

Fire Mountain Sober Living includes the following lessons and activities:

• 2x per week Life Skills training:

- Home Management
- Money Management
- Food Management
- Personal Care
- Health
- Social Skills
- Safety Management
- Housing
- Transportation
- Community Resources
- Understanding the Law
- Recreation
- Education Choices
- Job Seeking Skills
- Job Maintenance Skills

• 2x per Week Drug Counseling

- 12 Step (Narcotics Anonymous Step Working Guide) -In house
- NA Community Meetings
- In-house group coaching sessions
- Relapse Prevention
- Health and wellness training

• 5x per week online schooling support

- 3 hours per day
- Tutor onsite
- SAT & ACT prep (outsourced)
- Continuing Education Support (GED)
- Educational Consulting (in-house and outsourced)
- “Catch up” tutoring in specific subjects (outsourced)

• 3 wilderness camping trips

1. Outdoor Survival Experience
2. New Mexico Empowerment Challenge
3. Leadership Intensive

• 4x per week fitness programs

- Monday- Climbing indoor rock gyms
- Tuesday- Martial Arts
- Wednesday- Hiking & Gym (24 Hour Fitness)
- Thursday- Off

- Friday- Gym 24 Hour Fitness (Coached by Tom Terwilliger Former Mr. America/ Universe)
- **3x per week House Projects**-*All jobs take place in the sober facility supervised by professional contractors*
 - Rebuilding a deck
 - Build a bathroom
 - Framing
 - Indoor and outdoor painting
 - Landscaping
 - Gardening
- **Daily Chores**
 - Laundry
 - Shopping
 - Banking
 - Cooking -each teen takes a turn cooking a fully balanced meal for a night
- **Anger Management**
 - Court accepted online or in-classroom programs available (Outsourced)
- **Career and Job Assessment and Coaching**
 - Kolbe Index
 - Myers Briggs (Outsourced)
 - Strengths Finder 2.0
 - CRG
 - Resume/Cover Letter Creation
- **Job Placement Support and Volunteer Opportunities**
- **Mentorship training**
 - When Phase 3 is reached
- **Dealing with the legal system and getting out on time having fulfilled agreements**