

Men's Integrity Groups Facilitator Training

PCPC Program Facilitator Guide and FAQs
30-Day Challenge & 29-Week Program

Facilitator training resources

Freedom Fight (FF)
30DC/29W leader's
guide

PCPC MIG facilitator
website

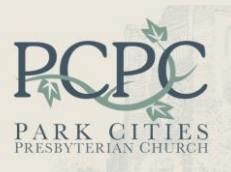
- On-demand training videos
- Leader guides
- Resource materials

FF In-app resources

Facilitator check-ins
Dedicated support
leader

Real-time support via
facilitator group text

Pre-kick off readiness



Facilitator pre-kickoff logistics

Finalize group participants, phone and email, and invite to participate

Send out request to find mutual kick off date

Instruct participants to download the Freedom Fight app.

[29-week program only]
Provide information for participants to obtain the hard copy workbook.

Leader notifies participants to register in app and accept invitation to become an active participant.

Identify day and time for kickoff meeting (virtual or F2F)

Facilitator expectations

Time commitment: Facilitate weekly meetings lasting 1.5 hours (or least 60 minutes)

Preparation: Watch assigned videos and finish study materials

Group Size: Maximum of 5-6 participants

Core responsibilities:

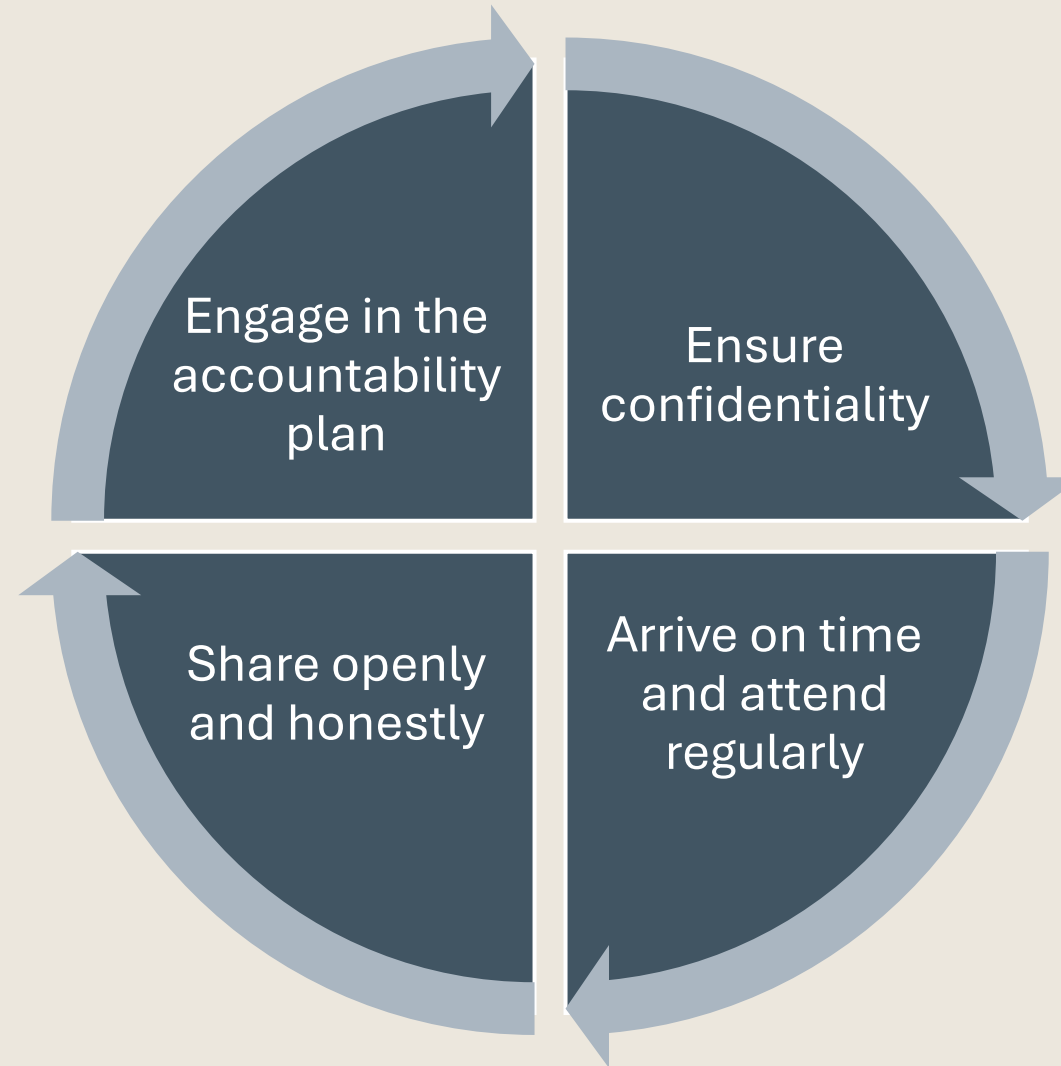
- Lead and conduct weekly check-ins
- Track participant progress through to ensure completion of assignments and crash reports
- Ensure confidentiality, except in cases of self-harm or abuse
- Promote daily check-ins and accountability calls
- Monitor group communications at least twice daily
- Reach out to participants needing help with daily check-ins due to confusion or inactivity
- Encourage 30 DC participants to continue to 29-Week Program
- Check in weekly with your coach for support

Participants expectations

Weekly commitments:

- Daily app check-ins and contact your accountability partner at least three times a week
- Conduct daily check-ins (Use FASTER scale for 29-Week Program only)
- Complete the Weekly Check-in tool / questions before the weekly meeting and come prepared
- Attend group meetings weekly
- Finish assigned exercises and review daily materials
- Use the Trigger Tool when faced with temptation
- Submit the Crash report if a relapse occurs

Group guidelines



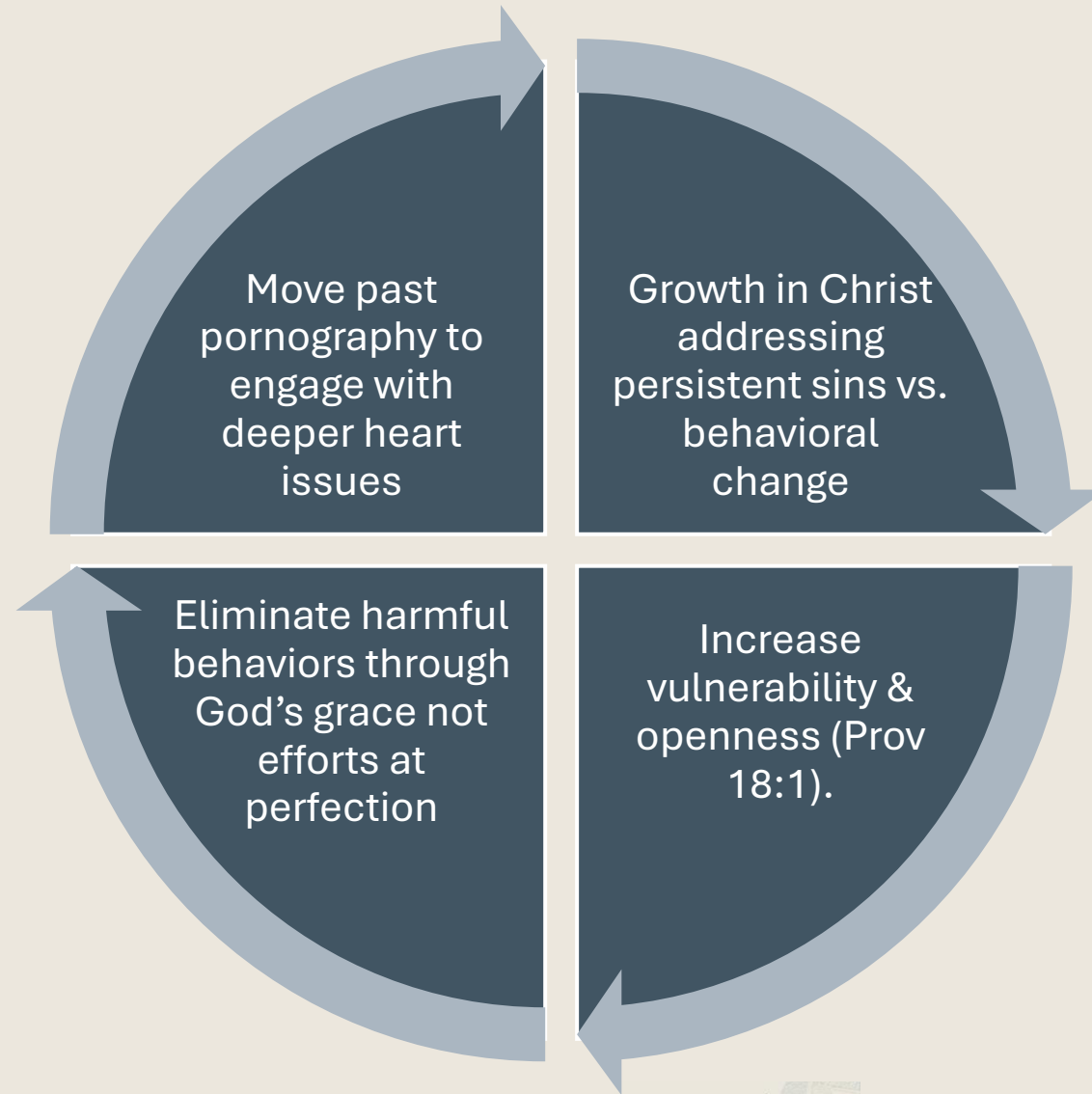
Group meetings

Kick-off meeting

Weekly check-ins

Meeting Format

Program focus talking points




Kick-off meeting agenda

Provide app overview

Finalize weekly check in day / time

Review

- Daily check-in / FASTER scale (Use FASTER in 29-Week Program only)
- Trigger Report
- Crash Report
- Weekly Check-in Tool
- Commitment to Change Form



Make sure every
participant
secures all
devices

Participant requirements: Daily check-ins

- Provide daily check-ins
- Send Trigger Reports
- Submit Crash Reports
- If you submit a Crash Report without a prior Trigger Report, discuss in Weekly Check-in
- Report crashes immediately after they occur

Weekly check-ins

- Encourage Weekly Check-in attendance
- Instruct participants to complete Weekly Check-in form prior to meeting
- Review
 - FF Content / See Leader's Guide
 - Go over Trigger and Crash Reports
 - Fill out and monitor Commitment to Change each session

**Accountability
partner
expectations**

Set up and share accountability pairings with the group

Conduct regular check-ins with accountability partners via phone, text, or in person

Know your partner's daily status

Contact your partner when triggered, after a crash, and often

Adhere to a no secrets policy

Crash response

After a crash submit
a complete Crash
Report

Group support
should be provided
following every crash

Determine how the
group will address
participants crashes

Past participant tips

Familiarize yourself with the app and its features, particularly the Trigger Report, to use it effectively when needed.

Complete the entire challenge, including assignments and weekly check-ins.

Write down your answers at the end of each lesson to enhance retention.

Stay engaged with the group to foster discussions and avoid falling behind.

Regularly check in with your accountability partner, offering support and encouragement.

Take the initiative and lead as this will bolster your discipline.

Frequently asked questions: Getting started



What materials do I need?

Freedom Fight app
Study Guide (digital or physical) (29 Week Program)
Bible
Personal Journal



What is the FASTER scale?

A tool introduced in Week 2 of the 29 Week Program to track emotional states and behavior patterns
Essential for daily check-ins and self-awareness – use daily in the 29-week program



What happens if I relapse?

Complete a Crash Report
Share honestly with your group
Focus on learning from the experience rather than shame
Continue participating in all group activities



How do I access the program videos?

Through the Freedom Fight app
Videos should be watched when assigned



How do I do daily check-ins?

Use the Freedom Fight app
Complete daily and early in the day
Include FASTER scale assessment in the 29-week program



What is the Leader's Portal?

Located in the Menu section of the app
Allows facilitators to track group progress
Manages group communications

Frequently asked questions: Group life



Meeting Logistics

What day and time works best for everyone to meet weekly?

Will meetings be in-person or virtual?

If in-person, where will the group meet?



Communication

Use the FF group chat feature
Communicate with your group and accountability partner on a daily and regular basis

What are the best times for accountability calls?



Resources

Has everyone downloaded the Freedom Fight app?

Does anyone need assistance setting up their app account?

How will we handle technical issues with the app?



Accountability Structure

Reach out all the time
Have a set of questions you discuss

Be committed to the relationship

The group should determine how will we handle missed check-ins or calls



Emergency Protocol

Who should members contact during crisis moments?

What is the backup plan if the facilitator is unavailable?