

Empowerment / Re-entry Outreach



Program Objective



The objective is to provide structured class time, written and verbal information and demonstrated techniques that give individuals essential tools and alternatives to deal with the stresses that they encounter daily; stresses that detract from and/or inhibit their mastering basic living and social skills.

The programs are designed to encourage behavioral change in a meaningful manner, reinforced by success patterns and peer interaction.



Program Overview



Based on real life experience with individual clients and programs already successfully presented, we know that face to face interaction is the most effective way to communicate the concepts and skills that help people relate to and master lifestyle adjustments.

There is no “Simple Solution”. We are confident that a well designed, passionately presented program, based on real life, relevant precepts, can and will make a positive difference.



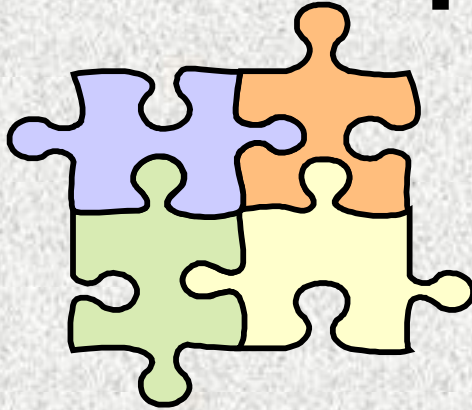
Needs Assessment

Initially a conference with each person is essential to provide background and insight. Then, a Creating Wellness Assessment, completed by each participant, identifies and measures over 50 factors that are critical indicators of overall wellness and stress. Numerous studies have established that the three dimensions of stress, Physical, Bio-Chemical and Psychological, contribute significantly to learning, attitude and behavioral challenges.

A second assessment will be completed later in the program to objectively identify areas of progress and establish if, and in what areas, additional support is appropriate.



Program Components



The course material includes training in life skills, journaling, coaching, physical fitness, nutritional guidance, self esteem and purposeful living.

- **Interactive Worksheets** Identify levels of knowledge
- **Individual Tracking Forms** Record Experiences
- **Interactive Journals** Promote awareness / self evaluation
- **Tai Chi** Promote focus, self control and relaxation



Program Topics

Dimensions of Stress

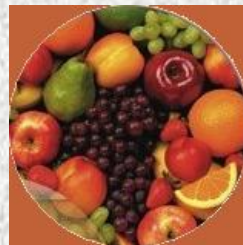
Physical Dimension

Sleep Habits
Strength
Health Conditions



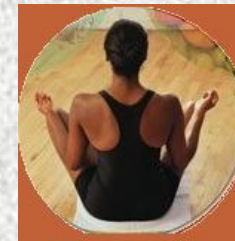
Bio-Chemical Dimension

Portion Size
Water Intake
Meals / Planning
Fruits & Vegetables
Fast Food
Food Addictions
Smoking
Alcohol
Processed Foods



Psychological Dimension

Organization
Finances
Self-Control
Healthy Relationships
Relaxation Techniques
Living with Purpose
Eliminating Anxiety
Self-Esteem
Healthy Family



Program Topics

Fundamentals

Why am I here?

Abuse or Addiction?

Personal Inventory

First Steps

Anger and Other Feelings

My Family

Personal Relationships

Faulty Beliefs

How We Change

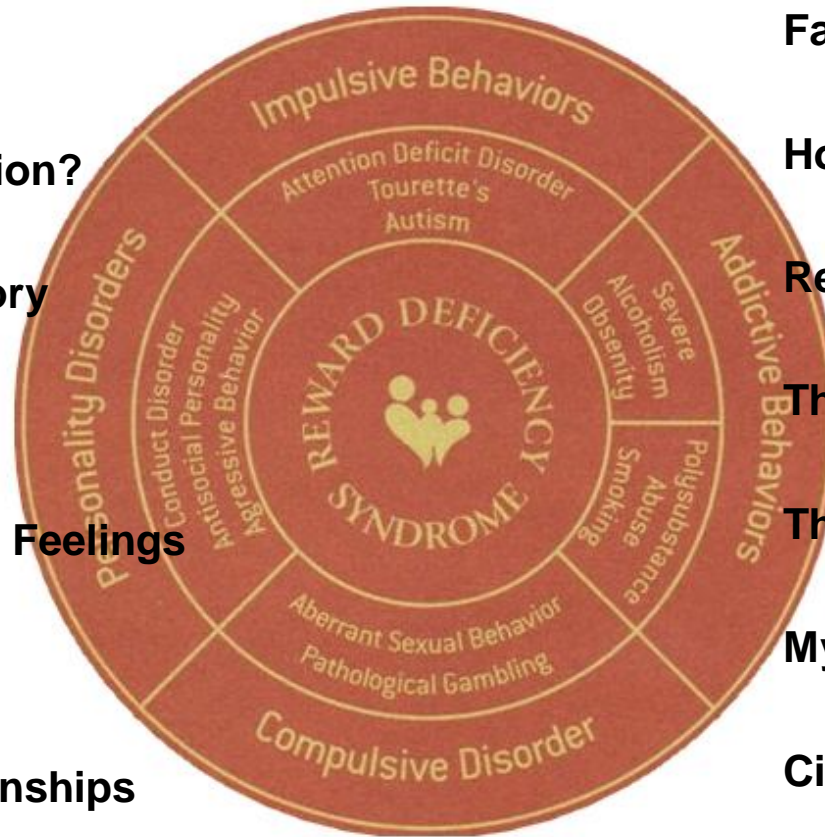
Responsible Thinking

The Con Game

Thinking Errors

My Change Plan

Citizenship

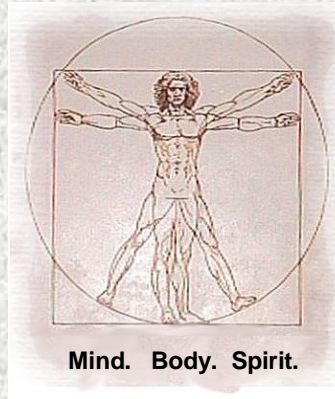


Summary

Khalil Family Wellness & Intervention is licensed by the State of Michigan Department of Community Health, Bureau of Health Systems. We are the only non-drug addiction facility so licensed by the State of Michigan.

We specialize in programs designed to deal with addictions, compulsive disorders and lifestyle improvement. Our goal is to provide information, engagement and resources to assist those challenged by attitude or circumstances.

Our programs are rooted in life skills and stress management in the three dimensions of stress: Physical, Bio-Chemical and Psychological.



Contact Information



www.khalilcenters.com

- **Laura Khalil.** Certified Addictionologist
- Executive Director and Co-Founder
Khalil Family Wellness & Intervention
- Board Certified, American College of Addictions
and Compulsive Disorders
- Certified in Auriculotherapy
- Served in the drug free health & wellness industry
for over 20 years.
- Administrator and Co-Founder, Khalil Family Chiropractic

