse.

Shadows Refuse to be Outlined is an experiential curriculum. Our curriculum requires participation in twelve socially distanced, masked in-person experiences with Better Conduct staff in nature and in various community settings. An overview of these experiences is provided at the end of this document. Treatment Activities are designed to inspire participants toward connection with healthy alternatives to use of substance as a means to achieve desired states of being.

Finally, all course participants are asked to commit to a minimum of five (5) hours each month volunteering with a registered 501c3 organization in a capacity that helps other human beings via direct service. Volunteer assignments can be provided for any participants who may need support finding volunteer opportunities.

Shadows Refuse to Be Outlined

Experiential Substance Treatment

Curriculum Overview

Each month, course participants are required to complete treatment activities in nature or a community setting. Below, please find a list of treatment locations and exploratory themes participants will engage. Each theme is to be explored in collaboration with Better Conduct Staff as well as independently on the participants own time. The themes to be explored in each respective month are as follows:

- Month 1: Stars/Night/Moon (Cognitive Behavioral Therapy and Islam)
- Month 2: Rocks/Mountains (Worry and Stress)
- Month 3: Sun/ Light/Day (Anxiety and Depression)
- Month 4: Ocean (Mindfulness)
- Month 5: Forests/Woods (Wellness and Self Assessment)
- Month 6: Rain/Rivers (Biological Systems and Impact of Substance Use)
- Month 7: BonFire/Iron/Metals (Rational Emotive Therapy and Anger)
- Month 8: Farms/Gardens (Family Conflict and Substance Abuse)
- Month 9: Roads/Travel/Transportation (Developing a Sober Lifestyle)
- Month 10: Marketplace (Treatment vs. Recovery)
- Month 11: Courthouse: Human Brain (Relapse: Causes, Prevention and Coping Strategies)
- Month 12: Hospital: Human Heart (Being of Service)

Participants will need to dedicate at least five hours each month to completing experiential treatment assignments at the designated locations. Assignments will be emailed to participants on the first day of each month. Participants must arrange his or her own travel to all treatment locations.