The Teen Challenge “TEMPLATE”

 — Duane Henders

“We’re often asked how we developed our program…we tell them that junkies developed the Teen Challenge program!” – Don Wilkerson

## Basic elements that make up a Teen Challenge residential program:

- An **atmosphere** of love, hope and expectation of change

- A consistent daily and weekly **schedule** (structure) that is “livable” outside of Teen Challenge

**- Staff who model** the structure

**- Discipline** administered with love

## A TEEN CHALLENGE SAMPLE DAILY/WEEKLY SCHEDULE

### (Note: Program Schedules vary from Center to Center, but the main elements of the “Template” should be found in every schedule.)

### DAILY

**6:00am Wake-Up**

6:15 **Personal Devotions**

6:45 **Exercise**

7:30 **Personal Hygiene**

8:00 BREAKFAST (**Mealtime** – family atmosphere, staff with students, thanksgiving…)

8:25 Kitchen Clean-Up, Housekeeping

8:45 **Group Devotion**

9:30-11:15 **PSNC**

11:30-12:30 **Chapel** M/T/Th or Insight Group or **Choir Practice**

1:00 LUNCH (**Mealtime** – family atmosphere, staff with students, thanksgiving…)

1:25 Kitchen Clean-Up, Housekeeping

1:45-2:45 **GSNC**

3:00-5:00 **Work Program**\* or **Recreation** 1 Day/Week

5:00 Personal Hygiene

6:00 DINNER (**Mealtime** – family atmosphere, staff with students, thanksgiving…)

6:30 Kitchen Clean-Up, Housekeeping

7:00-8:00 **Study Hall** or Free Time 1 Night/Week or Church Attendance 1 Night/Week

8:15 **Group Meeting and Prayer**

9:00 Free Time

9:30 Quiet Time

**10:00pm Lights Out**

\* At least in Induction Phase, it’s recommended that students work less than 30 hours/week.

### SATURDAY

6:00AM Wake Up

6:15 Chores

7:00 Breakfast

7:30 Devotions

7:50 Break

8:00 Assemble for Daily assignments

8AM-5PM (G.E.D. Prep, Microenterprise activity, Campus Maintenance, Counseling, Public Awareness, Laundry, Free Time, Etc.)

5:30 Dinner

6:00 Work Crews / Corporate Prayer

6:30-9:30 Assigned Individual or Group Activities & Job training
(G.E.D. Prep, Microenterprise activity, Campus Maint., Counseling, Free Time, Etc.)

9:30 Free Time

10:30 Quiet Time

11:00PM Lights Out

### SUNDAY

Morning Church Service or Rally

Afternoon Free Time or Visitation

Evening Church Service