



# PROGRAM OVERVIEW

**For Break Free™ From Powerless to Powerful**

## PROGRAM STRUCTURE

**Duration:** 8 Weeks    **Sessions per week:** 2    **Total Sessions:** 16    **Session Length:** 60 Minutes

**Delivery Options: Onsite or Virtual**

### PROGRAM PURPOSE

The purpose of Break Free™ From Powerless to Powerful is to guide participants through structured recovery support that strengthens self-awareness, accountability, and personal responsibility while encouraging purpose-driven recovery progress.

### PROGRAM OVERVIEW

Break Free™ From Powerless to Powerful is an 8-week structured transformational recovery program designed to help participants move from feeling lost, stuck, and powerless to becoming self-aware, accountable, and purpose-driven.

This program supports individuals in recognizing patterns, strengthening responsibility, and building recovery-focused habits that support long-term stability.

### PROGRAM FOCUS AREAS

- Self-awareness development
- Accountability strengthening
- Behavioral pattern recognition
- Routine and stability development
- Recovery confidence building
- Purpose-driven goal setting

### EXPECTED OUTCOMES

Participants may:

- Increase self-awareness
- Strengthen accountability
- Strengthen long-term stability
- Improve recovery confidence
- Develop purpose-driven goals

### IDEAL SETTINGS

This program is appropriate for:

- Detox programs
- Residential treatment
- Intensive outpatient programs (IOP)
- Sober living environments
- Community recovery programs