

LIFT

ONLINE RECOVERY EDUCATION
FOR ADDICTIONS AND COMPLEX TRAUMA

TIMFLETCHER.CA

ONLINE LEARNING BY

REACT



HOPE
KIDS

“LET’S
RESTORE
CONNECTION
THROUGH
LEARNING
TOGETHER”

THRIVING BEYOND™
COMPLEX TRAUMA



Join us in LIFT Online Learning!

LIFT Online Learning by RE/ACT is a powerful way to experience Tim Fletcher's teaching on Complex Trauma. It's literally been a life saver. - Tanya M. LIFT Graduate

LIFT is an online program which offers guided learning through the RE/ACT Curriculum, and adds the support of peers and RE/ACT trained facilitators and coaches to agencies and individuals world-wide via Zoom*.

\$50 (CAD) / person / week **

To sign up, please complete the following:

1. Fill out and submit the LIFT Application Form on our website
2. Confirm the contents of the application when one of our intake workers contacts you. Then, you will receive approval to begin the program. Day, afternoon or evening options are available!
2. Once approved, go to our website **STORE** and process payment (options are available to buy LIFT in various bundle sizes).
3. The first tasks in the course will be to sign the Rules and Confidentiality documents provided by a facilitator
4. Begin with the start time as indicated by your intake worker!

Clients who complete and actively participate in the discussions during the Zoom meetings for the duration of the course will receive a **Certificate of Completion, and a Letter of Completion** which can be submitted to social or government agencies.

Watching the daily videos and completing the Focus Questions must be completed **prior to the start time of your class each day in order to effectively participate in the Zoom calls.**

Clients may register anytime, as new applicants will begin each week as indicated by the intake worker. More details are on our website: timfletcher.ca. We can't wait to meet you!

With Love,
Tim Fletcher

* Courses available in English only at this time / ** Please contact us directly for fee exceptions, acceptance or guidance

LIFT Online Learning

BACKGROUND

ABOUT RE/ACT

0% of people in recovery stay clean and sober if they do not develop healthy relationships and a healthy support network. Why? It's because 97% of people who struggle with addictions and mental health disorders also suffer from Complex Trauma and this rarely gets addressed.

RE/ACT develops programs, distributes content, and teaches people how to thrive beyond Complex Trauma. This type of healing takes several years, even a life-time for many people, which is why what we develop and offer is all long-term.

By joining a RE/ACT-based program, people will receive teaching of basic life skills and principles, new coping mechanisms, new relationship skills, building a healthy network of peers, and transitioning gradually into a healthy life environment - all supported by a family-type of love.

ABOUT COMPLEX TRAUMA

Complex Trauma is defined as “an actual or realized ongoing experience during childhood which causes a child to repeatedly feel unsafe or unloved, resulting in life-long mental unwellness and unhealthy coping techniques.”

Addiction, and other ‘techniques’ (explore Tim Fletcher’s 60 Characteristics of Complex Trauma) is what happens when that child grows up and discovers a ‘solution’ to all of their problems.

RE/ACT is on the forefront of scientific research in the field of C-PTSD and its effects on the brain, and continues to apply these discoveries to its curriculum and teaching.

LIFT Online Learning

OVERVIEW

In order to participate in LIFT, clients must fill out an application form, giving us basic information about themselves. This is in order for us to cater to each individual's needs and ensure each person receives the type of recovery supports they require. They will then be contacted by our intake worker who will process the application and conduct an assessment over the phone. Once we have completed this step, they will be asked to sign an extra consent form and then be able to start the following week.

The LIFT Online Learning program requires the use of technology and can be completed from home. This program involves the website timfletcher.ca, and the apps Email and Zoom (online video conferencing) to function. Clients must have access to the internet as well as a reliable device, which can be a phone, tablet or computer. Although technical support and video tutorials are available, clients must have a reasonable comfort with these programs to access the course.

The LIFT program consists of videos, focus questions, individual support, and Zoom meetings. The program runs on days or evenings Monday through Friday. Each day there is class, we will provide a video to watch, as well as focus questions to answer before attending. Clients must participate in each class (aside from excused absences) in the Zoom meetings in order to receive a certificate for the course. The Zoom meetings are important for offering support, facilitating a community atmosphere, and allowing for class discussion. Students who are in need of coaching will be given a teacher who can give them a weekly support session.

Although this program is online, it is not anonymous. Clients are encouraged to use their full name and will be involved in video chats with other clients and staff. We will welcome each client with dignity and respect, and will ensure that our staff members operate with courtesy, understanding, and most importantly, love.

LIFT Online Learning

RULES

On Day 1, all clients will be required to sign the following:

We ask that during your time with us, you keep in mind that the following agreements are in place for your safety, treatment goals, and comfort. Please conduct yourselves accordingly. By breaching any of these agreements, you risk terminating your participation in the LIFT Online program:

1. We are an abstinence based program, therefore you are not allowed to drink alcohol, use, or be in possession of any abusive substance while in our program.
2. You are required to attend all scheduled Zoom meetings and complete all of the material posted (videos and questions). If you are unable to attend, please contact your intake worker.
3. You must be considerate of all other participants. An attitude of respect and tolerance for other clients and staff are to be maintained at all times.
4. Verbal abuse including (but not limited to), racist comments, sexual orientation, and discrimination toward other clients and/ or staff are not allowed.
5. Any disruptive/ disrespectful behaviour, including abusive or threatening language, is grounds for dismissal.
6. In order to respect the privacy of each individual, recording of the Zoom meetings is not allowed. It is also important that you participate in the Zoom meetings with out anyone else listening in (private room or with headphones on).
7. Presentable clothes are to be worn at all times.
8. Distractions such as cellphones, headphones, or players of any kind are not allowed during program activities, unless you are listening to the discussion from head phones/cellphone.
9. At no time are clients allowed to seek out or provide sexual favors from other clients.
10. Gang paraphernalia, colours, logos, and talk are prohibited.
11. Each client's video settings must be on during the duration of the Zoom sessions.
12. A chat function is available to communicate with your class facilitator at any time during your sessions.



REACT

If you have any concerns or questions regarding any of the content contained in this document, please reach out! We would love to hear from you, and will be eager to assist in any way that we can.

CONTACT:

E: contact@timfletcher.ca

W: timfletcher.ca

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