



Housing Support Plan

COLIN KERR

Teen Challenge North East Scotland
Offering Freedom from Addiction

Personal Advice (PA) Session(s)

Page 1 of 2

Resident: Colin KERR Date: 27/8

Issues to be discussed:-

- Colin recd the result of COVID-19 test, mid morning → 'CLEAR'
- ~~Speak~~ Speak to Paul Banta regarding latest program?
- "Relapse program"
- Risk Assessment questionnaire issued
- Obey with induction studies.

Notes from PA Session / Action points:-

continued overleaf >>>

Notes from PA Session / Action points:-

Page 2 of 2

This image shows a full page of blank, lined paper. It features approximately 28 horizontal black lines spaced evenly across the page, typical of standard notebook paper. The lines are thin and extend from the left edge to the right edge. There is no handwriting or other markings on the page.

PERSONAL LIFE PLAN

Date: 27/8/20

Name: COLIN KERR

(Please refer to attached sheet for guidance. You need to give more than 1 word answers when completing this form. The information you share will be dealt with confidentially by your Personal Advisor).

General Wellbeing:-

What has inspired me in the past fortnight and why?

A statement by Martin Christofferson, that
in well liked + loved in the north
east, confirmed by Martin Duthie, giving me
a feeling of hope of a home + family in the future.

What has challenged me in the past fortnight and why?

being homeless living in a tent in Epping
Forest in Essex.

Specific Issues I would like to discuss in my next P.A session – detail:

issues with pending court cases.

'How I feel I've progressed over the past 4 weeks' - please write 4 or 5 sentences.

I've entered the Teen Challenge shiny brea
programme.

Financial Stability:-

Issues that I am currently progressing in relation to my finances – specify:

getting together debt letters in order
to set up some kind of payment plan.

Specific issues I need to discuss with Financial Manager?

The amount of debt £23,000 + and how
I'm going to go about paying it

Can I do anything more to save for my future? - specify.

No, I have no income as I'm sure I
on Teen Challenge money.

PERSONAL LIFE PLAN

Social Networking:-

How do I feel I am fitting in to life at Sunnybrae? – specify positives & any challenges:-

I've only been here 2 days

How can I develop my social network on Days Out** / Weekends Out whilst at Teen Challenge? (**Would I consider going for Day Out on a Sunday?):-

Find somewhere productive to go with positive influential people.

How can I develop my social network for my future beyond Teen Challenge?

Keep in contact with my church and its members, make new positive influence friends.

Career Options:-

At present, what are my thoughts concerning my career after Teen Challenge?(specify):-

I would like to work on telecoms MASTS climbing and fitting satellites. or if an opportunity arises go offshore working.

Specific points I would like to discuss with my advisor concerning my career plans (e.g. study; training; etc.):-

what cases I would need to do to qualify to climb MASTS i.e. cost ect. also for getting tickets to go offshore.

Home requirements:-

Presently, where am I intending to stay after I have completed Teen Challenge program?

What other options are available / am I considering?

at the moment I have no idea possible friends all depending on covid regulations ect

Specific details I need to find out concerning this option:-

Ask friends if this is an option look into covid regulations closer to the time.

Any other thoughts, challenges, encouragements or worries I haven't listed above?

I haven't wrote my yearly contact letter back to my daughter Chelsea I was supposed to do in February.

Lesson

302

Colin
12/18/09

NEW HOPE FOR LIFE

a new beginning with God



Personal
Studies
for New
Christians

New Hope for Life

Project 302 By David Batty Second Edition

By David Batty

Design Patty Baker

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4, New Hope for Life

Thanks for coming back.

This is a special lesson for you. In the last few weeks, you've had many important experiences. As you work through this project, you will have the opportunity to take a look at some of these experiences.

Please do your best to be totally honest with yourself as you answer the questions in this lesson. One of the main purposes of this lesson is to help you and your teachers discover areas in your life where you need to grow. Your answers will help us decide what studies to begin in the next few weeks.

We know the Lord is happy to have you back here again, and we are glad you're back, too.

Chapter One

My First Time Here

1. How long were you in the program before you left? 18 months
~~7 months~~
2. How long were you at home or on the streets before you returned here?
~~7 months~~ 6 years.
3. How many days ago did you come back here to the program?
Days 2 Weeks 0

4. What was your spiritual condition the first time you were here? Did you consider yourself a true Christian? Had you fully committed your life to Christ before you left, or were you unwilling at that time to allow Jesus Christ to have full control of your life? Please explain your answer.

I was totally opened minded
I had heard about what was
up about teen challenge
before I came so I had
an idea of the set up.

5. What were your reasons for coming here the first time you came?

I had lost everything, my
fiancee died of drugs, my
7 year old daughter had been
adopted and I was in a
complete state with alcohol + drugs

6. How much do you feel you grew while you were in the program the first time?

A lot ☒ Some ☐ Very Little ☐

Describe the main areas of your life where you grew.

I grew spiritually, I gained
wisdom and got to know
the person of Jesus Christ

6, New Hope for Life

7. What were the reasons why you left?

1. I ~~felt~~ had completed
the programme and had
stayed in the while as member staff
2. I met a woman I fell
in love with and ended up
marrying.
3. I felt it was time for
ventures now.

STOP: Have your teacher sign here before doing any more work on this lesson.

Teacher's Signature _____

Chapter Two

My Experiences Outside

1. Describe how things worked out for you after you left.

Things went well, very well indeed. I got married, big wedding in a castle, I started my own removals business which took off beyond all expectations. My wife inspired by my success opened a very successful hairdressers. Life was extremely good.

2. Think back to the days when you were here the first time. You probably had some ideas of how things would be if you left and went back out on the streets or back home. What were you expecting to find out there? Were you surprised when you left? Were things different from what you expected them to be? Explain.

Yes I didn't think things would progress so fast, I had absolutely no idea I had it in me to build myself such a ~~such~~ successful ~~the~~ life.

~~(11/11/11)~~

8. New Hope for Life

3. What happened to your relationship with God after you left here? Did you turn your back on God? Did you pray and read your Bible? Did you talk with other Christians? How often did you go to church? Did God speak to you? Did God help you or protect you in any situation?

I moved in with my fiancee
Still going to church but living
obviously in sin I kept my bible
on my bedside table but soon
ended up under my bed and
forgot about it until my next stint
in rehab. I would go to church
on the odd occasion or to keep
my wife happy. I'd lost all
contact with God.

4. After you left the program, were there any Bible verses that helped you?

Yes ☒ No ☐

If your answer is yes, write down the verses and briefly explain how this verse helped you.

A. Verse ~~1 Peter 3:13~~ Hebrews 13:5

"I will never leave you or forsake you"

How this verse helped me. I always "even when I lost contact with God" I always believed this verse and even when he seemed far away I would remind myself of this verse.

B. Verse Jeremiah 29:11

For I know the plans I
have for you, not to harm you but
give you hope + a future.
How this verse helped me.

The belief of the possibility
God is out there with a
plan just for me, even at low point
has been a blessing.

C. Verse

Joel 2:25 I will repay
you for all the ups the
downs I have given you.
How this verse helped me.

Knowing I have a chance
of getting back all we lost
was a great comfort in times
of despair.

D. Verse

ISAIAH 41:10

Do not fear for I am ^{with you} your God
Do not be dismayed for I am your God

How this verse helped me. The last year of
my life has been the most lonely
ever, but I still (even whilst not in
contact) knew and believed God
was there and had my back

I will strengthen you
I will uphold you with
my righteous right hand.

10, New Hope for Life

5. Did you witness to anyone while you were away from the program? Did you tell anyone what God had done in your life? Did you talk to anyone about how to become a Christian? Tell what happened.

I had a few drunken
conversations about my belief
but the people I was witnessing
to were just seeing a drunk
+ an addict - so I probably
made what I was saying
quite hard to believe.

6. Think about the things that happened to you after you left the first time. How did your attitudes change while you were away from here? In what ways did you grow while you were out there?

Initially I was determined to
stay clean which I did for
5 years, but I was still back
slidden and it was only
a matter of time before my
demons took hold.

STOP: Have your teacher sign here before doing any more work on this lesson.

Teacher's Signature _____

Chapter Three

Coming Back

1. What caused you to want to come back here? Who encouraged you to come back?

I had a conversation with Martin Christoffersen, who made me start to think seriously that the north east could be home for me being lost with nowhere to call home for many years. I got a phone call from Martin Røthie and that was it. My mind was made up and I came back.

2. While you were living at home or on the streets, you probably spent some time thinking about returning here. Was there anything that made it hard for you to come back? Explain your answer.

For example, one student said, "Because of my pride, I didn't want to admit that I had been wrong and needed help." Another student said she hated to think about respecting and obeying one of the staff. She always seemed to be in conflict with this staff when she was in the program before.

Yes, I often thought about coming back and the short answer is it was not easier to start homeless. The logistics of getting here were seemed extremely hard, when Martin Røthie along with a charity called "Chess" a homeless outreach charity came together bought my tickets and picked me up and put me on the bus. It made it easy and so I came.

12, New Hope for Life

3. Sometimes little things get us down and make us want to leave. When you were here before, were there little problems, hassles, or irritations that seemed important? But now you see they weren't really very important. If you experienced this, give one or two examples (illustrations) and describe what happened.

Just irritations with personality clashed nothing that made me want to leave. Although I did leave once after 6 weeks due to some personal issues on the outside I don't regret leaving it was the right thing to do at the time.

4. Take a few minutes to daydream. Let's pretend you could go back in time and live again the days when you were here the first time.

Would you do anything differently? be more honest
Explain.

I feel on my first programme in London I basically faked it to make it end to an extent on my 2nd programme in Sunnybrea I wasn't totally honest with myself but I do honestly believe you can fool yourself with out knowing your doing it.

STOP: Have your teacher sign here before doing any more work on this lesson.

Teacher's Signature _____

5. What changes did the staff ask you to make before you were allowed to return here?

Just to reduce my meds / ^{alcohol} ~~drugs~~
as much as possible.

6. What growth did you make in these areas?

I reduced my suboxone slightly
but it all happened so
fast there really wasn't much
time to change much

STOP: Have your teacher sign here before doing any more work on this lesson.

Teacher's Signature _____

14, New Hope for Life

7. Additional Report

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There is no handwriting or other markings on the paper.

8. Many students have a difficult time returning as you have done. You have shown real courage in your decision to return. The facts in the Bible make it clear that God is wanting to change your life and build within you His character and strength. Your feelings may go through some ups and downs in the next few weeks.

Read over the following questions and then describe what is going on inside of you today.

- Do I really want to be here?
- Do I feel like leaving again?
- Have my attitudes changes since I've been back this time?

ITS not a case of wanting to be here (I could think of better places to be) ITS a case for me "I NEED TO BE HERE" NO options NO questions, This I honestly ~~feel~~ feel is my last chance. no, I have no intention on leaving I have nothing on the outside pulling me out. we pushed everyone away which right now is a good thing. Yes, I need to be 100% Honest with myself + the staff and cant move on until im completely + utterly confident im ready for the pressures of life.

STOP: Have your teacher sign here before doing any more work on this lesson.

Teacher's Signature _____

18, New Hope for Life

2. God wants to help you grow. The Bible is full of practical advice which relates to the issues you have listed for activity #1 on pages 16-17. Choose one issue you wrote down for #1 and use it to complete questions 2, 3, and 4 on this page.

Here is one area of my life where I want to grow (or problem I need to overcome). Copy one of your answers from pages 16 or 17.

A) ~~or~~ I need to be realistic on my daily structure outside the structure of the programme.

3. When you were here before, did any of your Bible classes deal with this problem? If they did, tell what you learned in the classes that could help you with this problem.

we were not told on a number of classes + chapters if we can't get our own structure in spending time with God on the programme we will never manage it outside

4. Use a concordance or a topical Bible to find at least 3 verses in the Bible that deal with this issue. Write out the verse and then put down your ideas on how this verse can help you grow.

A. Verse Genesis 40 - The whole chapter

How this verse can help me. even though Joseph was in pain + in custody he still spent time + relied on the Lord -

Big

B. Verse ACTS 16:25-29

Paul and Silas sing hymns and to
God and the other prisoners were listening

How this verse can help me. Even though the disciples
were in shackles and imprisoned they
were still full of joy

C. Verse MAT 6:15 JESUS withdrew again
to a mountain alone to
pray to God.

How this verse can help me. Knowing even
JESUS often went off alone
to spend time with his
Father encourages me to do
the same.

D. Verse LUKE 22:39

JESUS prays in the garden of
Gethsemane.

How this verse can help me. Much the same
as above knowing Jesus prays
to his Father in his hardest
moments

STOP: Have your teacher sign here before doing any more work on this lesson.

Teacher's Signature _____

20, New Hope for Life

5. Many times conflict with others causes a person to leave the program. When you were here before was there a conflict between you and a student(s) or staff that influenced your decision to leave?

Yes_____ No ✓

If you answered **yes** to activity #5, go on to activity #6.

If you answered **no** activity #5, go on to page 23 activity #9.

6. You had a conflict with another person that influenced your decision to leave.

Was it with a staff or student? _____

Briefly explain how this affected your decision to leave.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper appears to be a standard notebook or a sheet of stationery designed for writing.

7. Have you been able to work out the problems you had with this person yet? Yes _____ No _____

A. If you answered **yes**, tell what you did to restore your relationship with that person.

How well do you get along with this person now?

- B. If you answered **no**, would you like to clear up the problem between you and this other person?

Yes _____ No _____ Not sure _____

What do you think you can do to help clear up this problem and restore your relationship with this person?

22, New Hope for Life

What do you feel the other person must do so your relationship can be restored?

STOP: Have your teacher sign here before doing any more work on this lesson.

Teacher's Signature _____

8. Additional Report

STOP: Have your teacher sign here before doing any more work on this lesson.

Teacher's Signature _____

9. Write a prayer to God. Thank Him for all He has done for you in the past few weeks. Talk to Him about the areas of your life where you want to grow.

Thank you Lord for pulling me back out the darkness and bringing me back to you + teen challenge. Please help me to grow in being accountable to you and my self, help me to make the right decisions especially in the extremely hard times.

10. Counseling Situation: What's your opinion?

Your roommate has been here for a little while and is talking about leaving. Based on your own experiences, what would you tell your roommate?

I haven't got a room mate.

STOP: Have your teacher sign here before doing any more work on this lesson.

Teacher's Signature _____

Sunnybrae Risk Assessments

Copy to STAFF File in Trusty
11/10/20

Resident: Colin Kerr		Assessor: ADRIAN DAVIES			Date: 28.08.20	
1 Hazard	2 Nature of Potential Harm	3 Likelihood	4 Severity	5 Uncontrolled risk	6 Control Measures	7 Residual Risk
Personal Behaviour	Assault on staff or other resident.	2	3	6	Zero tolerance policy on violence of any kind, resulting in the resident being asked to leave.	3
	Bullying	3	3	9	Zero tolerance policy on bullying. One to one support sessions with residents.	6
	Self harm	2	3	6	One to one support sessions with residents and external counselling when required. A staff available 24 hours team who are aware of vulnerable residents.	3
	Suicide	2	5	10	One to one support sessions and external counselling when required, a staff team available 24 hours that are aware of vulnerable residents.	5
Comments: "I can argue my point of view; I would walk away if things got heavy. Bullying: I was bullied all the way through Primary/Academy (5-15); started drinking aged 14 I stood up for myself."						Risk 1-4 Low Risk Risk 5-14 Medium Risk Risk 15-25 High Risk



Sunnybrae Risk Assessments **Multiple Car Offences!**

Resident: Colin Kerr		Assessor: Adrian Davies			Date: 28.08.20	
¹ Hazard	² Nature of Potential Harm	³ Likelihood	⁴ Severity	⁵ Uncontrolled risk	⁶ Control Measures	⁷ Residual Risk
Personal Behaviour	Fire Raising causing damage to property and persons. 					

Sunnybrae Risk Assessments **Homeless for 6 weeks before entering Sunnybrae: "depressed & agitated."**

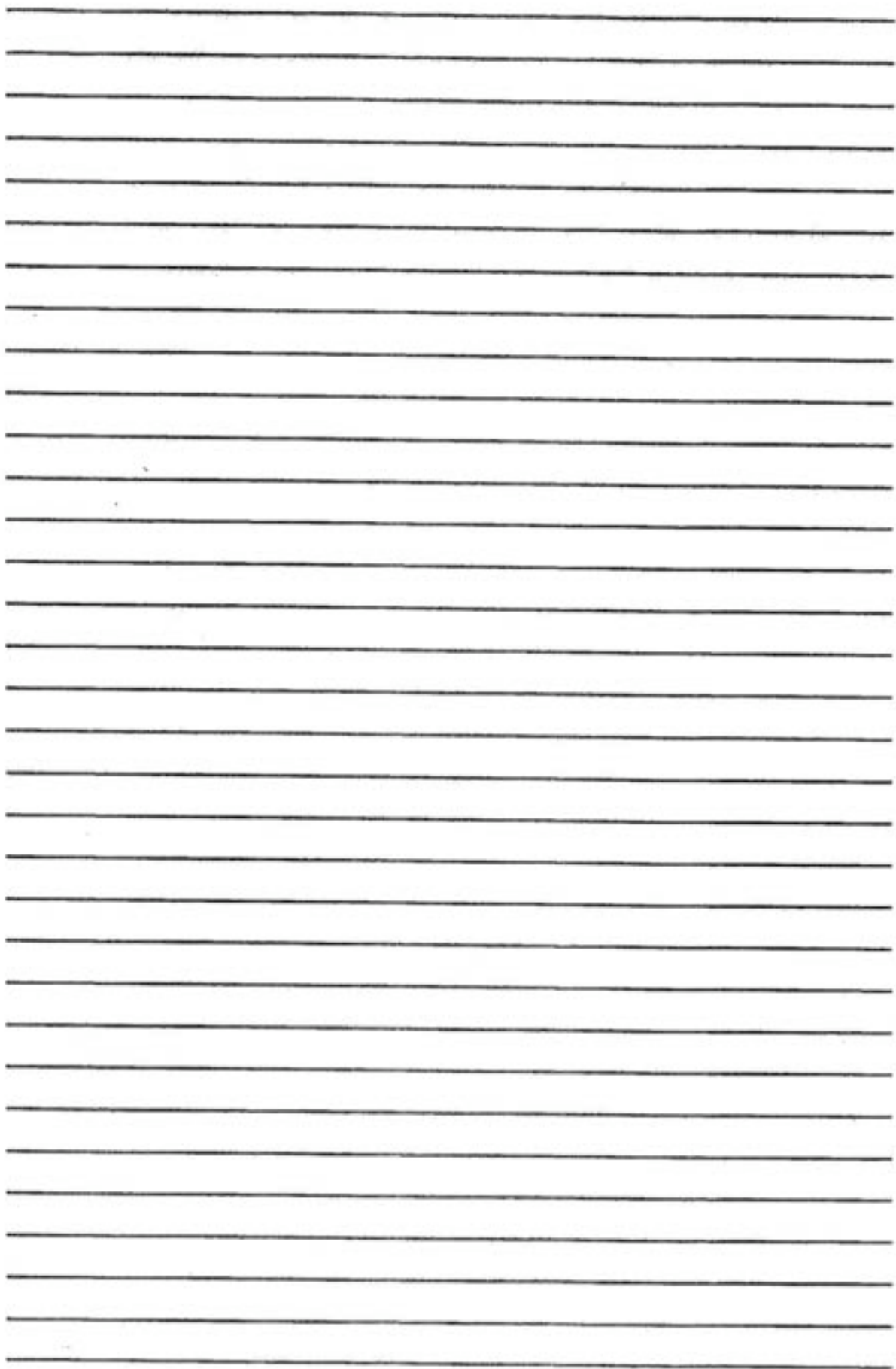
Resident: Colin Kerr			Assessor: Adrian Davies			Date: 28.08.20	
¹ Hazard	² Nature of Potential Harm	³ Likelihood	⁴ Severity	⁵ Uncontrolled risk	⁶ Control Measures	⁷ Residual Risk	
Emotional/Mental health issues	Assault on staff or other resident.	2	3	6	Zero tolerance policy on violence of any kind, resulting in the resident being asked to leave.	3	
	Self harm	2	3	6	One to one support sessions with residents and external counselling when required. A staff available 24 hours team who are aware of vulnerable residents.	3	
	Suicide	2	5	10	One to one support sessions and external counselling when required, a staff team available 24 hours that are aware of vulnerable residents.	5	
	Withdrawal from the resident body and isolation.	3	3	9	Promotion of a family atmosphere. Organised activities for residents. A staff team available 24 hours that are aware of vulnerable residents. New residents are supervised by support staff.	6	
Comments: "I'm an introvert – I'd walk away. Dec'17: O.D's x 2 on heroin; not intentional. Since May'19: No self-harm in recent relapse – heroin for 2 months (Aug'19) & Subutex prescription. Suicidal thoughts only. June'20 – homeless for 6 weeks – stayed in a tent in Epping Forest. Current mental health? 'depressed and agitated before I came to Sunnybrae. I'm a social person & like own space too." Explained Community ethos of Sunnybrae.						Risk 1-4 Low Risk Risk 5-14 Medium Risk Risk 15-25 High Risk	

Sunnybrae Risk Assessments **Anxiety issues when not on substances!**

Resident: Colin Kerr		Assessor: Adrian Davies			Date: 28.08.20	
¹ Hazard	² Nature of Potential Harm	³ Likelihood	⁴ Severity	⁵ Uncontrolled risk	⁶ Control Measures	⁷ Residual Risk
Physical Issues	That the resident's physical condition would place him at serious risk whilst participating in the Teen Challenge programme.	3	3	9	An interview process which includes a medical questionnaire signed by the resident's doctor and a one to one assessment with a Teen Challenge worker.	6
Comments: "I'm quite fit & healthy. Aged 24: liver damage; tested 2004:o.k. I've always had high levels of anxiety; I can struggle to be around people when not on substances. August'20 – hospitalised for 3 weeks – low potassium levels. I reassured Colin regarding 24/7 support from TC Staff.						Risk 1-4 Low Risk Risk 5-14 Medium Risk Risk 15-25 High Risk

Sunnybrae Risk Assessments **Alcohol-induced seizures x 5 >>> since May'19!**

Resident: Colin Kerr		Assessor: Adrian Davies			Date: 28.08.20	
¹ Hazard	² Nature of Potential Harm	³ Likelihood	⁴ Severity	⁵ Uncontrolled risk	⁶ Control Measures	⁷ Residual Risk
Withdrawing from addictive substances.	Serious side effects stemming from the residents poor physical condition leading to long term damage.	3	3	9	Any resident wishing to go through a non-medicated withdrawal, must be assessed and the withdrawal approved by their doctor.	6
	Dehydration due to diarrhoea and vomiting.	3	3	9	Any resident going through a withdrawal will be supervised and supplied with water. Staff are available 24 hours.	6
	Fitting / convulsions Alcohol-induced seizures & low potassium levels!	3	3	9	Any resident wishing to go through a non-medicated withdrawal, must be assessed and the withdrawal approved by their doctor. Residents who are withdrawing will be supervised by support staff.	6
Comments "Aching bones, sweats, cramps, racing dreams – diarrhoea & vomiting – advised to take water throughout the day. Alcohol-induced seizures x 5 – since May'19: went to A&E – hospitalised...most recent = August'20 for low potassium levels (London). Advised Colin to speak to Staff immediately if any health issues arise.						Risk 1-4 Low Risk Risk 5-14 Medium Risk Risk 15-25 High Risk



Colin
(27/8/20)



Please provide a detailed account of your substance misuse lifestyle in the past 12 months, include:- substances used (incl. amounts); medical / health issues; relationships, criminal activity / issues with Police. The information provided will be treated with strict confidentiality.

12 months ago I was hopeless in Aberdeen, after splitting with my girl friend who had just had an abortion and leaving the TC programme, I was buying Subutex on the street before being prescribed a dose of 16ml Subutex at the Timmer Market Aberdeen. I was moved to Stirling by Aberdeen Council as I had no connection to the area. I was drinking 2-3 LTR bottles of Port per day being hospitalised approx 6 times with acute alcohol withdrawals and a case of pancreatitis. I had no relationships and became a recluse / loner. I have 2 Court cases. I got caught driving and leaving the scene of an accident in Aberdeen in Aberdeen Sheriff Justice at the peace court on 10/10/20. I also got arrested for entering a home I used >>>>>>

to share with my wife
and children when we were
divorced I left her everything
and didn't contest a thing
so on entering the house
to collect some belongings
of mine since my name
was no longer on the
Mortgage and my ex wife
+ daughter were not at
home I was arrested
and charged with burglary
stealing my daughter's car
which I had bought her
just a few months earlier
they were coming for New Year
my intention was only ever to
use it for a couple of days
until she returned. I didn't ask
permission as I paid for
the vehicle and have proof of
this. I also got charged of
stealing a bicycle which I am
guilty of completely. In between
all this I have used crack
cocaine, street value on an occasional
basis. 6 weeks ago I was
severely attacked in my flat by
an associate I was too letting
stay with me but when

NAME: Colin Ior SIGNATURE: Date: 24/08/20

and charged with a Mountain
of evidence against him including
my full statement. He was
remanded in custody. Sean
was brought up in Stirling at
the top of the town (by the castle)
where I lived which is a very
rough area, so it wasn't long
before I was receiving threats of
violence and was in fear of
my life. I approached the Council
whose solution was to move me
into the Main Horseshoe hostel in
Stirling which was full of Sean's
family + friends also. I tried
to explain this but they said
there was no other option - on
this news I decided to leave
Stirling. I asked the Council's advice
on this. They were all too
happy to get rid of me and
paid my £150 train ticket to Loughborough
where my sister lived and this
giving me a connection to the
area but when the Council
phoned my sister she said
some things that gave the
Council the wrong idea. She didn't
want me around. I know
wherever she said was only

NAME:.....SIGNATURE:.....Date / /

phoned me and asked me
another change at Sunday break
I jumped at it as living
in a tent is an absolute
nightmare and although I love
camping I will never end up
in that position again.
I feel in a good position
as I have alienated my whole
family from me leaving me
nothing on the outside to
play with my head and
allowing me to just concentrate
on me + Jesus and getting
myself better and staying there
with the full Faith God will
restore my family when I am ready
to handle the responsibility that
comes with it.

NAME:.....SIGNATURE:.....Date / /

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NAME:.....SIGNATURE:.....Date / /

Personal Advice (PA) Session(s)

Page 1 of 2

Resident: Colin Date: 14/9

Issues to be discussed:-

-
-
-
-
-
-
-
-

Notes from PA Session / Action points:-

① New setting in? DETAILED

16/9/20

② Risk Assessment / Review

Left dep of work - I'm frustrated & getting
stressed at present

Dealing with issues - I don't trust what
I've got for me.

continued overleaf >>>

[illegible]

Page 2 of 2

Review → 1230km
23/9/20

Coleen KERR

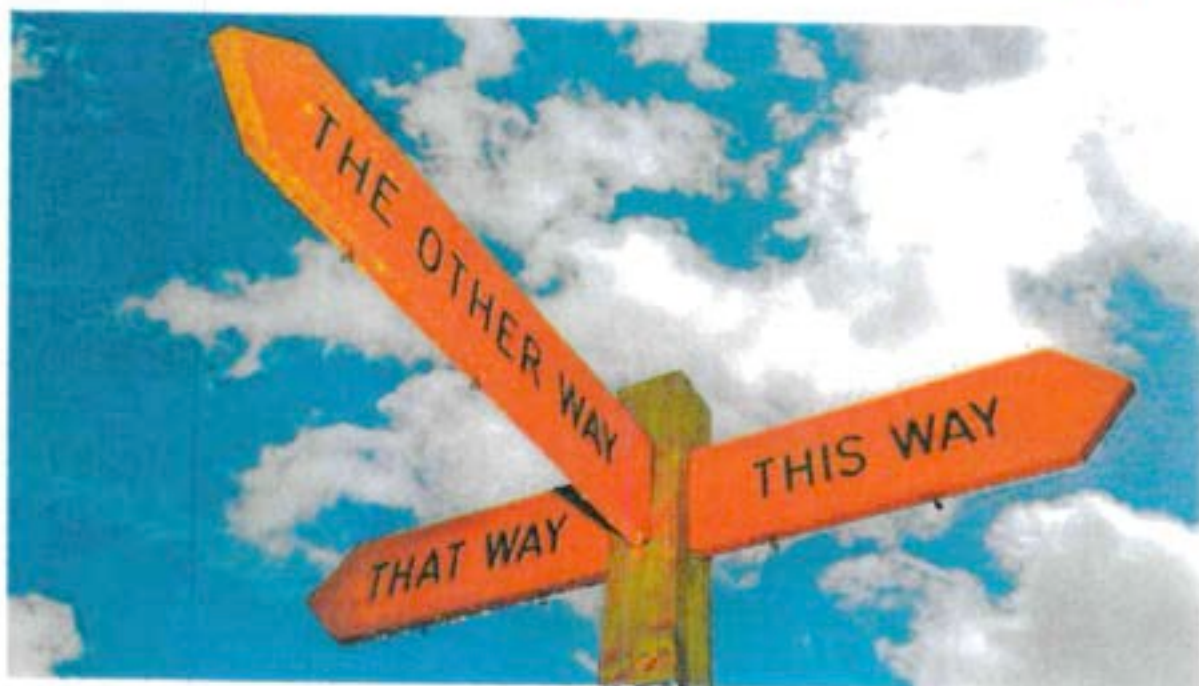
Personal review of my time on Induction at Teen Challenge Sunnybrae:-



Jeremiah 6:16 New International Version (NIV)

This is what the LORD says: "Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls. But you said, 'We will not walk in it.'"

You are now approaching the end of your time on Induction. Please take time to pray, think and then fully answer some questions relating to you ~~coming to~~ returning to Teen Challenge, Sunnybrae. Your answers will be discussed during an Induction Review Meeting.



"Many are the plans in a person's heart, but it is the LORD's purpose that prevails."

Proverbs 19:21 New International Version (NIV)

Edan KERR

Personal review of my time on Induction at Teen Challenge Sunnybrae:-



- What is different this time around about the poor attitude / behaviour you displayed to your recovery that caused you to decide to leave Teen Challenge Sunnybrae & relapse? ~~300 WORDS~~

I have no attachments outside the programme, so I am much more focused on why ~~am~~ I'm here and getting my relationship with God to where it should be. I love God, I love the bible. I need to just let go and allow God to make the decisions - we proved to myself "yet again" I can't do this alone. We ~~a~~ identified some character defects or (owned up to) my need for some kind of fulfillment out of a woman's company / relationship - I was not allowing God into this area and by doing so - ruined my life to an "extent" again.

— 40 —

Colin Kerr

Personal review of my time on Induction at Teen Challenge Sunnybrae:-



- In your opinion, what are the main personal challenges you face as you look to fully recover from life controlling substances? **300+ WORDS**

My daughter turns 16 next month, she got adopted when she was 7, after losing her mum to heroin. I need to be in a position where I'm ready to meet her and answer all her questions! - This scares me! - on the other hand I never see her again - This scares me also!

I've caused so much hurt and pain to people close to me I need to work through so much guilt + shame.

I am in debt to the sum of £24,000

I have nowhere to really call home.



Colan Keer

Personal review of my time on Induction at Teen Challenge Sunnybrae:-



- What have you learnt about yourself and the issues you are looking to deal with during your time in Induction? ~~900-WORDS~~

That I am quite resilient and with God's help I can overcome all the obstacles in my way.

That I can only do this with God's help.

I am ~~lacking~~ incapable of going alone

That if I ever ignore the Holy Spirit's nudging and go the opposite way - God always takes me to a place where he gets my full attention (or allows me to) and sometimes this is very nice.

Colan KERR



- Things I would like to discuss / questions I would like to ask ~~the Centre~~
~~Manager~~ during the Induction Review.

- My finances

- I need to learn how to live without ~~frank~~ company - any advice welcome!

- I need to learn how to be bored - and happy being bored?

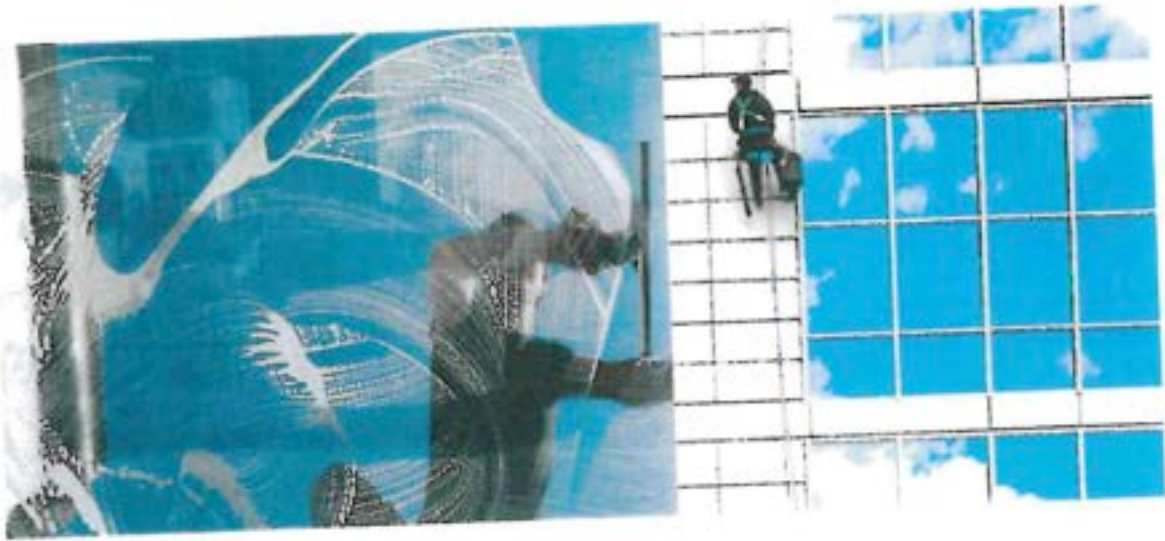
- I can never drive again - how extreme do I need to go in a ~~country~~ ^{country} that is almost built on a weekend out or going to the pub!

Signature: _____

Date: 21/9/20

Celso
Kerr. in 'Phase 1'

Issues that I need to deal with / talk about.....



I need to deal with the
few I have over meeting
or not meeting my daughter Chelsea.

my guilt + shame for the hurt
and pain I caused the family I lost
in 2018.

My finances.

The fact I am incapable of
living independently - I need to
seriously work on this.

"God of hope, God of future, You can take a broken heart and make it sing."



PHASE 'INDUCTION' Review Meeting

Resident: Colin Kerr

Date: 23.09.20

P Your PA advisor for your Relapse Program will be Forbes Nicol.
P I'm very encouraged by your Review forms – especially your willingness to drill down & identify specific issues that need to be dealt with. C I knew I need to be services; I knew before but chose to ignore.
P How do you feel that Induction went? C I think I got on o.k. – starting to get more sleep now – everyone has been helpful and a sense of Residents pulling together.
P Faith? C I'm praying; yes I've got ??'s and faith will answer – I want what Jesus has got to offer – there is a barrier between me and God. P You need to know that we are praying for your breakthrough.
P In your Review Papers you state that you 'asked it to make it.' C I just took part – there was never a real connection.
P A crux issue that you identified was 'women!' – we've talked through this together – take the opportunity that the Program gives. C Lust & companionship – I've never dated a Christian woman, apart from my ex-wife...I really need strong advice for dealing with female relationships. P Forbes / myself will help you to journey with this. A This time is a specific season of opportunity for you to deal with such issues and receive God's truth and healing. P It's not just about management of sexual desires but breakthrough & healing.
P In your Review papers you talk about 'learning to be bored and being happy to be bored.' C In the past I've managed boredom for a couple of weeks and then I take alcohol and it relaxes me to meet women – something I must deal with.
P Finances – Colin to be facilitated to make contact with K.Ross to discuss current financial situation. C The last time I was on the Program, Kenny Ross showed me what was needed to sort out my finances. P Speak to Forbes for him to facilitate phone calls and get fresh financial advice from K. Ross.
P Court matters – Colin has 2 outstanding Court matters. 1) Aberdeen Sheriff Court: awaiting confirmation of a Court Date. 2) Sterling Sheriff Court – no Court Date set yet. Colin's Solicitor is Virgil Crawford of Sterling – he will advise of dates in due course – he has Colin's Sunnybrae contact details.
P Colin on Phase 1 as of today. The Meeting finished with prayer.

Signed..... [Resident's Signature] [Resident's Signature]

Signed..... [Senior Support Worker's Signature] [Senior Support Worker's Signature]



TEEN CHALLENGE SUNNYBRAE – RESIDENT WORK PROGRAMME FEEDBACK

Resident Name Colin Kerr Date 26/09/20

Very dependable, he has been getting stuck in straight away.

He has been a Godsend in the kitchen, leading even while on his reduction. He has stepped in as food guy as Ricky looks to leave, very organised in this department, already doing tesco order.

He has also recognised when he needs a break from kitchen, mentioning to Martin and myself when he needed a change.

Always one of the first guys up ready for work. Does alot of the cooking over the weekend.

I'd encourage him to keep asking for help anytime, as he has been doing.
Great work ethic.

Signed [Signature]



PERSONAL LIFE PLAN

Date: 24/9/20

Name: Colin Kerr

(Please refer to attached sheet for guidance. You need to give more than 1 word answers when completing this form. The information you share will be dealt with confidentially by your Personal Advisor).

General Wellbeing:-

What has inspired me in the past fortnight and why?

Talking to Kyle about his journey from
beginning + feeling of a bridge to his walk
with the Lord.

What has challenged me in the past fortnight and why?

Coming off meds was a challenge

Specific Issues I would like to discuss in my next P.A session – detail:

My issues with work and not being
able to cope with life when im left
to my own devices - i need to learn to
be more responsible.

'How I feel I've progressed over the past 4 weeks' - please write 4 or 5 sentences.

The past 4 weeks all round have been
good - i have come from a place of
darkness with absolutely no hope - thinking
my life was over to a place of hope
i have an ever so slight renewed vibe
for life.

Financial Stability:-

Issues that I am currently progressing in relation to my finances – specify:

Just waiting to talk with Kerry.

Specific issues I need to discuss with Financial Manager?

My 24000 Debt

Can I do anything more to save for my future? - specify.

Not at the moment.

PERSONAL LIFE PLAN

Social Networking:-

How do I feel I am fitting in to life at Sunnybrae? – specify positives & any challenges:-

I feel im fitting in ok - there is a good bunch on the programme just now.

How can I develop my social network on Days Out** / Weekends Out whilst at Teen Challenge? (**Would I consider going for Day Out on a Sunday?):-

by keeping in touch with the right people.

How can I develop my social network for my future beyond Teen Challenge?

by keeping in touch with people outwith TC and making good bonds with the staff here.

Career Options:-

At present, what are my thoughts concerning my career after Teen Challenge?(specify):-

im still not sure I would care to go back working on the MARS but we will see.

Specific points I would like to discuss with my advisor concerning my career plans (e.g. study; training; etc):-

what ticket I need + cost but its too soon for that.

Home requirements:-

Presently, where am I intending to stay after I have completed Teen Challenge program? What other options are available / am I considering?

I have no plans here at all.

Specific details I need to find out concerning this option:-

Any other thoughts, challenges, encouragements or worries I haven't listed above?

An Introduction to Phase 3, 4 &
Relapse Contract from the
Centre Manager.

Colin
JAN
14



At Sunnybrae we have found that structure and daily routine is at the heart of a person's self-worth and dignity. To date you have begun the journey which included withdrawing from substances, completing Teen Challenge 14 studies, life and Job skills, worked through Personal Advice sessions amongst other tasks and responsibilities. The fact that you are on Phase 3, 4 or a relapse programme suggests you are of a maturity to begin a move on plan to progress onto independent living. So you can realise your potential, identify your skills and abilities, be responsible about your past, make the most of the present and plan positively for the future.

This contract has been put together to foster an attitude of continued learning to work along side your personal life plan your PA Advisor and support staff.

You need to complete what is expected of you please see below:

- a. One book report a month.
- b. Two scripture memory verses a month.
- c. Two pace studies a month.
- d. Two character qualities a month.
- e. Notes for two sermons a month.
- f. Other material such as Bob Gordon's work sheets, Derek Prince work book, etc.
- g. As well as MIH, centre work projects and respective phase responsibilities.

My personal desire and prayer is to see you transform your life so you become physically, emotionally and spiritually whole. That you find a place to call home, that you work toward a career your fulfilled in, your finances are stable, you build a social network of supporters and friends and that you are healthy and well.

May God Bless you as you continue this journey.

Gordon Cruden
Centre Manager

H



Relapse Programme PA Sessions

Resident: **Colin Kerr**

Date: 06/10/2020

Personal Adviser: Forbes Nicol

AGENDA

- **General conversation how doing.**

Spoke in general about how Colin was doing since he came back into the centre, he is doing alright in general, but gets anxious when he thinks of his future, what will become of him, and how will he see his family kids etc.

- **Court cases up-coming**

Spoke to Colin about court cases, the warrant for his arrest, He told me the situation in Sterling, His solicitor, **Virgil Crawford** in Stirling, I suggested he get in touch asap with the solicitor to get things sorted out. **Virgil M Crawford 01786 464055 (Colin phoned 07/10)**

- **Timeline after leaving Teen Challenge**

Spoke about leaving and the situation with his girlfriend, how he was not long out when he relapsed and ended up in homeless accommodation, his former partner then told the authorities he had no contact anymore and this led to withdrawal of the temporary house. Colin then went to Stirling and got accommodation, ended up in hospital, got put out of the accommodation went on a downward spiral and ended up in Loughton Essex staying in a tent.

BOOK REPORT
On a biography or novel

Book Title: Switch on your brain
Name of Author: Dr Caroline Leaf
Publisher: Baker Books

Your name: Colin Kev
Date: 1/12/20

Write a brief sketch of the person's life.

Book report

Switch on your brain

Switch on your brain is a book about your thinking - a Scientific theory based on Scriptures like Romans 12:2 "Do not conform any longer to the pattern of this world but be transformed by the renewing of your mind." and proverbs 23:7 "as he thinketh in his heart - so is he"

The writer Dr Caroline Leaf states in her book that ~~that~~ the power of our thoughts determine actual matter (physical matter) in our brains - this in essence means if we have a toxic thought life then our brains will predominantly be made up of negative toxic matter this in turn affecting ~~any~~ ~~future~~ and ultimately dictating our future thoughts, choices + actions, ~~but she goes on to say~~ which also can affect our mental + physical health but Dr Leaf goes on to say this doesn't have to be the final state of our brain.



- The Majority of humans have a brain made up of both negative and positive matter the percentages of which are made up of how much of our lives have been made up of TOXIC or positive thinking.

Dr Leaf further states we have the power to change the matter in our brain by pro active spending time meditating on positive thoughts and consciously reorganising our negative thoughts and ultimately getting rid of them we do this by following a 21 day brain detox plan.

The first of the 5 ~~points~~ steps in the detox plan is:

① GATHER.

The first step is based on clearing our minds and concentrating on our 5 senses and describing what I am experiencing through my senses and what thoughts are entering my mind whilst I do this I have to describe the thoughts in detail and how they make me feel.



② Focused reflection

The second step of the book is focused reflection - where it states that when after the first step, these thoughts have been called out of our non conscious mind to our conscious mind the thought for a period of time ~~settles~~ becomes notable and with this in mind it we focus on the thought either positively or negatively we can change the thought if we repeat this process over at least 21 days and this in essence becomes our own neurologist.

③ write.

The third step is "write" - It states when we write things down it reinforces the thought and ingrains it into our non conscious mind (where all our thoughts are birthed from ingrained thinking patterns over the years) what's more it we refrain from the "state is good" (writing in straight lines) using wavy associations and grouping, using color and texture even draw diagrams relating to the text this will ingrain further in our non conscious mind



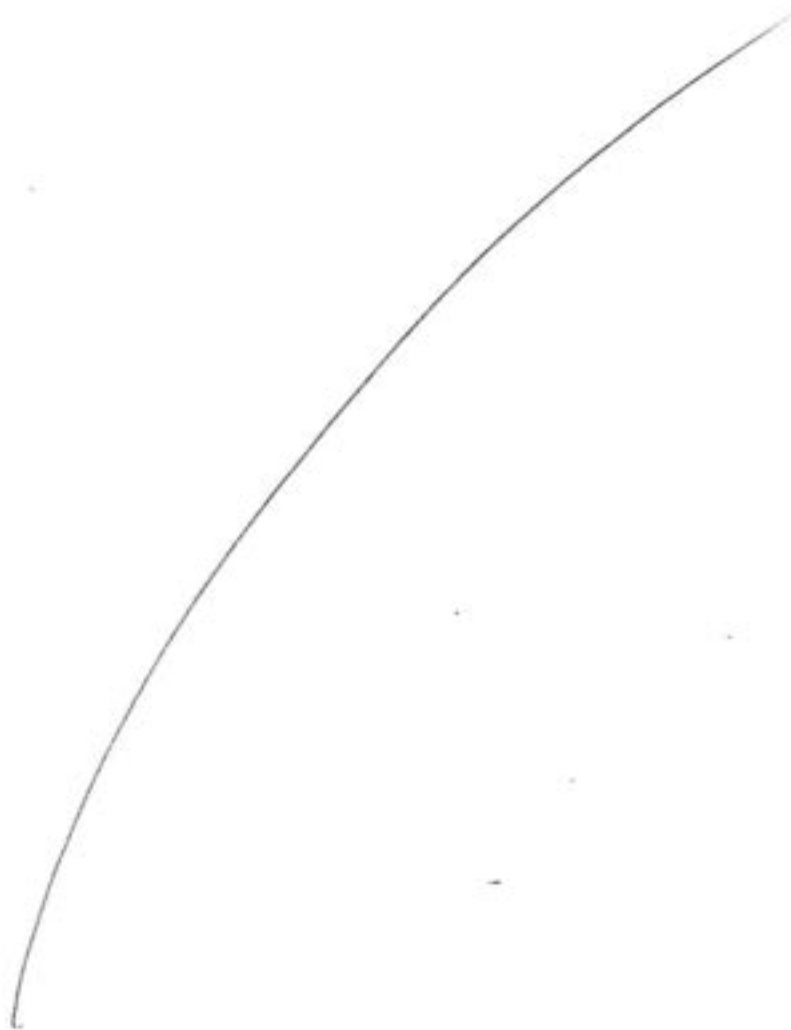
④

Re visit

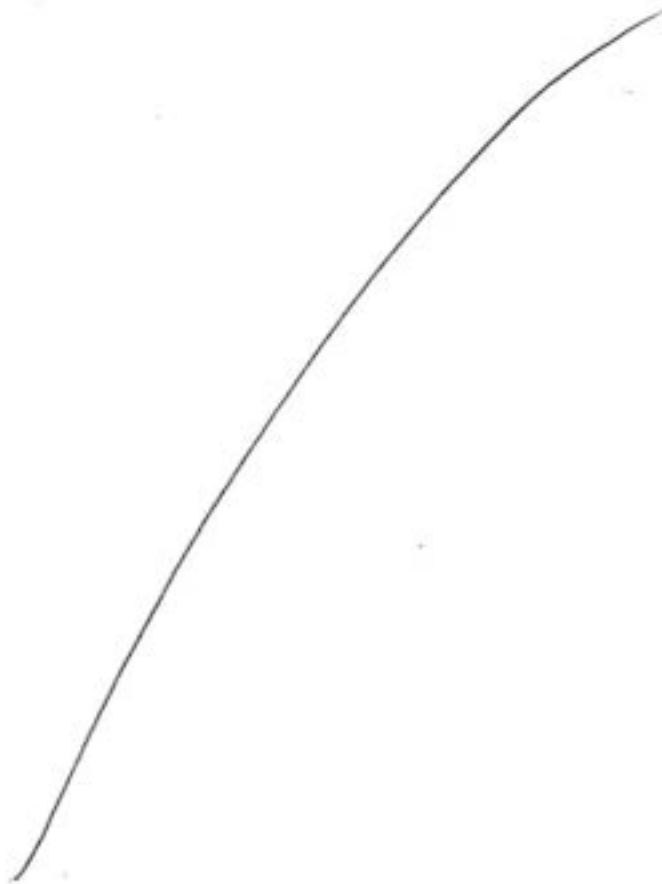
Step 4 is to "revisit" what you have written down - it states this is a revealing process its a progressive "moving forward" step: you revisit where you are and look at how to make change happen.



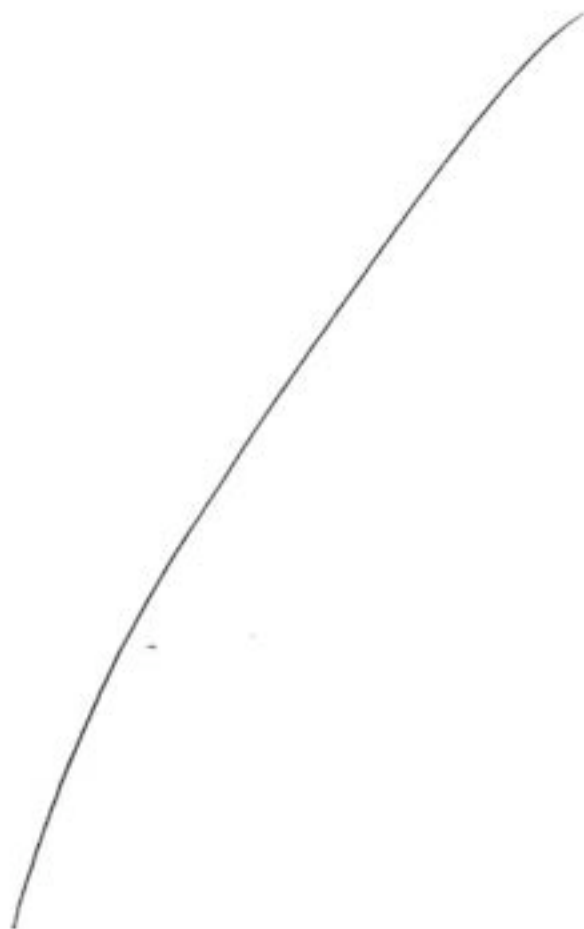
Would you like these characteristics in your life?



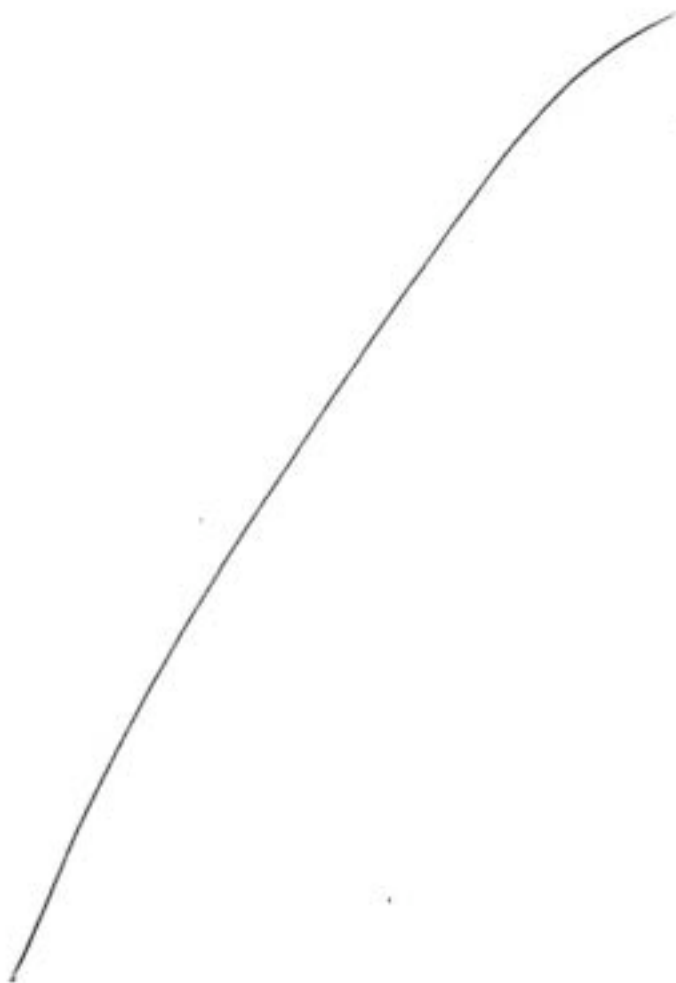
Can you determine from the book how this person developed these characteristics? If so, how did the person do it?



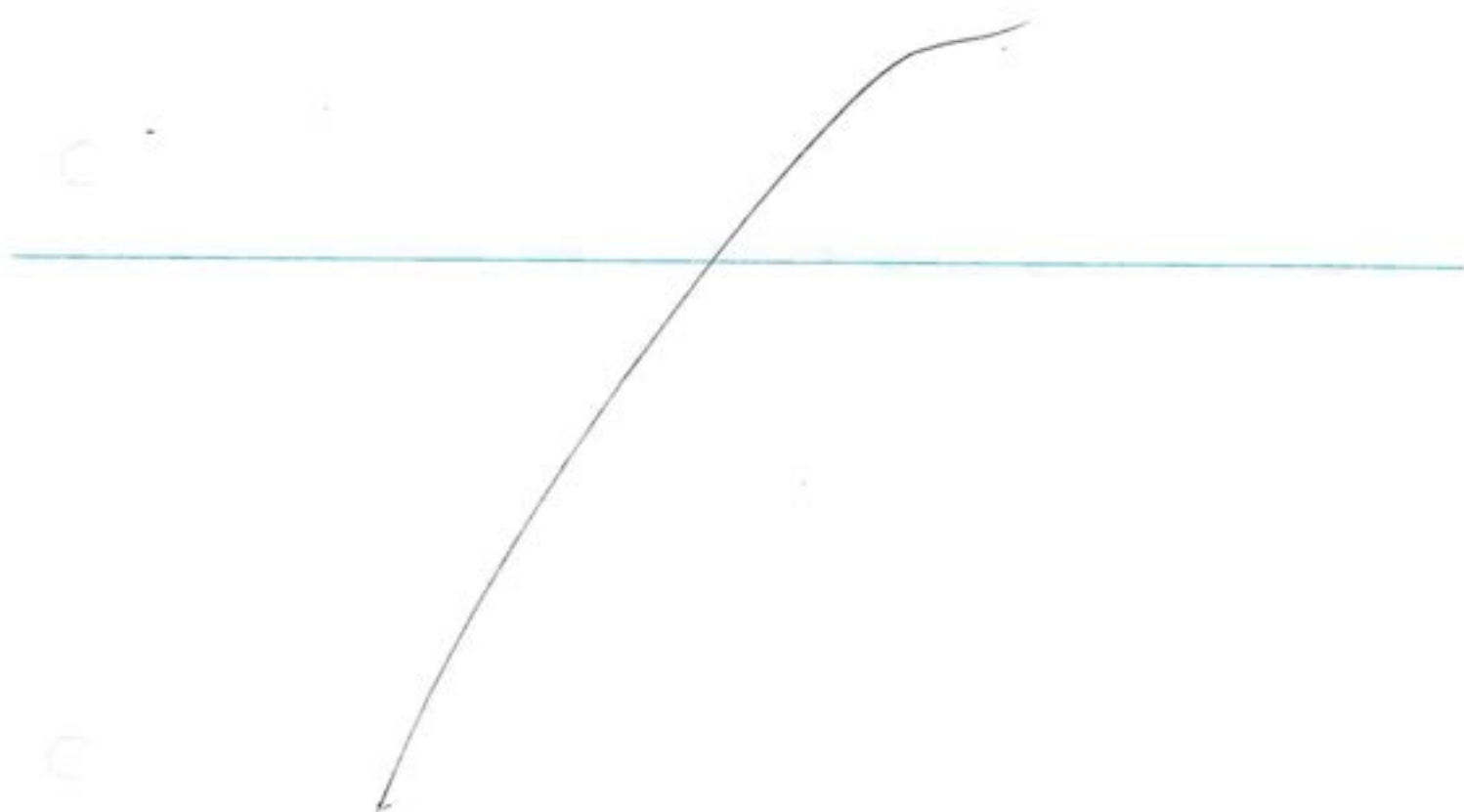
What are you already doing to develop these characteristics in your life? How are you trying to apply them? How is it going?



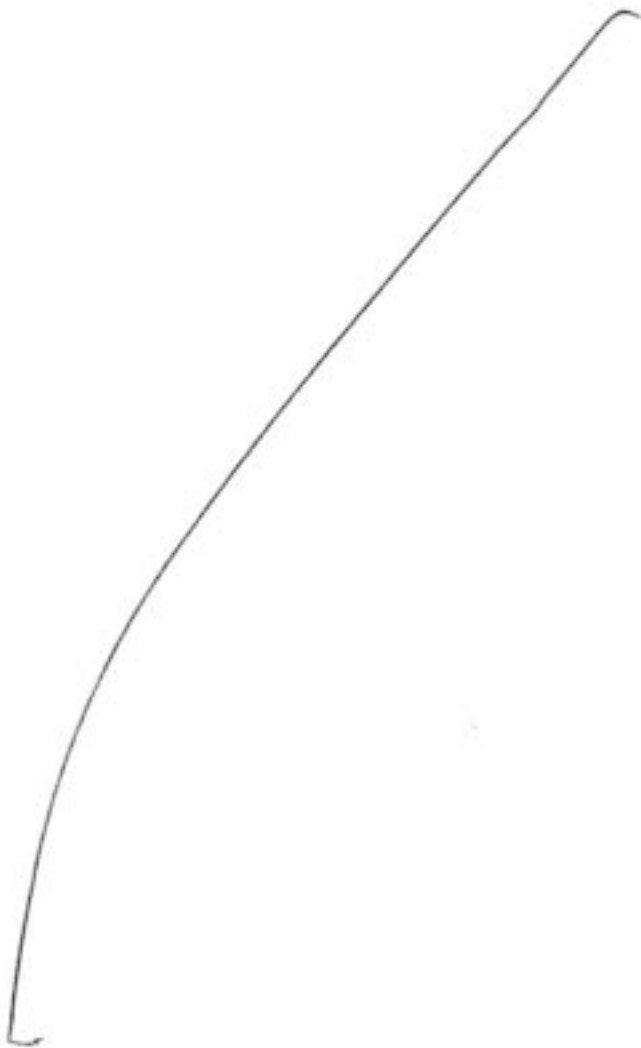
If you haven't been trying to develop them but need to, how could you begin?



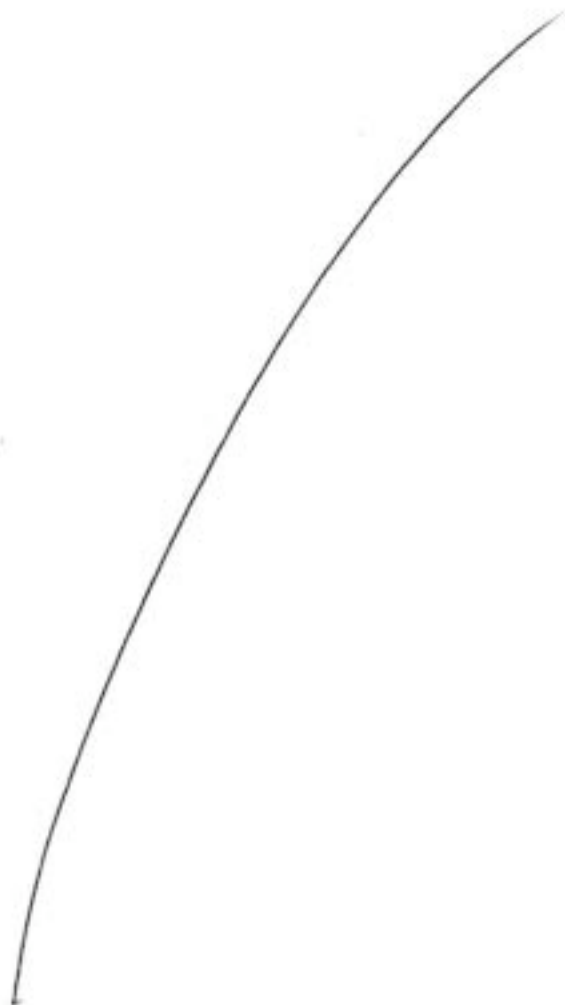
Which person (this might not be the major character) for you, was the most significant character in the book?



Which characteristics about this person made him or her important to you?



Would you recommend this book to someone else?



SCRIPTURE MEMORISATION

Resident name..... Colin Ken.....

1. Scripture verse.

Deuteronomy 30:19

This day I call heaven + earth as witnesses against you that I have set before you life and death, blessings + curses, now choose life, so that you and your children may live.

2. This is what God wants me to learn from this verse?

That ultimately the choice is mine and up until now, I have been continually choosing death + curses resulting in my chaotic lifestyle - if I choose life, I choose blessings resulting in peace + harmony with God.

3. Write three specific goals showing how I can apply this verse to my life?

A. every morning be proactive in my thinking - directing my thinking off of myself + onto others
Make a plan to do positive things.

B. Set goals, long term and short-term - write them down and take a diary of my progress, challenges and victories.

C. Pray every day, read the word every day - get rooted in a church.

4. Write your prayer to God about this verse.

God help me to be more proactive in my thinking - to daily be direct and plan at how I'm going to make a good day and to get at the habit of not taking life as it comes.

SCRIPTURE MEMORISATION

Resident name Colin Kerr

1. Scripture verse.

Proverbs 3:13

Blessed is the man who finds wisdom
The man who gains understanding.

2. This is what God wants me to learn from this verse?

wisdom + understanding is more
important than ~~money~~ wealth
and without it we will never meet
our full potential.

3. Write three specific goals showing how I can apply this verse to my life?

A. Read more proverbs + bible.

B. work goal.

C. ~~spend~~ spend time with wife other
people.

4. Write your prayer to God about this verse.

Lord give me wisdom - help me ~~under~~ gain
understanding that I may live
a happy life.

Sermon Notes

Church attended: *Sunnybree* Date: *30/11/20*
 Sermon title: *Attitude of Discipline* Preacher:
 Main Bible text: *1 Corinthians 9:24-25*

Point 1: we must implement discipline after TC:
 self discipline to succeed.

Point 2: we have to figure out our own
 disciplines because they will be
 unique to us.

Point 3: we already have a mind of
 discipline because we are doing
 TC. Sunnybree.

Sermon summary:
 if we can't apply discipline whilst
 on the program we will have less
 chance on the outside - self
 disciplines are key to a successful
 recovery -

Practical application:

For me whilst at TC I need to
 discipline what I talk about, stop
 getting involved in practical pranks
 and be a better influence on those
 around me. God is also nudging me
 to be proactive in directed thinking
 and discipline out my positive attitude.

Sermon Notes

Church attended:

Date:

Sermon title: Immanuel

Preacher: Sam Pelt

Main Bible text: ISAIAH 7:14

Point 1:

Immanuel means God with us.

Point 2:

we don't need to fear because
God is by our side all
the time.

Point 3:

Jesus was born in a manger that was
in a complete mess - don't be
discouraged by the mess you were
born into

Sermon summary:

if we look to God other
than ourselves we will
flourish in life

Practical application:

bring God into every situation
~~that~~ and the cares that bring
anxiety will diminish.

NAME: Cole Kern

Lesson 20

DATE: 16/12/20

SELF-DISCIPLINE

1. Answer each question in your own words.

a) Take some time now and think! What does it mean to be conformed to the image of Christ?

it means to pay attention to Him
Pray and ask him + the Holy
Spirit to let you change to be
more and more like him everyday -

b) What is Christ like?

Christ is a loving gentle character
who always looks out for others
before himself he is the example
of perfect life ^{br powerful (meek)}

c) What are His qualities?

He is loving, caring, bold, meek
forgiving, sinless, gentle, ~~truthful~~
Honest selfless

d) What areas of your life are like Him?

I can be loving, caring, bold, forgiving
gentle and honest but no where
near the level of Jesus

e) What areas are not?

I am not sinless, I can be
brutally blunt, inconsiderate, selfish
and self seeking.

Genesis 2.
July 1 21

Self discipline is essential to a successful Christian life. You need to begin learning and applying it now, so you can carry it back out into the world with you. If you don't pray and read your Bible now, you won't when you leave the program. If you don't do your best in the classes and on your job now, you won't when you go to school or get a job when you leave the program either.

Some of the great men and women of the Bible became great because they learned to develop self discipline and how to yield to and obey the spirit of God. Get a Bible dictionary and read something in the life of Joseph. Write an example from his life explaining self discipline.

Genesis 39 speaks about Joseph and Potiphar's wife in verses 8-12. How she tried to get him into bed but he used self discipline and refused time after time because he knew it was wrong.

2. Answer these questions honestly and evaluate your own self discipline.

a) What are your plans for the future?

I plan to stay at Sunnybree until God tells me otherwise. I would like to at some point either go offshore or start up in business again.

b) When you get to the end of your life, what do you want to look back to and say that you have accomplished?

I want to have been a good father, left a legacy with my kids, to have completely overcome addiction and helped others do the same.

c) When you get to heaven and God says "Why should I let you in," what will you say to Him?

For nothing we have done - but for what Jesus did on the cross for me.

- d) If Jesus would step into your shoes right now, where would they lead Him?

to a complete new life.

B. Examples of:

1. Jeremiah 35:6

They knew not to drink wine
because they were commanded not to.
I know I shouldn't drink
because of my experience with it
and God tells me I shouldn't.

2. Daniel 1:8

Daniel didn't want to physically defile
himself with the food the king offered.
I try not to spiritually defile my
thought life by lusty after women.

3. I Corinthians 9:27

~~At~~ B & I may really want
to eat food out of the fridge
at night but I don't because it's
wrong and wouldn't be a good example
to others.

The price of success is personal discipline.

Self discipline is the statement "I will" in action.

Self discipline is moving forward in a positive direction.

Self discipline involves sacrifice or self will.

Self discipline grows by doing.

Self discipline is doing what's right when others aren't watching.

Self discipline is focusing on my responsibilities and willingly yielding to God's direction and plan for them in order to better demonstrate Jesus to others.

Self discipline is obeying the prompting of the Holy Spirit.

Self discipline is willingly filling my mind with God's Word so the Holy Spirit has something to work with.

III. In the following section look up each verse, read it, consider it and in your own words, explain its meaning.

A. The duty of self discipline in the life of each Christian.

1. Over the spirit. Proverbs 16:32

its better to wait than just
jump in with both feet, to consider
things no matter how angry you are.

2. Over life. Acts 24:25

that the flesh is working contrary
to the spirit, and when controlled by
the flesh you have no interest in
the things of the spirit.

3. Over lust of the flesh. Romans 6:12

The more we think about the
evil desires of the flesh the more
inclined we will be to submit
to them.

4. Over tongue. James 3:2

No one is perfect, but we
can be better by taming our
tongue.

5. It is a needed virtue. 2 Peter 1:5

its goal to have faith but
faith follows action we we
to practice being better people.

B. Evidence of lack of self discipline. (Define each one!)

1. Indecision

having lots of ideas but no
drive to follow up on any.

2. fear of failure.
not doing something because
you have no self belief.
3. Wrong priorities
doing things that feel good
before doing what's right.
4. Boredom
~~being lazy and inactive~~
not being concerned with
being active enough to stimulate
your mind.
5. Insecurity
self focused, believing you are
not good enough.
6. Slothfulness
being lazy + inactive
7. Vanity
Thinking more of ones ~~self~~ self
than in actual reality.
8. Pleasure minded
in a constant battle to keep
your self occupied with mind
exciting tasks.

9. Murmuring

It's a subdued attempt to
answer with dissatisfaction.

We have the capacity to pick and choose how we respond to a situation and what we do. We can promote freedom for ourselves, at the expense of God and others. We can take a course of disrespect or rebellion. We can slide into carelessness and fail to grow to our full potential. We can live just for the moment.

I think if we are really honest with ourselves, we would have to admit that it was this kind of lifestyle that led us into alcohol, drugs, crime, etc. We could continue to live like this however, OR we can choose to develop a disciplined life style.

Now that we are a born again believers, we can develop self discipline. We now have a new source of strength and power to help us with this, and this is the Holy Spirit. The following verses tell us of His work within us. Read the verses, consider them and write them down in your own words.

1. Philipians 4:13

Stop clabting what I can
accomplish because God has given
me ability beyond my belief.

2. Philipians 1:6

God made me and he will
complete this good work of
I let Him

3. John 14:16 & 26

has given
God ~~is going~~ to give
me the Holy Spirit to live
in me.

4. Ephesians 1:9

God has plainly set his plans
before us.

5/ Ephesians 6:10

Reverently follow the Lord.
and the things of God.

6/ Ephesians 3:16

God's Spirit is within us and
with it through faith we are
powerful beings.

God tells us to submit ourselves. Here are some verses to look up, read, consider, and write down in your own words.

1/ I Peter 2:13

authorities are put there by God.
we should obey them

2/ Genesis 16:9

if the Lord tells you to submit
you must - despite the circumstances.

3/ Hebrews 13:17

if our leaders have feared the Lord
we can also.

4/ I Peter 5:5

we can be more worried about
doing well in this life than
eternity.

5/ Ephesians 5:21

be a servant of each other
as the Lord.

6. Romans 13:1

God put our leaders there
so we are to listen to
them despite our own ideas.

7. Titus 3:1

Be an influence in doing
what is right.

8. James 4:7

when we listen to God,
temptation will cease.

SELF DISCIPLINE sometimes means saying "No," but it all has to start with us - you and I. God is a gentleman! He will not force us to do anything. He has given us a free will and it is our choice to do or not to do whatever it is that needs to be done. If you don't or won't self discipline, it will never come. You must make a decision. We must first do our part and then God will do His part.

These scriptures tell us a little about self discipline. Write down what they mean to you.

Psalms 18:23

do your best to not sin

Joshua 24:15

it is my choice who I submit to - my own
evil desires or the holy spirit.

Remember, God is a gentleman! He wants to help you build self discipline in your life but He won't force His help on you.

Revelation 3:20

God will not force himself into your life, he leaves the ball in your court to make your own decision.

Some facts, when we know and realize the importance of them, will stimulate us to want to develop self discipline in our lives.

- 1 We are vessels of God to be used in His service, and temples of the Holy Spirit.
Acts 9:15

Be carriers of God's blessing presence, and bless others with it.

2 Timothy 2:21

if we stop doing and thinking evil and wrong things we will change for the better

2 Corinthians 4:7

we have the God given given ability to do whatever God has instructed us..

As we realize we are vessels of the Holy Spirit, we should ask ourselves these questions. How should I treat this vessel? Should I abuse it? Should I push it too far?

as vessels of God we should learn to love ourselves, respect ourselves and not expect too much from ourselves

2. Look up the following verses, read them, consider them and write them out in your own words.

Proverbs 1:10

Don't follow the crowd,
just because everyone is
doing it doesn't make it
right.

Proverbs 4:14

Stay away from people that
are accustomed to getting into
trouble. People with no morals.

Romans 12:1

Follow Christ in all you do
even if sometimes it is
uncomfortable.

Romans 6:13

Through an understanding of your
righteousness through faith in Jesus Christ
live according to His command.

Ephesians 5:6&7

Don't listen to foolish people.
It's God's net - is it its net-
work it.

2 Peter 3:17

It we know Jesus we know
better than to be led
astray by others.

Ephesians 4:24 & 29

Start imitating Jesus and living
right, and building others up
as he did.

Ephesians 5:3, 4 & 15

Stop living wrong lives talking
 rubbish that add nothing to life
but be wise and talk with

The central theme here is to present, give or offer yourself to God, just as Jesus presented himself as the Lamb of God, as a sacrifice for us. Paul urges us to offer our entire person to God for the purpose of service, and develop self discipline, for the purpose of effective service.

This is a life of dedication and dedication calls for self discipline. In fact, dedication is a conscious, rational, deliberate, on purpose act of the believer. It means doing the will of God wholeheartedly.

Ephesians 6:6

Don't just do things for
 recognition but because you want
to please Jesus.

Mark 12:30

Love everything that I am
be unto Jesus because I have
chosen to love Him.

Think about the fruit of the Spirit for a moment in Galatians 5:22-23.

A Spirit filled life is first a self disciplined life, because we have to be disciplined or obedient, for the Spirit of God to freely flow through us. Then the fruit of the Spirit will be seen in our lives.

The fruits of the Spirit are manifested daily in the life of a believer who is self disciplined and Spirit led, or sensitive.

Look up the word temperance in the dictionary and write down what it means:

At this point in the lesson, ask your teacher to assign you one of the following character qualities.

Self Control

Initiative

Enthusiasm

Diligence

NAME: Cotin Ken

Lesson 19

DATE: 14/12/20

FINANCIAL VICTORY

All things belong to God. We, ourselves, and all we possess belong to God. He entrusts us with His property. The way we handle our finances is the most obvious measure of our faithfulness to God. If we cannot or will not handle our money responsibly then God can not entrust us with the greater blessings He wants to give us. As Christians, we must learn how to receive, how to give and how to spend to the glory of God. If we cannot or will not pay our bills, we dishonor God and are a reproach to the name of Jesus.

Memorize: 6:33, Luke 16:10, Malachi 3:10 and I Timothy 6:10.

1. What must we do first in order for God to supply our material needs?
Matt. 6:33
seek the kingdom of God
and Gods righteousness.
2. What must we do in order to receive the abundance of God's material blessings as well as spiritual blessings? Malachi 3:10
we have to tithe the whole
10% of our earnings to the church.
3. What is wrong with a person who is in a hurry to get rich, and what will happen to him? Prov. 28:22
he is stingy and he will
fall into poverty.
4. What two things choke out the Word and make us unfruitful in the things of God? Matt. 13:22
worries of this life and
deceitful wealth.
5. What was it that the servants in Luke 19:12-27 were supposed to invest for their master?
they were suppose to invest money
to earn more back.

6. What is the root of all evil? I Timothy 6:10
the love of money.
7. If we covet money, what two things will happen to us? I Timothy 6:10
we will "wander from the faith"
and be "perished with grief"
8. What two things must we guard against if we are rich in this world? I Timothy 6:17
conscience and the to put
our hope in wealth.
9. Name four things the rich are to do. I Timothy 6:18
to do good, be rich in good
deeds, to be generous + willing to
share.
10. What does a sower expect to reap? Galatians 6:7
the sower will reap an abundance
of whatever he sows
11. If we sow sparingly, how shall we reap and if we sow bountifully how shall we reap? II Corinthians 9:6
again the sower will ~~reap~~ get out
what he puts in.
12. What does God want us to give first? II Corinthians 8:5
ourselves
13. What kind of giver does God love? II Corinthians 9:7
a cheerful giver
14. As God's grace abounds toward us because of our giving spirit what will we always have and be able to do? II Corinthians 9:8
abound in every good work.

15. If the servants were faithful in increasing their masters money, what did He do to them? Luke 19:15-19
he ~~gave~~ gave them charge of
greater responsibilities.
16. What did the master do to the servant who did not invest His money: Luke 19:20-24
what he had been trusted with
got taken off him.
17. If we love the wisdom of God and let it lead us in righteousness and judgment, what will He cause us to do, and what will it do to our treasures? ??
..
18. If we lack wisdom, what are we to do? James 1:5
ask God for it.
19. What do the blessings of the Lord do to us? Proverbs 10:22
It brings wealth
and adds no trouble to it.
20. Who gives power to get wealth? Deut. 8:18
God does
21. What happens when we give to the poor? Proverbs 19:17
we lend to the Lord.
22. How are we to give to the saints? Romans 12:13
we are to share with them.
23. How are we to give according to Matt. 10:8?
we have to give freely as we
have received freely.

24. If we give freely, what will we receive in return and from whom? Luke 6:38

The Harvest

FIVE REASONS WHY WE GET INTO FINANCIAL TROUBLE

1. Failure to understand and practice the principles of giving. Malachi 3:10, Luke 6:38, Matthew 10:8, Proverbs 19:17 and II Corinthians 9:6
2. Failure to provide for emergencies. Proverbs 6:6-8
3. Failure to have a financial plan and failure to work the plan.
4. Failure to resist credit buying. Romans 13:8
5. Failure to set aside replacement funds for depreciating items.

FOR FINANCIAL FREEDOM

1. Pay your bills on time - make a plan and work the plan.
2. Learn to be content and avoid pressure from coming bills. I Timothy 6:8
3. Have priorities in order - business in right perspective.
4. Be free from burden or guilt from past business dealings.

Do these things and you will know how to live within your income and how to be content.

Memorize: Luke 6:38 and II Corinthians 9:6

Lesson 9 dealt primarily with giving. Now we want to look at receiving and spending and how we can know the blessings of God in our receiving and giving once we are established on the solid principles of giving.

There are 3 primary sources of receiving. They are:

1. Diligent labor. Romans 12:11, Proverbs 6:6-11, & 18:9, Matthew 25:26
2. Creative resourcefulness. Proverbs 31:13 and Matthew 25:14-30
3. God's provision or supply in answer to prayer. Luke 11:9-13

Spending or Money Management requires: 1. building sales resistance
2. determining your real needs 3. looking for the best buy based on real needs, and 4. being prompt on meeting financial obligations.

12 Ways To Stretch Your Purchasing Power:

1. Keep emotion out of buying.
2. Compare and think.
3. Use the salesperson to serve you.
4. Shop with a friend if you are in doubt.
5. Make sure of return provision (Read The Fine Print!)
6. Resist pressure to buy in a hurry. (Don't Wait Until The Last Minute When Something Has To Be Replaced In A Hurry. Look Ahead!)
7. Go to the supermarket shortly after you have eaten a meal, not shortly before.
8. Avoid shopping with nagging kids.
9. Don't go shopping when angry.
10. Don't throw away old things too quickly.
11. Set a realistic limit; know what you can spend.
12. Avoid shopping with credit cards except where needed for a record.

These 12 rules were given by Dr. P.E. Schenk, Associate Professor of psychiatry at the New Jersey School of Medicine.

The general rule is: Wear It, Repair It, Eat It and Make It Do.

HOW TO HAVE FINANCIAL FREEDOM (By Bill Gothard - Basic Youth Conflicts)

1. Set A Goal To Get Out Of Debt

List all expenditures - debts.

Analyze and discontinue any expenditures not absolutely essential.

Avoid items with a high depreciating rate such as a new car.

Begin to buy as much as possible on a cash basis.

Discontinue credit buying except for essential record keeping expenditures.

Be realistic!

2. Transfer ownership of possessions, money, time earning power over to God. Total control must belong to Him. We don't have the final word on how our money, time, or possessions will be used. When someone approaches us for our time etc. we have to consult God as to His will. Acts 4:32 You become a business partner with God.

3. Establish the tithe as a weekly reminder that all funds belong to God. I Corinthians 16:2, Malachi 3:11, Genesis 14:20 and Matthew 23:23.
4. Make your life goal to creatively, tactfully and beautifully present Jesus Christ and His way of life. This provides the basis for God to work in and through our finances.
5. Base every expenditure on the basis of how it will benefit the work and the reputation of God. Our attitude is not one of what we want but what makes us more effective in the work to which God has called us. I Corinthians 10:31

8 9 10 11 12 13 14 15 16
12 13 14 15 16 17 18 19 20

URINE SCREENING CONSENT FORM

MUST BE COMPLETED USING INK



Company/Organisation Address

Teen Challenge UK Sunnybrae
Woodhead Fyvie Turriff
Aberdeenshire AB53 8LS

Reference No: _____

Reason for test:

RANDOM DAY OUT / WEEKEND OUT

Place where test conducted:

Sunnybrae Sunnybrae

Name of Donor

COLIN KERR

Date of sample collection:

14/12/20

Date of Test:

14/12/20

List any medication taken in the last 3 weeks (include reason). Include any over the counter medication, eg for headaches, coughs, colds, i.e. nasal sprays, etc:

PATIENTS STATEMENT:

I, Colin Kerr, consent to a screening test for detection of drugs and/or their metabolites from a sample of my urine. I am fully aware of the policy of Teen Challenge should a positive result be detected.

Signed: _____

Date: 14/12/20

TEST DETAILS AND RESULTS

For the test results to be valid, the control lines for any given drug must form. If all magenta lines have formed (both the control and test lines), the patient/donor can be considered negative for the classes of drugs. Where magenta lines do not form, the patient/donor sample should undergo a confirmatory laboratory test.

*The specimen of URINE was found to be negative.

*The specimen of _____ was found to be positive for the following drugs: _____

* delete which is inapplicable

Details of person performing the test:

Name: ARON M. DAVIES

Signature: _____

Date: 14/12/20 Time: 07

Witness Details:

Name: PAUL BEATON

Signature: _____

Date: 15/12/20 Time: _____

URINE SCREENING CONSENT FORM

MUST BE COMPLETED USING INK



Company/Organisation Address

Teen Challenge UK Sunnybrae
Woodhead Fyvie Turriff
Aberdeenshire AB53 8LS

Reference No:

Reason for test:

RANDOM / DAY OUT / WEEKEND OUT

Name of Donor ~~XXXXXXXXXX~~

Colin Kerr

Place where test conducted:

Sunnybrae Sunnybrae

Date of sample collection:

23/11/20

Date of Test:

23/11/20

List any medication taken in the last 3 weeks (include reason). Include any over the counter medication, eg for headaches, coughs, colds, i.e. nasal sprays, etc:

PATIENTS STATEMENT:

I, Colin Kerr, consent to a screening test for detection of drugs and/or their metabolites from a sample of my urine. I am fully aware of the policy of Teen Challenge should a positive result be detected.

Signed:

Date: 23/11/19

TEST DETAILS AND RESULTS

For the test results to be valid, the control lines for any given drug must form. If all magenta lines have formed (both the control and test lines), the patient/donor can be considered negative for the classes of drugs. Where magenta lines do not form, the patient/donor sample should undergo a confirmatory laboratory test.

*The specimen of URINE was found to be negative for smoking

*The specimen of was found to be positive for the following drugs:

* delete which is inapplicable

Details of person performing the test:

Name:

Alison Davies

Signature:

[Signature]

Date: 23/11/20

Time: 5:45pm

Witness Details:

Name:

Signature:

Date:

Time:

Sean Pesic

Subject: Re: Colin Kerr (d.o.b.29-11-1979) missed Court appearance
Date: Tuesday, 17 November 2020 at 15:11:44 Greenwich Mean Time
From: Forbes Nicol
To: pfaberdeensummary@copfs.gov.uk
CC: Paul Beaton
Attachments: image001.jpg

17-11-2020

Dear P.F.

Re: Colin Kerr (d.o.b.29-11-1979)

Court Appearance date missed in February 2020

Colin Kerr before coming into Sunny Brae (25-08-20) was struggling with Drug addiction and was Homeless at one point in London, this was the reason for his missed court appearances in Aberdeen.

Colin has been a resident at Teen Challenge, Sunny brae Rehabilitation Centre since 25-08-20. Teen Challenge relapse programme is a 7-month abstinence-based drug recovery programme. Colin is currently on the phase 3 on 16th November.

Colin has made significant Progress so far in his recovery programme, He has taken increased responsibility, shown a positive attitude, and complied well with the standards and expectations of the highly structured Teen Challenge programme.

The staff at Teen Challenge Sunnybrae remain fully committed to supporting Colin as he looks to deal with long held personal issues and recover his life from addiction to life controlling substances.

Would it be possible for a new court appearance be arranged for Colin so can continue with the drug addiction programme he is currently on.

Please can you confirm you have received this e-mail.

Yours Sincerely

Forbes Nicol Support Worker

**Forbes Nicol
Support Worker**

Subject: Auto Acknowledgement

Date: Tuesday, 17 November 2020 at 15:11:48 Greenwich Mean Time

From: _PFO Aberdeen Summary

To: Forbes Nicol

Thank you for your email. We will reply in due course.

If your query is urgent please contact the Enquiry Point on 0300 020 3000.

This e-mail (and any files or other attachments transmitted with it) is intended solely for the attention of the addressee(s). Unauthorised use, disclosure, storage, copying or distribution of any part of this e-mail is not permitted. If you are not the intended recipient, please destroy the e-mail, remove any copies from your system and inform the sender immediately by return.

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This message has been checked for the presence of computer viruses. Visit www.crownoffice.gov.uk for details of the work of the Department.

09-11-2020

F.A.O Virgil M Crawford
20 View Field St
Stirling
Scotland
FK8 1UA

Dear Mr Crawford

Re: Colin Kerr (d.o.b.29-11-1979)

Court Appearance date 24-11-2020

Colin Kerr has been a resident at Teen Challenge, Sunny brae Rehabilitation Centre since 25-08-20. Teen Challenge relapse programme is a 7-month abstinence-based drug recovery programme. Colin is currently on the phase 2 going into Phase 3 on 16th November.

Colin has made significant Progress so far in his recovery programme, He has taken increased responsibility, shown a positive attitude, and complied well with the standards and expectations of the highly structured Teen Challenge programme.

The staff at Teen Challenge Sunnybrae remain fully committed to supporting Colin as he looks to deal with long held personal issues and recover his life from addiction to life controlling substances.

Yours Sincerely



Forbes Nicol Support Worker



Resident Assessment PHASE REVIEW

Before your Review meeting where you hope to progress onto Phase 2 please take some time to fill in this Self-Assessment of your own conduct during Phase 1 in the areas listed.

Be honest, be open and don't look at this as a test full of trick questions trying to catch you out, it is merely a way of looking at your progress and any problems that you may or may not be working through. You may not have had a Day out yet or be thinking about Moving on but write your thoughts about all the headings listed, as this helps us in your support.

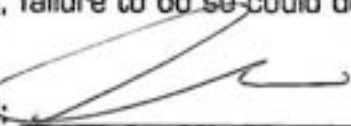
Have a look at the headings listed below and give yourself a score between 1 and 5 (1 being the lowest) in the Strengths and Weaknesses boxes highlight your strengths and weaknesses for that particular heading in the spaces provided.

Heading	Score	Strengths	Weaknesses
Respect for Others	4	I do my best to treat people as I like to be treated, will try to go on if my way for people.	I struggle a little with people who don't live up to my standards but I can get better at being grateful.
Health & Safety	4	I think I have quite a high standard in this area and I'm quite good at spotting hazards + potential accidents.	I can sometimes be lazy and not speak up about things I know I should.
Group Studies	3	I feel I have the confidence to be a positive influence in group studies, and always try not to talk too much.	Can get carried away with my thoughts + zone out + some times find it easier to be funny than interactive.
Work Duties	4	I feel quite gifted in this area - I can turn my hand to most things - fast learner and good at teaching others.	Sometimes my standards are a bit unrealistic on others. no one else I can be messy and can also be interfering and take people's jobs over.

Budgeting	2 4	in life in general I am rubbish - I tend to live to spend money on stuff rather than to save. in the kitchen I give good - given a budget but have to work to	if I really put my mind to it I can save. Can sometimes increase cost to make stuff taste better when not needed.
Days/Weekends out	4	im good at keeping accountable on days out staying away from tempting places	I can get carried away if I come into contact with women or can talk to people I shouldn't
Time Keeping	5	always try to be prepared & on time, always gives a good impression	not very punctual when I see myself a time.
Communal Living	3	after 4 programs it comes quite easy to be considerate of others.	Can sometimes get easily dragged into things that are of little value - Gossip etc.
Life/Job skills	3	I have the ability to learn a successful life and im a very hard worker.	it just takes one moment of madness to ruin everything and I seem to be the blind consequences
Move on	2 1/4	not sure - thinking possible leadership accountability	I can tend to put work before money before mental stability.
Cleanliness	4	I feel I am quite a clean guy, just mind and kind of cleaning	possibly a bit OCD but can also be messy in some areas.

When you have completed this assessment then hand it in to your Personal Advisor at least two days before your Review Meeting, failure to do so could delay your phase change.

Date: 19/10/20

Signed: 



Assessment Headings Description

Respect for Others

Respect for others is at the heart of all civilisations. Respect for others often means putting the feelings of others before your own. In your time at Sunnybrae you need to respect other residents and staff alike, abusive language, bad attitudes toward assigned tasks, poor time keeping and general selfishness all add up to a lack of respect for others. Under this heading these are the kinds of behaviour you would be assessed on.

Health & Safety

The Health and Safety of everyone connected with TCNS is of the utmost importance at all times. Residents who are negligent or uninterested in adapting to a high standard of Health and Safety pose a risk to themselves and others. Your awareness and ability to demonstrate safe living and working skills will be assessed under this heading.

Group Studies

The 14 Group Studies have been drawn up to give you an insight into Faith, yourself and living with addiction. Your attitude towards the studies and class times would be assessed under this heading.

Work Duties

The afternoon work duties are a time designated each day for you to develop new skills, develop a good attitude towards work and progress to a full working day on phase 3. Your awareness and ability to demonstrate enthusiastic safe working skills will be assessed under this heading.

Budgeting

Being responsible with what we have is a skill we can't really do without. You may or may not be in Debt at the moment but whatever your financial status good budgeting will always help. So many people spend more than they earn people with Drug problems usually spend recklessly. Under this heading you will be assessed on how you have handled your debts and your personal account over your time on this phase.

Cleanliness

Keeping your home clean and tidy are practical ways of ensuring safe and hygienic living conditions. A high level of personal hygiene is expected of residents and staff alike, as is keeping all areas clean and tidy. Under this heading you will be assessed on how well you have kept your room clean, your personal hygiene and your attitude and effort shown towards these issues.

Time Keeping

Timekeeping may be one of the most important aspects of our lives. Contracts have been lost and won over time keeping. Future employers are looking for people they can depend on, trust and know are going to be there when they say they are. Under this heading you will be assessed on how well you have kept to the programme schedule and your attitude to time keeping.

Days/Weekends out

As you progress through the programme you will have days and weekends out. These may be testing times for you and you will be tempted to use Drugs or Alcohol. Under this heading you will be assessed on how well you have kept your agreement with us and also your attitude towards coming back.

Communal Living

Living within a supported housing environment can be difficult at times. Learning to share, being sensitive to others is a skill that takes developing. Under this heading you will be assessed on how well you are adapting to communal Living.

Life/Job skills

Life skills and Job skills are important parts of the whole programme. Literacy classes along with the Life/Job skills work books help you to brush up on old skills and develop new ones. Under this heading you will be assessed on how well you are adopting Literacy classes along with the Life/Job skills work books and your attitudes regarding these.

Moving on

At the end of phase 3 you move on to begin the minimised support of phase 4 in the community at a mutually agreed address, preferably in full-time employment or education. Your goal during phase 3 will be to develop a plan of action for phase 4 with the centre Manager. Under this heading you will be assessed on how well you have planned and thought through the options that you face and how much effort you have shown in making your plans work.



Resident's Evaluation Form (Phases 1, 2, 3)

How has being with Teen Challenge helped you?

Was the support:	Poor ☐	Adequate ☐	Good ☐	Excellent ☒
Was the accommodation:	Poor ☐	Adequate ☐	Good ☐	Excellent ☒
Was the furnishings:	Poor ☐	Adequate ☐	Good ☐	Excellent ☒
Was the personal advice sessions:	Poor ☐	Adequate ☐	Good ☐	Excellent ☒
Was the food:	Poor ☐	Adequate ☐	Good ☐	Excellent ☒
Was the work programme:	Poor ☐	Adequate ☐	Good ☐	Excellent ☒

Were there any specific things you were not satisfied with?

Personal hygiene + cross contamination to the kitchen could be better

What did you like best about Teen Challenge?

The staff and their support

Any other comments:

Staff:-

What characteristics of staff do you feel have impacted your life?

Martin duties straight talking + honesty has helped me quite a lot

How have staff contributed to your support plan?

of the recovery encouragement and advice i.e. Adrian + Martin + Paul

In what ways do you think that staff could improve the service provided?

They could be a little more challenging.

Any and all of the information given will be treated as strictly confidential and will not be used for any other reason other than to improve our service and Care Commission feedback.

Signature of Resident:



Resident's Evaluation Form

Name of Resident:

Colin Kerr

Date:

19/10/22

Date Moved In:

Date Moved Out:

What job/further education are you moving into?

im not sure - possible leadership
academy.

What type of accommodation are you moving to?

i have no idea.

Do you have a stable social network of friends, family and activities?

yes only in the north east

Do you have stability in your finances?

no

Do you have any emotional issues that need to be talked about before moving on?

struggling a bit with my daughter chelsea who
was adopted @ 7 after her mum died,
she turned 16 on the 12th oct and im
scared she doesnt get in contact - or
has got in contact whilst im in rehab
and thinks im ignoring her and im
just generally scared of her questions about her
mom who is involved with the drugs that killed



→ Move on Plan

Resident: Colin Kerr Date: 19/10/20

Move on chosen option:
possible leadership academy

Risk Assessment on chosen option:
there are women there.

Action Plan:
I phoned Sandy last week and asked questions - I will speak to staff re this in the coming weeks.

Outcomes:
Sandy was very positive about the academy.

Comments:

Resident Name: Colin Kaur

Date: 19/10/20

Evidence of Change Self-Assessment: Please circle your progress in the following life areas (1 = little progress, 5 = excellent progress)

Good Attitude I have a new attitude towards staff, fellow students, faith, family and other people.	1 2 (3) 4 5
Please Comment: when I came here my attitude towards my sister was appalling I blamed her for not being involved in the council, that left me homeless - I have since apologized to her for putting her in that position - God is powerfully moving in my life like never before	1 2 3 (4) 5
Assume Responsibility I am self-motivated to do what is right and will do what is required consistently, even when unsupervised.	1 2 3 (4) 5
Please Comment: This is quite easy whilst on the programme	1 2 3 4 5
Good Work Ethic I have created a good balance between work, study, rest, recreation and free time.	1 2 (3) 4 5
Please Comment: only by the programme although I do read books I spend time + the bible in my own time,	1 (2) 3 4 5
Good Study Habits I have a desire to study and learn, and in turn grow and develop as an individual.	1 2 3 4 5
Please Comment: in used at studying I need to vastly improve on this.	

Mature and Considered Approach to Faith Through the teachings and guidance of the Teen Challenge programme, I have developed a mature and considered outlook on matters of faith.	1	2	3	4	5
Please Comment: I've started listening for God's voice in the past week. I've started hearing it in a powerful way. H.I. presence in becoming very real to me.					
Love Others I conduct myself in a manner that does not give rise to interpersonal conflicts. I am not causing arguments, threats, violating rules, stealing or lying about others.	1	2	3	4	5
Please Comment: I've started educating my thoughts before acting, this has helped me move closer to Christ and in turn become a better guy. But I still have a long way to go.					
Handles Pressure and Trials I am able to bounce back from trials and pressures and not let them affect my motivation or progress. I recognise this will help me become stronger.	1	2	3	4	5
Please Comment: I tend to be very good at bouncing back. I just need to learn how to stay there.					
Respect Authority "Obey your leaders and submit to their authority. They keep watch over you as men who must give an account. Obey them so that their hard work will be a joy, not a burden, for that would be of advantage to you" (Hebrews 13:17 NIV).	1	2	3	4	5
Please Comment: I've not really ever had a problem with authority. My mum was very strict and for some reason I grew up with a respect for authority - although I did play up in my teenage years in and out of prison.					

(

(

Set Goals I am self-disciplined and God-disciplined, and therefore set goals beyond completing the program in order to fulfill God's will for my life.	1	2	3	4	5
Please Comment: I can be very indecisive when it comes to decisions, but have no idea if I can be with you.					
Moral Purity I do not entertain immoral thoughts, coarsely joke or look at others lustfully. Instead, I seek to please God with my thoughts, words and actions.	1	2	3	4	5
Please Comment: I am not good with moral thoughts but can be with you.					

Any further comments:



PHASE 1 Review Meeting

Resident: Colin Kerr

Date: 19/10/20

F Strength & weaknesses; what comes across is your honesty > wanting people to line up to your standards, whilst seeing that your expectations are unrealistic.
F Budgeting? C O.k. at financial budgeting for kitchen requirements – but personal life budgeting totally different! F This maybe shows that you've been living for the now.
F Your back story gives me the impression that you lived your life as if you were always on the run. C This is so true, the longest I ever manage to stay in one place all my life was for 5 years! F The Bible tells us that 'Without Vision, the people will perish – short-term vision doesn't bring value – long-term vision will enable your life to thrive.
F Move on Plan? C I've been prompted to think about going to Leadership Academy since 2012. F Use your time here at Sunnybrae to deal with the issues relating to relationships with women. C Whilst here I realise that I need to spend time on ME!...i know I need a lot of work done. F What you need is accountability going forward.
F False humility is pride – e.g. cooking. C Yes, I made the menu and I want to cook it well, better than others!
F You must do something different this time around – find out who Colin as in Christ. Pray: 'Renew my mind God, adjust my life for good.'
F General wellbeing? C I'm getting better, a bit flat but coming out the other side of detox...generally I'm o.k.
F Court? C I've not been anxious or worried – I've got a warrant outstanding at present – I think I need to change my Solicitor as the present one is doing nothing. F I will try and contact your present Solicitor for you. C Also, there was incident before I came in – I was attacked – do I need to pursue compensation? I have forgiven him, but I'm not sure if I should press for compensation. F You need to seek God/ Legal Advice.
F Finance? C I'm £30 K in debt – I've not started to work through my finances yet. F Agreed that time and space would be given for Colin to be able to use phone to sort finances out.
F Social network – I can see you have some good local connections that will be a great asset to you as you work through your recovery.
F Phase 2 (Relapse) as of today. The Meeting finished with prayer.

Signed..... [Resident's Signature]

Signed..... [Support Worker's Signature]

Colin
28/9/20

FIXED 20

ONLINE

'Fixed Day @ Sunnybrae' Monday 28th September 2020

Following on from today's **FIXED 20** Online Day at Sunnybrae, please take time to write a **detailed** reflective essay of the specific things that spoke to you from the Day

Today's Fixed Day online, I found quite informative. First off Barry Woodward in his eccentric but effective way of getting his point across - he spoke on "BATTLE SCARS" he stated that we should use them, not to dwell on the past but, remind us of how hard things got, in moments of temptation and when the devil comes knocking - we are to remind ourselves of how hard things were!, how the cross affected us physically + mentally and in turn use this as a deterrent and ^{way} find new ways of dealing with life and the sorrows it can bring. I find Barry Woodward quite inspiring. He is just a normal guy who has accomplished great things in the name of the Lord.

Trudy Makepeace spoke on Revelation 3:20 without actually stating the scripture + verse. She said Jesus is knocking on the door of everyone's

1

like many people have let
Jesus in and started a new
life with him, also many
cant hear the knock because
of the "stuff" they have
filled there lives with that
altogether block of the noise
of the doorbell. and the
other category which I think
I fall into is those that
have opened the door but
are to scared to come out!
The door is open but we
have allowed stuff to block Jesus-!
we dont fully trust him with
our whole lives - This is me!
I know Jesus is there "I can feel
him" but for some reason I
find it hard to give him
control of certain areas of
my life i.e. allowing Him
to lead me to a Golly
woman - I always (as soon
as I get the chance) I get
impatient and start forcing
things by going on secular
dating sites or with some kind
of false need to be in a
woman's company. I do
however feel I have had
some small progress in this area
and feel more at ease about
leaving things to God, listening
to truly today but helped
me realize this.

FIXED 20

ONLINE

'Fixed Day @ Sunnybrae'..... Monday 28th September 2020

Following on from today's **FIXED 20** Online Day at Sunnybrae, please take time to write a detailed reflective essay of the specific things that spoke to you from the Day

Alison Ferring made a great point on that when Jesus went to the cross, it was for our sin and "shame" we all somehow are happy to accept Jesus has taken our "sin" away but we forget the "shame" ~~but~~, we tend to miss that bit, holding on to our shame every time the devil reminds us of certain things we need to pay more attention - "or I need to pay more attention" because I did completely miss the shame part and tend to dwell on it! when I need to remind myself of his truth and promises i.e. PSALM 34:5 "Those who look to Him are radiant; their faces are never covered with shame!" Alison has inspired me to pray more into this crisis asking Jesus for a better understanding of what he actually done for me! and to help me make Jesus more personal to myself I often see him as the saviour of others rather than myself

And last but not least
Paul Loyde - I loved this
great confidence and the authority
he spoke in "without notes" this
reminded me of the Acts of
the apostles after the Holy
Spirit fell on them and the
Bible stated they spoke with
"Boldness" we experienced this
Boldness in my own life in
the past and have spoken words
to others that definitely didn't
come from "Cotin Kerr" but over
the years I have forgotten
this! In turn chiding my faith.
This whole experience with Paul
Loyde today I believe was
an answer to prayer! I asked
God a few days ago to "renew
my faith in eternity. Paul spoke
on the 3 different kinds of
brokenness the first being the
brokenness that is visible on
the exterior, the one that is
invisible and on the inside
and the one that spoke to
me - the broken signal with
the creator I think the
signal between me and God
has been broken - if not severely
cracked by the "stuff" I've laid
in the way - now I feel inspired
to make more of an effort
connecting with God and allowing
our connection to grow strong.
So all in all a very productive
and challenging day.

06-04-2021

F.A.O Virgil M Crawford
20 View Field St
Stirling
Scotland
FK8 1UA

Dear Mr Crawford

Re: Colin Kerr (d.o.b.29-11-1979)

Court Appearance date 15-04-2021

Colin Kerr has been a resident at Teen Challenge, Sunny brae Rehabilitation Centre since 25-08-20. Teen Challenge relapse programme is a 7-month abstinence-based drug recovery programme, Colin has recently completed the programme on the (05/04/21) and has been offered the possibility of a internship which will last for a further 12 months which will involve Colin taking more of a leadership role in and around the centre, and also supervising a garden work team that will be busy in the local community.

Colin has made significant Progress so far in his recovery. He has personally taken increased responsibility, shown a positive attitude, and complied well with the standards and expectations of the highly structured Teen Challenge programme.

Colin has a further opportunity to join Gordon Cruden (founder and regional director) on a challenge to raise awareness for mental health and suicide nation-wide. The challenge is to complete a one-hour work out at every David Lloyd Gym in the UK in 30 days (100 of them).

Colin's role will be to drive the motor home around the country that will be used to sleep in for the month. Colins tasks will also include being the media man for the feat. We hope to raise £50,000 for both our men's centre and Benaiah our woman and children's centre during this challenge. we hope to commence this in the summer of 2021, covid travel restrictions depending.

Colin has accepted both of these challenges, provided he is able to do so after any limitations that arise from sentencing by the court for his previous unethical behaviour.

The staff at Teen Challenge Sunnybrae remain fully committed to supporting Colin as he continues to deal with his personal issues and recover his life from addiction.

Yours Sincerely

Forbes Nicol Support Worker



01-03-2021

F.A.O Virgil M Crawford

20 View Field St
Stirling
Scotland
FK8 1UA

Dear Mr Crawford

Re: Colin Kerr (d.o.b.29-11-1979)

Court Appearance date 03-03-2021

Colin Kerr has been a resident at Teen Challenge, Sunny brae Rehabilitation Centre since 25-08-20. Teen Challenge relapse programme is a 7-month abstinence-based drug recovery programme. Colin is currently on the phase 3 going into Phase 4 (Final Phase) on 8th March.

Colin has made steady significant Progress so far in his recovery programme, He has taken increased responsibility, continues to show a positive attitude, and complied well with the standards and expectations of the highly structured Teen Challenge programme.

The staff at Teen Challenge Sunnybrae remain fully committed to supporting Colin as he looks to deal with long held personal issues and recover from addiction to life controlling substances. Colin has been offered an internship which would last a further twelve months after he completes the programme on 5th April this year. This opportunity is out with the regular programme allowing him to take more personal responsibility and responsibility for a work team, but with accountability from living in the centre. Colin has accepted this position, which would further enhance his employability and chance of a successful future .

Yours Sincerely

A handwritten signature in black ink, appearing to read 'F. Nicol'.

Forbes Nicol Support Worker

