

RECOGNITION 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

RUNNING FOR YOUTH
The Tour

THE YOUTH SELF-RESPECT PROJECT

FREE ZONE

THEY MATTER!

frezoneworld.com

Words on the beach

FSM THE WELLNESS PROGRAM

AMERIPLEAS

MIAMI BEACH

PRESENTS:

**THE FREEZONE YOUTH SELF-RESPECT PROJECT
RECOGNITION RECOVERY
SOUTH BEACH SOBER COACH
*** References Included**

OPIOID BUSTERS

Project Intent:

- Saving lives while putting Miami Beach on the national and global map for a caring, progressive, and effective fight against alcoholism, drug addiction-the Opioid Epidemic and School Violence. Encouraging positive social, emotional, mental and physical patterns of habit.
-

IF I ONLY KNEW THEN WHAT I KNOW NOW....

- ❑ **Eliminate social competition that creates adolescent separation, envy, spite & depression- and you'll help solve school violence.**
 - ❑ **Teach children from an early grade an ongoing, practical, simple, realistic education on addiction and alcoholism- give them sincere fair warnings on what it looks like and how it progresses- especially if it runs in their family to not start or stop before gets out of hand and you will spare millions of a new generation the tragic life of an active addict or alcoholic.**
 - ❑ **Creative self-respectful cognitive therapy as a class for all grades- will help solve youth depression & violence in schools.**
 - ❑ **When you're taught equal levels of self worth to all; it drives a natural knowledge that regardless, everyone matters the exact same- this will help solve school violence.**
-

PART ONE

- **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,
-

PART TWO:

- **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.
-

A culture that cherishes life and human dignity...

- The foundation for a child to experience A CULTURE THAT CHERISHES LIFE AND HUMAN DIGNITY... healthy morals, good conduct and become all that they are meant to be is personal freedom- Freedom from doubt, insecurities as well as internal chaotic separation an unfair moral competitiveness w/ their peers.
 -
 - 1) This is largely due to children growing up thinking and feeling separate, different, less than and worthless self-appraisal - causing animosity, hostility, anger, resentment, abuse and sometimes tragic death... Most children have no sensible-consistent education on self respect, self-worth or self-equality.
 - 2) Children lack a consistent, practical education about the disease and allergy of alcoholism and 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 when they still can instead of getting caught in the addicted vice grip subjected to thievery and breaking the law to get more... in many cases it's to late to recover, they end up in jails, institutions or die....EARLY KNOWLEDGE AND DETECTION IS THE BEST DEFENSE!
 - 3) Teaching cohesive communication skills from text messaging to face to face verbal communication.
 - Most kids are learning excellent written communication that doesn't translate to person to person communication.
-

Cont..

- ❑ The Freezone Youth Self-Respect Project
 - ❑ Targets these issues of ignorance with a simple-pinpoint accurate education.
 - ❑ The difference in this project is, it has practical hook by asking the questions,
 - ❑ Do You Matter?... once a child admits they matter, the practical hook continues by asking, if you say you matter... How do you prove to yourself that you matter?... Leaving them wide open, receptive and up to the challenge of teaching them this education.

 - ❑ The platform is the program's motto statement "You Matter."
 - ❑ With a simple, profound shift in thinking, changing their personal mindset and life for the better, forever inspiring them to strive for a great GPA, healthy morals, good conduct and opening them up internally to being all they can be.

 - ❑ The Freezone is design to bring Miami Beach leading experts into the project to build the right team, A TRUE TEAM EFFORT.
 - ❑ To produce and execute the simplest most effective game plan and program.

 - ❑ It's message has been proven very successful and can only get better.
 - ❑ If so inspired... I'm available for a call, video conference or meeting.
 - ❑ ***We might not get through to all the kids but we'll get through to most***
 - ❑ DOING OUR PART TO SCORE A VICTORY FOR HUMANITY AND PUTTING MIAMI BEACH ON THE NATIONAL MAP FOR EDUCATION AND WELLNESS.

 - ❑ Goals: *Redesign *Pilot run *Prototype *All public school K- 12th grade.
-

CURRICULUM LESSON PLAN TOPICS

- 1) Parents Are People Too- Doing the best with THE MATURITY they have... No parent ever screamed over your crib "***I'm going to ruin your life.***"
- 2) Cleaning Your Mental Clutter- what's still bothering you?
- 3) Having A Second Helpful Thought- reasonable and rational mental counteract.
- 4) Proving You Matter- realizing we all matter the exact same.
- 5) Being Equal, Neutralizing Fear- understanding everyone has it somewhat tough. Having compassion for someone- same as being sick in the hospital.
- 6) The Exact Nature Of Your Mistakes- Having Self-compassion & understanding.
- 7) Mantra Training, The Blessed Repetition, the power of a pattern.
- 8) Commitment Ring, a healthy productive relationship with fate- accepting when things don't work out your way- that these things still are for your best.
- 9) The Misuse Of Perfectionism, the truth about defiance.
- 10) No One Is Perfect- Mistakes don't make you bad, mistakes are good.
- 11) The truth about alcoholism and drug addiction- it is an allergy- an abnormal reaction.
- 13) Alcoholism and drug addiction- it's genetic, let's study your family tree for awareness and life saving fair-warnings.
- 14) Alcoholism and drug addiction- what does it actually look like, how does it show itself, how does it unfold and play out- what are the unanimous toll telling sighs in its progression that are...simple, practical, real time markers & evidence that you might have it. *****EARLY DETECTION WILL SAVE YOUR LIFE.*****
- 15) Alcoholism and drug addiction- is easily destroyable- before it destroys you

Lesson Plan Topic Ideas Cont.

- Special Guest Speakers & Specialized Topics .1) Peer to Peer training for each group click. 2) Meditation. 3) Nutrition. 4) Understanding sexuality. 5) Falling in love. 6) Falling out of love. 7) Understanding absentee parents. 8) The power of placing yourself and something of importance. 9) What if you were never told- when you get a headache to take an aspirin. 10) The Good, Bad and Ugly- see yourself in second person and tell the story of your life so far. 11) It's impossible to be insignificant. 12) Becoming a human rights activist to yourself. 13) The truth about kindness. 14) The wow factor. 15) Restless irritable, discontent and impatience evaluation. 16) Storing sincere compliments in your mind. 17) Mentally calculate, then articulate 18)The way you think changes the way you feel- thus changes your experience, 19) unbreakable optimism, 20) What's it like to be bullied, the damage it actually causes to development. 21) Love your brother, love your sister, love yourself. 22) Freezone Living like you matter.

Yearly Budget Per School

- ❑ 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.
-

Letters Of Reference

I felt motivated to jump at this opportunity as I live in deep gratitude for the divine friendship that had been bestowed upon me, of which I did nothing to earn. As Scott would put it, we are sober sole mates. To have such a relationship while living the disease of addiction is in my opinion; life saving.

During the year of 2012, specifically Sept of 2012 I met Scott, while I was at the darkest moments of my life. I had been struggling with drugs and alcohol for some time. Actually, struggling would be the wrong word, tragically drowning would describe it better. I was flushing what was left of my life down the drain for an uncontrollable urge to use drugs. Moments leading up to meeting Scott I had very little idea about what was wrong with me and knew even less about what the solution could be. And then in a group setting I heard this man speak about his experience with addiction, and for the first time I related and it seemed like he shared my problem. Although it no longer resembled a problem for him, he seemed happy, healthy, and sincerely grateful for having had gone through such a tragic experience. The best was to describe it was spiritual awe. I then later asked him if he could take some time and help me. Without hesitation he said yes.

We met often, minimum once a week. We texted or called everyday...

He said it was a way of reminding myself everyday that I have a disease of alcoholism and drug addiction and I must take appropriate actions to remember that I have that disease. He said, "the reason most people relapse is because they forget, and they do not take the right actions on a daily basis to keep their memory fresh of what could happen if they pick up." The display of spiritual tools Scott willing placed before me has helped and continued to help me live a life of sobriety. Not only has he helped me, but I continually watch him help others without any intention of receiving something in return, expect that he may continue to stay sober himself.

Six years ago, I was desperate for a answer. What I received was a spiritual intervention that I will forever be grateful for. Scott and I are now best friends and he continues to be a big support and a steady wall to lean on when life gets hard....

Sincerely,
David Adams

11 years ago, my life was falling apart. Crystal meth addiction had a strangling hold over my life. I was using crystal every day. I couldn't stop. I didn't know why. It didn't make sense to me. I has an excellent education. I had was healthy. A great job. Was in a stable relationship. Nice apartment in New York City. But I couldn't stop using crystal.

Occasional use turned to daily use. Which turned to intravenous use. I was trapped by addiction. I started to lose clients at work. Bad stomach infections that lasted for months. Sores on my skin. I lost contact with my family. My relationship ended. My neighbors moved out after I kept them up night after night.

I attended a meeting of people struggling with crystal meth addiction. I was fortunate enough to meet Scott Schrey at one of those meetings. Scott passed on to me his knowledge and his own personal experience of a new way of living. A method of remembering where picking up the drug takes me...every time. And the certainty that picking up again would certainly lead me back to the path of dispare I had been trapped in.

In January of this year I celebrated 10 years sober. In that time, I have furthered my education. I gained an MBA from NYU and became a CPA. My relationship has returned, and is now stronger than ever. I didn't lose my job. I made amends to my employer, and am now a member of the company's senior management team. I am closer to my family. I own my apartment. I have others get sober and learn this new way of living. I have a wonderful life. I am so grateful for Scott showing me the path to it.

Richard Hetherington, CPA, MBA

My name is Jonathan. This summer I am coming up on 8 years clean and sober. My road to this freedom from drugs began with Scott. Scott didn't just lend me a helping hand. He made me feel that I deserved to be helped. I was in the lowest possible place with drug abuse, and he gave me hope that the key to my recovery, in fact the key to my survival, lay within myself, and my ability to change my thinking.

Early on, he was clear about setting up assignments and boundaries to guide and break the addicted body and mind. We wrote, talked, and shared about the traps of old patterns, behaviors, and people. I learned what was truly "reliable" in life, and what had been false. He was "on call" for me in a giving way that showed commitment to my safety and progress. Above all, he represented the power of example of a man who lived by the principles of honesty, action, and authenticity that he was trying to build in me. Scott created a sense of community. There were other guys that he was guiding as well, on whom I could rely as brothers. We looked out for each other, ate together, laughed and cried together, as Scott looked out for us all. And ultimately, it's amazing to believe that I could be part of a group, a society, that wants me back, and to which I can contribute."

Sincerely,
Jono Mainelli
