

# Goals at Heathers Havens

1. Provide Environment where Recovery can happen
  - A. Zero tolerance policy against substance abuse
  - B. Positive growth in maturity
  - C. Progress toward normal living
2. Serene environment for clean and sober living and growth.
  - A. Turmoil free
  - B. Growth nurturing
  - C. Positive lasting friendship development
3. Growth in Responsible living
  - A. Relationships
    1. Conflict resolution
      - a. acceptance of responsibility of own part of conflict
      - b. learn to constructively talk out conflicts
      - c. make amends when necessary
      - d. acceptance of unresolved conflict
      - e. live and let live
    2. Communication skills
    3. Healthy male/female interaction
      - a. become role model for children/future generation
      - b. setting boundaries
      - c. not need based
    4. Ethical interaction
      - a. with co-residents
      - b. with Heathers Haven management
      - c. with employers
      - d. with sponsors/creditors
    5. Personal value enhancement
      - a. by personal accomplishment/work  
(see Finances below)
      - b. by personal hygiene
      - c. by pride in surroundings/possessions
      - d. Achieving goals without pleading victim status.
      - e. Stop volunteering to be a victim
      - f. Become ashamed of pleading victim status.
    6. Effective parenting
  - B. Finances
    1. Independence from benefactor (parents, government, etc.)
      - a. Self sufficiency
      - b. Live by own effort (earn your pay)
    2. Freedom from bad debts.
    3. Improved Credit Report.
  - C. Spiritual growth
    1. develop desire for things spiritual
    2. develop spiritual relationships (church, etc.)
    3. develop habit of meditating on spiritual things
      - a. think good of others before thinking evil.
      - b. set aside part of life for spiritual goals.