

# THE EXODUS PROJECT

"LET MY PEOPLE GO"

Exodus 9:1

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## PACKAGES

**CHURCH ON  
THE STREET**



The Exodus Project is part of  
The Recovery Academy

# JOURNEYING TOGETHER THROUGH THE BIBLICAL FOUNDATIONS OF RECOVERY



As seen on National TV,  
Radio and in the press

## What is the Exodus Project?

Bishop Mick and Pastor Emma have developed a groundbreaking recovery programme called 'The Exodus Project'.

The Exodus Project has been born out of their 25 years experience of addiction, mental health, recovery, and Christian faith journeys. The Exodus Project is part of Church on the Street's Recovery Academy – for more information please visit the [Recovery Academy](#) page on our website.

The Exodus Project is based upon the biblical foundations for recovery. The biblical foundations are sourced from Matthew 5-7, the Sermon on the Mount. The aim of the Exodus Project is to show people, of all backgrounds, that Jesus Christ is the answer to addiction and the consequences of trauma.

The project is designed for a cohort of 12 students to journey together for three days a week over a 12 week period and participate in learning the teachings of the Exodus from the bible, get involved in church service, group sessions and community activities. All of which will deepen their faith and personal relationship with Jesus Christ.

After graduating from the Exodus Project students will be supported through volunteering opportunities, recovery groups, one-to-one support, education, training, employment, and being part of the wider Church on the Street community.

International statistics show that long term recovery runs at around 3%. From those who have completed the Exodus Project recovery rates are currently running at 50%.

# The Content

**The Exodus Project Content includes everything you need to get started with a group of 12 people.**

The package will be delivered to you upon completion of the Train the Trainer Programme.

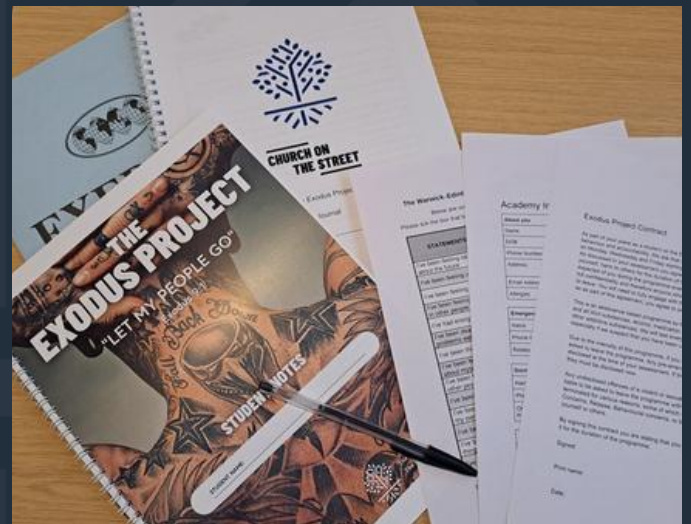
There are five facilitator manuals which include lesson plans, an overview of the facilitator notes and the Power Point Presentation for the sessions along with 12 handbooks and 12 journals.

There is a master copy of our testing sheet, handouts and assessment sheet included in your facilitator manual for you to photocopy for students.

You will be sent a copy of the assessment policy, student dismissal policy and risk management policy for you to use if you select the Silver or Gold Package.

The pack includes PDF copies of the handbooks and journals so you can print additional copies of your own.

If you would rather, these can be ordered via Church on the Street directly. Large quantity orders of journals and handbooks will receive a discount.



Equip yourself and up to 5 facilitators with our Train the Trainer workshop, curated for delivery of this programme over a two day training course.

## **BRONZE** £2,000

Or 12 monthly payments of:  
£183.33 per month

The Exodus Project Content, Train the Trainer Workshop and 3 months of Quality Assurance.

Includes:

- Workbooks and journals for 12 participants of the Exodus Project
- 5 Facilitator Handbooks which include lesson plans, power points,
- Train the Trainer Workshop for up to five people
- One additional consultation session.

## **SILVER** £2,600

Or 12 monthly payments of:  
£238.33

The Exodus Project Content, Train the Trainer Workshop, Quality Assured for 6 months

Add on:

- 3 consultations over the 6 month period.
- Policies and Procedures
- Quality Assurance for 6 months

## **GOLD** £3,500

Or 12 monthly payments of:  
£320.83

The Exodus Project Content, Train the Trainer Workshop, Quality Assured for 12 months

Add on:

- 5 consultations over the 12 month period.
- Policies and Procedures
- Quality Assurance for 12 months

All monthly payments include a 10% administration fee.

## **One to One Exodus**

**£1,500**

**The 8 Disciplines of Recovery**

A one to one version of the Exodus Programme with a mentor handbook

- A two day training course with 12 months supervision
- 10 hard copies of the programme
- One mentor handbook per person on the training programme

# The Eight Disciplines

## A one to one programme of the Exodus Project

As a result of the success and growing demand for the Exodus Programme, we have developed the One-to-One Exodus model, centred around the Eight Disciplines of Recovery.

Built upon the strong foundations of the group programme, this approach has demonstrated consistently positive outcomes in supporting long-term recovery.

The One-to-One programme is designed to be delivered within a mentor-mentee relationship, providing a supportive therapeutic environment.

Its strength lies in the depth and flexibility of bespoke, tailored work, allowing each individual's unique needs, challenges, and goals to be addressed with care and precision.

The package includes 10 handbooks and a facilitators manual and three supervisions over twelve months.

# Additional Resources

## Need a group to prepare people for Exodus?

The Recovery Academy at Church on the Street has developed the Genesis Group for those who are still in addiction.

The 7 week rolling programme takes people from pre-contemplation to contemplation about their recovery and is an excellent primer for the Exodus Project.

If you would like to find out more about this group and deliver this yourself please get in touch by emailing; [academy@cots-ministries.co.uk](mailto:academy@cots-ministries.co.uk)

## Additional Training Courses:

- Boundaries training
- Drug Awareness: An Introduction to Class A, B and C Drugs
- Trauma Informed Awareness; One day
- Suicide Awareness
- Speaking with Purpose Workshop

Courses run at £250 a day

## Additional Resources:

Extra Workbooks: £5 each

Extra Journals: £4

Additional Facilitator Manuals: £8 each

The Genesis Project: £250 or Free upon purchase of the Exodus Project

The Exodus Project one to one Programme: please get in touch for pricing

**We pride ourselves on creating a quality programme that renews minds, softens hearts and transforms lives, we want you to do the same.**

**For all enquiries contact:  
[academy@cots-ministries.co.uk](mailto:academy@cots-ministries.co.uk)**

Further information can be found on the cots website:  
**[www.cots-ministries.co.uk/recovery-academy](http://www.cots-ministries.co.uk/recovery-academy)**