

# RATIONAL RECOVERY

# get sober

proven • successful • friendly

Proven sound advice, when taken,  
will secure goals and accomplishments

no doctors, no counselors - person to person  
with or without AA meetings

30 min FREE first meet up

call when you want... it's your life  
we're in your corner



786-453-2647

[southbeachsobercoach.com](http://southbeachsobercoach.com)

**RUNNING FOR YOUTH**  
The Tour

**THE YOUTH SELF-RESPECT PROJECT**

**FREE ZONE**

**THEY MATTER!**

frezoneworld.com

Words on the beach

FSM THE WELLNESS PROGRAM

AMERIPLEASE

**MIAMI BEACH**

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**PRESENTS:**

**THE FREEZONE  
RATIONAL RECOVERY  
SOUTH BEACH SOBER COACH**

**OPIOID BUSTERS**

# Project Intent:

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- Saving lives while putting Miami Beach on the national and global map for a caring, progressive, and effective fight against alcoholism, drug addiction and the Opioid Epidemic.
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# PART ONE

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- **PREVENTION-** once a week support meetings during school at Miami Beach High. Invitation based on student's family addiction history and random lottery selection from that demographic group. Invitation granted weekly based on sincere involvement and mature participation. Topic for group meeting: a) practical education about the disease of alcoholism and drug addiction... a fair-warning about what it looks like in all stages of development in case they have it- they can cut it off at the beginning stages, b) Personality discovery, c) understanding defiance.
  - Lunch time help tables, student body seminar pep rallies, help drop boxes throughout the school,
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# PART TWO:

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- **GETTING SOBER-** Twice a week specialized meetings held for active addicts wanting to get and stay sober- a reasonable education on the allergy and disease of addiction... Invitation granted weekly based on sincere involvement and mature participation in meeting curriculum. lesson plan and take home assignments. Community outreach- Information and support booths on Lincoln Road on the weekend during the farmers' market, weekly presents on The Beach Cable Channel, partnering with online apps like We Connect.
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# CURRICULUM LESSON PLAN

## TOPICS

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- ❑ Parents Are People Too- Doing the best with what they have... No parent ever screamed over your crib "***I'm going to ruin your life.***"
  - ❑ Cleaning Your Mental Clutter.
  - ❑ Having A Second Helpful Thought.
  - ❑ Proving You Matter.
  - ❑ Being Equal, Neutralizing Fear.
  - ❑ The Exact Nature Of Your Mistakes, Having Self-compassion.
  - ❑ Mantra Training, The Blessed Repetition.
  - ❑ Commitment Ring
  - ❑ The Misuse Of Perfectionism.
  - ❑ No One Is Perfect- Mistakes Are Good.
  - ❑ Special Guest Speakers & Specialized Topics ie. Yoga, Meditation Nutrition, understanding sexuality, falling in love, Falling out of love.
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# IF I ONLY KNEW THEN WHAT I KNOW NOW....

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- ❑ MIAMI BEACH **OPIOID BUSTERS** COMBINES 3 PROJECT PRODUCED OVER 15 YEARS.
  - ❑ Three Levels Of Funding, If need be use 5013c status.
  - ❑ 100k, 75k, 50k.
  - ❑ Budget:
  - ❑ Yearly budget 100k outline:
  - ❑ 60k for 2 co-project directors,
  - ❑ 30k for outsourced part time drug counselors,
  - ❑ 3k for community outreach PR and advertising,
  - ❑ 1k community out reach promotions
  - ❑ 2k bookkeeping
  - ❑ 1k copies
  - ❑ 2k website/app
  - ❑ 1k miscellaneous.
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