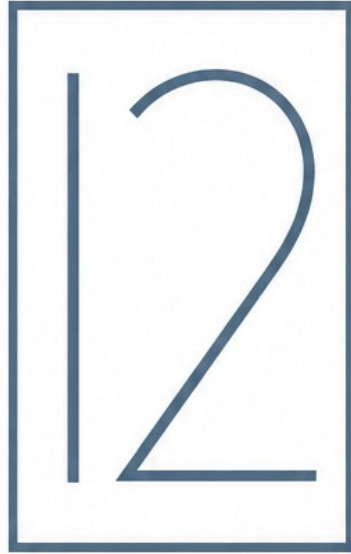




LODGE

reset • balance • wellness

————— BOOK III —————
FOR GUIDES

BOOK III

For Guides, Therapists, Counsellors and Team Members
Understanding and Delivering the 12 Lodge Method

Reset • Balance • Wellness

Recovery Never Closes™

Welcome to the 12 Lodge Method™

Every interaction matters. Every conversation, every group session, every moment of encouragement, and every difficult discussion contributes to the environment where transformation becomes possible. The 12 Lodge Method™ exists because lasting recovery is built through consistent experiences, not isolated interventions.

This handbook is designed to provide every Guide, Therapist, Counsellor, Coach, and Team Member with a shared understanding of the philosophy, language, and standards that define the Member experience. When every member of the team works from the same foundation, Members receive consistency, trust, and confidence throughout their journey.

Thank you for becoming part of that mission. Our 4 book series covers every aspect of the method and is intended to provide a clear understanding everyone participating in the recovery journey.

The 12 Lodge Method™

The 12 Lodge Method™ was created to provide a clear, practical framework for personal growth, lasting wellness, and sustainable recovery. It is built upon years of experience, evidence-informed practices, and the understanding that every person's journey is unique.

No two people arrive with the same experiences, strengths, challenges, or goals. For that reason, this method is not intended to replace every other approach to wellness. Instead, it is designed to work alongside other healthy practices, therapeutic techniques, and professional guidance that support your individual needs.

If you discover additional tools that help you grow—whether through therapy, mindfulness, fitness, faith, creative expression, education, or other evidence-based

approaches—we encourage you to embrace them. Progress is rarely achieved through a single path. Every healthy step forward is meaningful. While the journey is personal, the foundation remains constant. At the heart of the 12 Lodge Method™ are the three interconnected circles: **Reset, Balance, Wellness**. These circles are the framework that everything else is built upon.

Reset creates awareness and interrupts the patterns that no longer serve you.

Balance helps rebuild the physical, emotional, mental, and social foundations that support lasting change.

Wellness is the lifelong practice of continuing to grow, adapt, and live with purpose.

These circles are not designed to be completed once. They are intended to be revisited throughout life, with each pass creating greater understanding, resilience, and personal growth. Where your journey takes you is uniquely yours and how you travel that journey is yours to discover.

The 12 Lodge Method™ exists to provide a strong foundation—one that can support, complement, and strengthen the many healthy practices that help you become the person you are capable of becoming.

Your journey begins with Reset.

It grows through Balance.

And it becomes a way of life through Wellness.

Book III

Welcome to the 12 Lodge Wellness team.

Whether you are joining 12 Lodge as a therapist, counsellor, group facilitator, residential employee, clinical professional or another member of the team, your work will contribute to an environment in which people are attempting to make some of the most important changes of their lives. Members may arrive feeling hopeful, exhausted, frightened, ashamed, uncertain or guarded. Their Companions may arrive carrying years of worry, disappointment, responsibility and mistrust. Every person enters the 12 Lodge community with a different history, and every employee has a role in ensuring that history is met with dignity, professionalism and care.

Book III was created to help the people delivering the 12 Lodge experience understand the complete method behind it. It is not limited to counselling techniques, nor is it simply an employee orientation guide. It explains how the philosophy, curriculum, residential environment, daily schedule, Haven, Companion participation and continuing-care system work together as one connected approach.

At 12 Lodge, treatment is not considered an isolated service that occurs only during scheduled appointments. A Member may gain an important insight during an individual

session, but the value of that insight becomes clearer when he applies it during a difficult conversation, a shared responsibility, a family visit or an ordinary moment when an old reaction would have been easier. This is the meaning behind Recovery Never Closes™. Treatment has scheduled hours. Recovery does not.

For this reason, every team member helps protect the therapeutic environment. A therapist may guide a Member through trauma, shame, anxiety or relationship patterns. A group facilitator may help Members understand and practise a new skill. A residential employee may model consistency, boundaries and respectful communication during the ordinary rhythm of the day. An admissions employee may become the first person who helps a frightened family feel that they are no longer navigating the situation alone. Although these roles are different, they should all reflect the same culture.

This handbook provides the shared language and high-level understanding required to create that consistency. It introduces the Reset • Balance • Wellness Method™, explains what Members and Companions are learning in their own books, describes how Haven and myLodge support continuity, and shows how the residential program is intended to function as a complete recovery environment.

You are not expected to memorize every page immediately. Book III is designed to be read during onboarding and revisited throughout your time with 12 Lodge. Some sections will provide philosophical direction. Others will explain program structure, clinical application, professional expectations or practical responsibilities. Together, they form a handbook that can continue evolving as the organization, curriculum and supporting technology develop.

The effectiveness of the 12 Lodge Method will never depend upon one book, one therapy or one professional. It will depend upon the quality and consistency with which the entire team brings the method to life.

Purpose of This Handbook

Book III is the central orientation and reference handbook for Guides, therapists, counsellors and team members working within 12 Lodge Wellness. Its purpose is to help everyone understand not only what the organization provides, but why each part of the program exists and how the different parts are meant to support one another.

The handbook has five primary functions.

- It explains the mission, language and culture of 12 Lodge Wellness.

- It provides a high-level understanding of the Reset • Balance • Wellness Method™.

- It connects the Member, Companion, Guide and Haven experiences.

It explains how the curriculum, schedule, residential environment and continuing-care system work together.

It provides a shared reference that supports consistency across the organization.

Book III is also intended to prevent the program from becoming dependent upon informal explanations passed from one employee to another. As organizations grow, important ideas can become diluted or interpreted differently by different people. One therapist may describe a program concept one way, while another employee describes it differently. Over time, Members and Companions may receive conflicting information even when every employee has good intentions.

A written handbook creates a common foundation. It does not eliminate professional judgment, but it ensures that professional judgment is being exercised within a shared understanding of the program.

This book does not replace the professional standards that apply to regulated clinicians. It does not authorize employees to practise outside their training or scope. It also does not replace confidential policies governing admissions, privacy, medication, withdrawal management, medical emergencies, suicide risk, incident reporting, complaints, documentation or employee conduct. Those responsibilities must be carried out according to approved organizational policies, professional obligations and applicable law.

When Book III provides a high-level explanation of a process, the appropriate internal policy remains the governing source for operational decisions. The handbook explains the method. Internal policies explain exactly what must be done in specific clinical, administrative or safety situations.

How to Use This Book

Book III should first be read from beginning to end as part of onboarding. The early chapters explain the philosophy and structure of 12 Lodge, while later chapters examine the Member journey, treatment delivery, Guide responsibilities and team culture. Reading the book in sequence will help employees understand how each part belongs within the larger system.

After onboarding, the book can be used as a reference. A Guide preparing for a family meeting may return to the chapters on Companions and Sunday family integration. A therapist reviewing discharge plans may revisit the Wellness Circle and aftercare chapters. A facilitator preparing a Recovery Circle may use the curriculum and session-flow sections. A residential employee may return to the chapters explaining how routines, recreation, responsibilities and informal interactions contribute to treatment.

Throughout the handbook, several recurring reference features will help connect ideas.

Member Lens

The Member Lens explains how the subject may be experienced by the person receiving treatment and what the Member is learning through Book I.

Companion Lens

The Companion Lens explains how the subject may affect a spouse, partner, parent, child, sibling, friend or another approved supporter. It also connects the subject to Book II.

Guide Application

The Guide Application identifies how the concept may influence clinical work, group facilitation, residential interaction, observation or treatment planning.

Haven Connection

The Haven Connection explains how Haven or myLodge may support reflection, learning, communication, planning or continuity.

Read More

Read More references direct the reader to fuller explanations in another 12 Lodge book. Cross-references will use a compact format such as ...see BkI-Ch18-Pg283. When a subject continues across several pages, the reference will identify the page range: ...see BkII-Ch8-Pg47–52. Chapter titles remain important because page numbers may change when future editions are reformatted. Each edition of Book III should therefore be reviewed to ensure that its page references remain accurate.

Policy Reference

A Policy Reference directs employees to the approved internal procedure governing a specific responsibility. These references are especially important when the subject involves privacy, safety, medication, admission suitability, clinical escalation or emergency response.

The Four-Book System

The four 12 Lodge books are designed for different readers, but they belong to one connected learning system.

Book I — For Members

Book I guides the Member through the central recovery curriculum. It explains addiction, thoughts, emotions, trauma, shame, identity, resilience, habits, relationships, responsibility, purpose, relapse prevention, Haven and long-term recovery. Its purpose is not simply to provide information. It helps Members understand their experiences, recognize patterns, develop healthier responses and build a life they want to protect.

A Guide should understand Book I because it provides the primary language Members will encounter throughout the program. When a Member refers to Reset, Balance, Wellness, confidence, integrity, warning signs, a personal recovery system or a life worth protecting, the Guide should understand the larger learning context surrounding those ideas.

Book II — For Companions

Book II is written for the people affected by and supporting the Member's recovery. A Companion may be a spouse, partner, parent, adult child, sibling, friend, colleague or another approved person. The book explains addiction and recovery from the supporter's perspective, with particular attention to trust, fear, monitoring, responsibility, boundaries, communication, rescue, family repair and the Companion's own wellbeing.

Guides should understand Book II because family and support relationships do not automatically return to normal when a Member enters treatment. Companions may remain fearful, angry or hypervigilant even while the Member is making progress. Book II helps them develop healthier support without becoming the Member's therapist, monitor or permanent crisis manager.

Book III — For Guides

Book III brings the entire system together for the professionals and employees responsible for delivering the 12 Lodge experience. It explains what Members and Companions are learning, how the three circles organize the curriculum, how the daily and weekly schedule supports treatment, how Haven extends learning, and how each employee contributes to a consistent environment.

The word Guide is used as a shared cultural term, but it does not erase professional distinctions. Therapists, counsellors, clinicians, facilitators and residential employees continue working according to their qualifications, job descriptions and scopes of practice.

Book IV — Haven and myLodge

Book IV explains how Members and approved participants use Haven and the broader myLodge system. Haven supports guided reflection, check-ins, journaling, learning resources, personal planning and connection between scheduled conversations. It can help Members prepare to speak with a Guide, organize what they are experiencing and return to useful material as their lives change.

Haven does not replace therapists, physicians, emergency services, Companions or human relationships. Its purpose is to strengthen continuity and help the Member remain actively connected to the work of recovery between appointments and after residential treatment.

Together, the four books create a shared framework:

- Book I explains the Member's work.

- Book II explains the Companion's work.

- Book III explains the Guide and team's work.

- Book IV explains how Haven and myLodge help connect and continue the work.

Quick Language Guide

The language used at 12 Lodge is intentional. Words shape expectations, relationships and culture. Consistent language also makes it easier for Members, Companions and team members to understand one another.

Member

A Member is a person participating in the 12 Lodge residential program, aftercare system or broader recovery community. The word Member recognizes that the person is more than a

diagnosis, case, bed or episode of care. It also reflects the belief that recovery is strengthened through belonging and participation.

Using the word Member does not minimize clinical responsibility. Treatment records, professional communications and regulatory documentation may require more formal terminology. Within the culture and learning system, however, Member is the preferred term.

Companion

A Companion is an approved person who has a meaningful relationship with the Member and may participate in education, family integration, communication or continuing-care planning. A Companion may be a family member, partner, close friend, colleague or another appropriate supporter.

A Companion is not automatically entitled to confidential information. Participation and information sharing remain subject to consent, privacy requirements, clinical suitability and safety considerations.

Guide

Guide is the broad cultural term for people who help Members understand and apply the 12 Lodge Method. Depending upon the situation, a Guide may be a therapist, counsellor, clinician, group facilitator or designated team member.

The title does not grant clinical authority or expand anyone's scope of practice. Each person must remain within the responsibilities and professional limits of their actual role.

Therapist and Counsellor

Therapists and counsellors provide services according to their training, credentials, professional obligations and assigned responsibilities. They may conduct assessments, provide individual or group counselling, develop treatment plans and address specific clinical needs when qualified to do so.

Recovery Circle

A Recovery Circle is a structured group-learning or therapeutic session. Different Circles may focus on education, skills, emotional processing, planning, family participation or practical application. A Recovery Circle is not simply an unstructured discussion. It should have a clear purpose, appropriate facilitation and a useful connection to the Member's treatment.

Personal Guidance Session

A Personal Guidance Session is an individual session between a Member and an appropriately assigned Guide or therapist. These sessions allow the shared curriculum to be connected to the Member's personal history, treatment needs, relationships, concerns and goals.

Haven

Haven is the personal AI companion within the 12 Lodge ecosystem. It supports reflection, guided questions, learning, planning, journaling and continuity. Haven is designed to support human care rather than replace it.

myLodge

myLodge is the broader digital environment through which Members may access Haven, books, reflections, check-ins, resources, tools and approved connections with Guides and Companions.

Reset

Reset is the process of becoming aware. It helps the Member understand what has happened, what has become unmanageable, what patterns contributed to the current situation and what areas of life require attention.

Balance

Balance is the process of developing practical capacity. It helps the Member build healthier routines, emotional regulation, communication, boundaries, responsibility, relationships and daily functioning.

Wellness

Wellness is the process of sustaining progress in real life. It considers how the Member will continue living, working, connecting, responding to stress, using support and maintaining accountability after residential treatment.

Recovery Never Closes™

Recovery Never Closes™ expresses the belief that recovery is not confined to counselling appointments or the walls of a treatment centre. It continues through ordinary choices, relationships, routines, setbacks, responsibilities and periods of growth.

PART I

UNDERSTANDING 12 LODGE WELLNESS

Chapter 1

The Mission of 12 Lodge Wellness

Why 12 Lodge Exists

12 Lodge Wellness exists because stopping the use of alcohol or drugs, while essential, does not automatically create a healthy or sustainable life. A person can become abstinent and still remain overwhelmed by anxiety, shame, damaged relationships, unhealthy thinking, poor routines, isolation or a lack of purpose. Without addressing the conditions that made escape feel necessary, the person may continue experiencing recovery as a constant struggle against returning to old behaviour.

The 12 Lodge Method begins with a broader understanding. Addiction may be the most visible problem, but it is rarely the only problem. For many people, substance use became connected to emotional pain, trauma, stress, loneliness, fear, grief, identity or the belief that life could not be managed in another way. Treatment must therefore help the Member understand what has been happening while also developing the emotional, relational and practical capacity required to live differently.

This is why the mission of 12 Lodge extends beyond temporary stabilization. The organization is intended to help Members understand themselves, develop healthier ways of responding to life and build systems that can continue supporting them after residential treatment ends.

The mission can be expressed through three connected commitments:

- Help the Member understand what has been shaping his life.

- Help the Member build the skills and structure required to live differently.

- Help the Member sustain those changes through continuing support, meaningful relationships and long-term participation.

These commitments are expressed through Reset, Balance and Wellness.

Recovery as a Whole-Life Process

Recovery at 12 Lodge is not measured only by the absence of a substance. Abstinence is a necessary foundation, but the quality and stability of the life being built upon that foundation also matter. Guides should therefore be interested in more than whether a Member has

used. They should also be attentive to how the Member is thinking, communicating, managing discomfort, maintaining responsibilities, caring for his physical health and relating to the people around him.

A Member may be abstinent while remaining emotionally isolated, dishonest, chronically overwhelmed or unable to manage ordinary responsibilities. Another Member may still be early in recovery but already demonstrating meaningful progress through honesty, participation, healthier boundaries and the willingness to ask for support. Recovery is not reduced to one measurement. It is understood through patterns of behaviour, wellbeing, connection and growing personal responsibility.

This broader perspective should never be used to minimize substance use or relapse risk. Instead, it helps the treatment team understand that sustained recovery is more likely when the Member has something healthy and meaningful to return to. The objective is not simply to help a person avoid an old life. It is to help him create a new one that feels worth protecting.

For the fuller Member-facing explanation of recovery as more than abstinence, see BkI-Ch1-Pg8-12.

The Mission in Practice

A mission becomes meaningful only when it can be recognized in everyday behaviour. At 12 Lodge, the mission should be visible in the way inquiries are handled, the way Members are welcomed, the way groups are facilitated and the way difficult situations are addressed.

The mission appears when a frightened family receives clear information without exaggerated promises. It appears when a Member is held accountable without being humiliated. It appears when a therapist remains curious about the function of a behaviour while still addressing its consequences. It appears when employees communicate consistently rather than allowing Members to receive different rules or explanations from different people.

It is also visible in the structure of the program. The small residential population allows the team to become familiar with each Member's history, strengths, family circumstances and transition needs. Frequent individual sessions help connect shared curriculum topics to individual experiences. Companion participation recognizes that addiction affects relationships and family systems. Haven and aftercare acknowledge that residential treatment is one part of a much longer process.

No single feature represents the complete mission. The mission is found in the integration of all these features.

Dignity, Curiosity and Accountability

Three qualities should remain present throughout the 12 Lodge culture: dignity, curiosity and accountability.

Dignity means that the Member is treated as a person whose value has not disappeared because of addiction, relapse, dishonesty or harmful decisions. It does not mean ignoring the consequences of those decisions. It means addressing them without reducing the Member to the worst part of his history.

Curiosity means asking what has been influencing a behaviour rather than beginning with condemnation. A Guide might explore what the Member feared, avoided, believed or attempted to regulate. Understanding the function of behaviour often helps identify a healthier alternative.

Accountability means recognizing that understanding is not the same as excusing. A Member may have understandable reasons for becoming defensive, withdrawing, lying or using a substance, but those behaviours still have consequences. Recovery requires increasing ownership of decisions, honest repair and the development of better responses.

When these three qualities remain connected, the Member can be challenged without being shamed. When they become separated, treatment may become either punitive or permissive. Neither extreme supports lasting change.

The Guide as a Steward of the Mission

Every employee becomes a steward of the 12 Lodge mission. This responsibility does not require every employee to act as a therapist. It requires every employee to understand the culture they are helping create.

A Guide protects the mission by communicating honestly, maintaining boundaries, respecting confidentiality and following through on commitments. A therapist protects it by remaining within professional scope and connecting clinical work to the Member's larger recovery goals. A facilitator protects it by preparing meaningful sessions rather than simply filling scheduled time. A residential employee protects it by modelling consistency and addressing concerns respectfully. An admissions employee protects it by ensuring that the organization's services are explained accurately and that clinical suitability is never overshadowed by financial or occupancy considerations.

Members will often remember how the environment made them feel long after they have forgotten the exact wording of a lesson. They will remember whether employees listened, whether expectations were clear, whether mistakes were addressed fairly and whether people continued treating them with dignity during difficult moments.

The mission of 12 Lodge is therefore not delivered only through curriculum. It is delivered through the behaviour of the people entrusted with carrying it.

Chapter 2

A Treatment Centre, Residential Community and Learning System

12 Lodge Wellness is designed to function in three connected ways. It is a professional treatment centre, a residential community and a structured learning system. Each function has a distinct purpose, but none is intended to operate independently.

If the program were only a treatment centre, recovery could become confined to scheduled groups and individual appointments. If it were only a residential community, Members might experience comfort and connection without receiving sufficient clinical direction. If it were only a learning system, Members might understand important concepts intellectually without receiving the professional support and daily practice required to apply them.

The strength of the 12 Lodge Method is found in the way these functions reinforce one another.

A Professional Treatment Centre

The clinical work of 12 Lodge includes intake assessment, individualized treatment planning, Recovery Circles, Personal Guidance Sessions, ongoing observation, family integration and continuing-care preparation. Members may also receive or be connected to appropriate medical, psychiatric or specialized services based on their needs and the scope of the program.

Clinical care provides direction. It helps identify what the Member is experiencing, what risks require attention, what patterns may be contributing to the problem and what interventions are most appropriate. It also helps distinguish between difficulties that can be addressed within the residential program and those requiring another professional or level of care.

The shared curriculum gives the program structure, but clinical judgment remains essential. Two Members may attend the same Circle on shame, boundaries or relapse warning signs while requiring very different individual follow-up. One Member may need support recognizing emotions. Another may understand emotions clearly but struggle to tolerate them. A third may require specialized trauma treatment that should not be attempted in a general group.

A curriculum helps organize learning. It does not replace individualized care.

A Residential Community

Members do not leave the treatment environment when a scheduled session ends. They continue living with other Members, interacting with staff, sharing meals, managing responsibilities and responding to the ordinary frustrations of communal life. These experiences reveal patterns that may not appear as clearly in a therapy room.

A Member may speak thoughtfully about communication during a group and then become defensive when asked to complete a responsibility. Another may understand boundaries intellectually but struggle when a peer says no. A Member may describe himself as independent while repeatedly expecting other people to solve practical problems for him. These moments provide valuable information because they show how ideas are being applied under ordinary conditions.

The residential environment also provides opportunities for healthy experiences that may have been absent for years. Predictable meals, consistent routines, supportive conversations, physical activity, rest, recreation and shared responsibility can gradually help the nervous system experience greater stability. Trust may develop when employees remain calm, consistent and respectful over time. Confidence may grow when a Member completes something difficult or contributes meaningfully to the group.

These experiences should be noticed and used constructively, but not every moment needs to become a formal intervention. Members need space for ordinary conversation, humour, privacy, quiet and human connection. A residential treatment environment should remain purposeful without becoming intrusive.

A Structured Learning System

The third function of 12 Lodge is education. The Member is introduced to ideas that help explain addiction, emotional patterns, relationships, responsibility, relapse and long-term recovery. These ideas are presented through Book I, Recovery Circles, individual sessions, practical exercises, Haven and selected learning resources.

The learning system follows a consistent flow:

- Learn the central idea.
- Reflect on how it appears in the Member's life.
- Apply it through an exercise, skill or action.
- Discuss it with a Guide, group, Companion or Haven.
- Plan a practical next step.
- Remember the useful takeaway.

Teach or explain the principle in the Member's own words.

This structure helps prevent learning from remaining passive. Reading a chapter about boundaries is not the same as communicating one. Understanding emotional regulation is not the same as using it during conflict. Knowing the warning signs of relapse is not the same as responding when those signs begin appearing.

The program therefore creates repeated opportunities to move from information to action.

One Connected Experience

The three functions should continually inform one another. A Circle may introduce a concept. A Personal Guidance Session may connect it to the Member's history. A residential interaction may provide an opportunity to practise it. Haven may help the Member reflect on what happened and record a next step. A Companion meeting may reveal how the same pattern appears at home.

Consider a Member learning about conflict resolution. During a Circle, he learns how emotional flooding affects communication and why a pause can prevent escalation. During an individual session, he explores how conflict was handled in his family and why disagreement feels threatening. Later, tension develops with another Member. A Guide helps both people slow the interaction, speak clearly and return to the conversation. The Member records what he learned in Haven and later practises the same skill during a family visit.

The Circle, individual session, residential interaction, Haven reflection and Companion experience are not separate treatments. They are different parts of the same learning process.

The Responsibility of the Team

For the system to work, employees need to understand what is happening beyond their own role. A therapist does not need to supervise every activity, but should understand how residential observations may inform treatment. A residential employee does not need access to every confidential detail, but should know what behaviours or safety concerns require communication. A facilitator should understand how the day's Circle fits within the broader curriculum. The admissions team should understand enough about the method to describe the experience accurately without offering clinical conclusions.

No employee needs to do everything. Every employee does need to understand how their responsibilities connect to the whole.

Chapter 3

The 12 Lodge Difference

The 12 Lodge Difference is not one amenity, one therapy or one marketing statement. It is the integration of a small residential community, frequent individual contact, a structured recovery curriculum, Companion participation, Haven, continuing-care planning and twelve months of aftercare.

A comfortable waterfront residence and thoughtful hospitality contribute to the Member experience, but surroundings alone do not create effective treatment. The environment becomes meaningful when it supports dignity, stability, privacy, connection and the practical work of recovery. The central difference is not that 12 Lodge looks different from an institution. It is that the program is designed to provide a more connected and individualized recovery experience.

A Maximum of Ten Members

12 Lodge is intentionally limited to a maximum of ten residential Members. A smaller community allows the team to become more familiar with each person's history, current challenges, family situation, strengths and transition needs. It also makes it easier to notice changes in participation, mood, routine and relationships that might be overlooked within a much larger setting.

A small population does not automatically guarantee individualized treatment. That benefit depends upon the team using the opportunity well. Guides must communicate, remain observant and avoid allowing one dominant Member or one urgent situation to consume disproportionate attention. The program should remain responsive to individual needs while preserving fairness and community stability.

The smaller environment also affects the Member experience. Members are less likely to remain anonymous, and their participation has a visible effect on the group. This can strengthen belonging and accountability, but it can also feel uncomfortable for someone accustomed to withdrawing. Guides should help Members tolerate healthy visibility without forcing disclosure or creating unnecessary pressure.

The Recommended 42-Day Program

The recommended residential program is 42 days. This period gives Members time to move beyond initial stabilization and begin developing insight, practical skills, healthier routines and realistic continuing-care plans. It also allows the treatment team to observe patterns across a wider range of situations rather than relying on the Member's earliest presentation.

The purpose of 42 days is not to suggest that recovery is completed within six weeks. It is to create a meaningful period in which the Member can begin moving through Reset, Balance and Wellness while receiving individual counselling, group learning, residential support and opportunities for practical application.

Program length may be adjusted when clinically appropriate. A shorter stay should not be represented as equivalent simply because it is more convenient, while an extended stay should not continue without a clear therapeutic purpose. Recommendations should consider safety, progress, treatment needs, outside responsibilities, family circumstances and the environment to which the Member will return.

Three Personal Guidance Sessions Each Week

Each Member is intended to receive a minimum of three scheduled Personal Guidance Sessions per week, with each session lasting approximately one hour. These sessions are provided in addition to weekday group programming, daily interaction and treatment planning.

Frequent individual contact allows the shared curriculum to be personalized. A Circle may introduce a subject such as trauma, shame, responsibility, boundaries or relapse. The Personal Guidance Session gives the Member an opportunity to explore how that subject appears in his own life and what response may be most appropriate.

Frequency should never be mistaken for quality. Three poorly prepared sessions will not automatically create better outcomes than one meaningful session. The Guide must understand the Member's treatment plan, remain attentive to emerging concerns and ensure that individual sessions contribute to a connected process rather than becoming isolated conversations.

Individual sessions may address:

- Substance-use patterns and consequences.
- Emotional regulation and mental-health concerns.
- Trauma and significant life experiences.
- Relationships, family and Companion concerns.

Responsibility, identity and personal values.

Relapse warning signs and high-risk situations.

Work, finances and practical life functioning.

Discharge and continuing-care preparation.

The content and method used must remain appropriate to the qualifications of the treating professional.

Partially Closed Groups

Routine residential admissions will normally occur on Mondays and Wednesdays.

Concentrating arrivals on two days helps reduce repeated disruption while avoiding the waiting periods that can accompany fully closed groups.

A partially closed structure allows a stable community to develop without requiring every Member to begin and finish at the same time. New Members can benefit from peers who are already familiar with the schedule and culture. Existing Members may strengthen their own learning by helping newcomers understand routines and expectations.

This structure also requires careful facilitation. The group should not be forced to restart whenever someone arrives, and the new Member should not be expected to understand everything immediately. A separate orientation process should explain the residence, schedule, Three Circles, books and Haven while allowing the main therapeutic program to continue.

The intake and residential teams must communicate clearly so that new arrivals do not interrupt scheduled clinical work unnecessarily. Information required for safety and continuity should be transferred appropriately, while confidential details should remain limited to those who require them.

Companion Integration

Addiction affects more than the person entering treatment. Partners, parents, children, siblings, friends and colleagues may have adapted to years of uncertainty. Some may have rescued, monitored, withdrawn, confronted, protected or taken over responsibilities. Others may feel exhausted or unsure whether they can trust another promise of change.

The 12 Lodge program includes structured education and participation for approved Companions because the Member will eventually return to relationships that have also been affected. Family integration may include Companion Circles, guided discussions, family-suite visits, monitored interaction, joint counselling, communication exercises and return-home preparation.

Companion involvement must have a therapeutic purpose. It is not intended simply to reassure the family that treatment is occurring or to provide unrestricted access to the Member. Privacy, consent, safety and clinical suitability remain essential. Some relationships may require limited involvement, additional preparation or outside support. In other situations, the absence of an appropriate family system means that the Member's long-term support must be developed through peers, professionals, mentors and community resources.

The objective is not to make the Companion responsible for preventing relapse. It is to help both people understand healthier support, communication, boundaries and responsibility.

Haven and the Lifetime Learning System

Haven provides continuity between readings, groups, individual sessions and everyday life. Members can use it to reflect, complete check-ins, record useful insights, prepare for conversations and return to learning materials after residential treatment.

The value of Haven is not that it eliminates the need for people. Its value is that it helps the Member remain connected to recovery between human interactions. A Member may recognize a pattern late at night, prepare notes before meeting a therapist, revisit a chapter during a difficult transition or identify that additional support is needed before a situation becomes a crisis.

Haven should strengthen judgment, awareness and communication. It should never be presented as a therapist, physician, emergency service or replacement for professional care. For the Member-facing introduction to Haven and continuing recovery, see BkI-Ch35-Pg165-169.

Twelve Months of Structured Aftercare

Residential treatment takes place within a protected and highly structured environment. The real test begins when the Member returns to ordinary responsibilities, relationships, stressors and opportunities. Twelve months of structured aftercare are therefore included as a central part of the 12 Lodge journey rather than an optional addition.

Aftercare may include virtual groups offered on multiple days, continued learning resources, access to Haven, community connection and support identifying appropriate local services. The Member's plan may also include outpatient counselling, medical care, peer-support meetings, family work, employment support, sober living or specialized treatment.

The goal is not to preserve the residential schedule indefinitely. It is to help the Member maintain enough connection and structure while gradually developing greater independence.

A Complete Recovery Ecosystem

The defining difference at 12 Lodge is the way all these elements are intended to work together. A small residential program allows greater familiarity. Frequent individual sessions support personalization. The Three Circles provide a memorable learning framework. Companion integration helps prepare the Member's relationships. Haven supports continuity. Aftercare extends the work into real life.

No part should be presented as a guarantee of success. Recovery remains influenced by the Member's participation, clinical needs, relationships, environment and decisions after treatment. The responsibility of 12 Lodge is to provide a thoughtful, ethical and connected system that gives each Member a meaningful opportunity to understand, build and sustain a healthier life.

That is the 12 Lodge Difference.