

## About the Founder of Three Oaks

James Barnes, the founder of Three Oaks Life Transformation Center, knows all about the need for second chances. James grew up in a Christian home but ran from God at the age of 17 after being deeply wounded by Christian leaders. He spent the next 7 years searching for purpose and fulfillment apart from God.

After filing for his second divorce at the age of 25, James hit ROCK BOTTOM in 1999 with a string of alcohol-related arrests and a grand theft charge. Fearing for his life as a former Corrections Officer and Military Policeman, James found himself contemplating suicide with a loaded handgun. But God had other plans. Ashamed of who he had become, but ready for a new direction, he cried out to God for a second chance. James calls the rest of the story "Discovering God's Grace." God miraculously protected James during his 9 months of incarceration and he was released, unharmed, on March 13, 2000.

Since then, James has always prayed, "God help me make the maximum impact I can for your kingdom," and God answered that prayer by an outpouring of His grace allowing him to: graduate a two-year school preparing him for ministry in 2005, helping to plant a church, working in youth ministry in multiple settings, helping to lead two missions trips, and publicly sharing his personal journey of faith hundreds of times.

In 2004, James received training from Saddleback Church on the Life Hurts - God Heals (LHGH) curriculum and began working with those experiencing pain from addictions, abuse, and broken relationships. Shortly after launching LHGH the Lord began stirring his heart for the need for an after-care follow up program, and as a result the Christ-Centered Change program was launched in 2005 for teens and adults.

In April of 2008, James was approached by his local church elders and asked to consider launching his own ministry. Three Oaks Life Transformation Center was officially launched and has rapidly expanded to multiple classes, Bible studies, and other opportunities.

In April 2009, Three Oaks was awarded a statewide contract with the Idaho Department of Juvenile Corrections - developing resources in the community for juveniles and their families to increase the chances of successful reintegration upon release. As the Faith-Based Resource Developer, James and his amazing team of staff and volunteers have become the focal point for connecting community organizations, local churches and individuals with opportunities to serve the various needs.

In July of 2011, God continued to expand Three Oaks influence and blessed them with another state contract for the Volunteer and Religious Services Coordinator position (VRC) for the Idaho Department of Corrections adults. This contract is over 7 facilities statewide.

God clearly demonstrates all throughout His Word His heart for the hurting, broken, and oppressed, James says, "and it's my belief that this is why Three Oaks has expanded so rapidly with so many amazing opportunities to serve those in crisis."

## Mission Statement

Three Oaks exists to bind up the wounds of the brokenhearted; to proclaim freedom for those held captive by habits and addictions; and to comfort and provide for those experiencing grief, by modeling a loving, empowering, Christ-Centered community whereby life transformation its true purpose may be found.

*"They will be called Oaks of Righteousness, a planting of the Lord for the display of His splendor."  
Isaiah 61:1-3*

## Vision

Three Oaks Life Transformation Center envisions a community center whereby anyone can safely find help, hope, healing and life's true purpose through a holistic and balanced approach that includes meeting not only emotional and spiritual needs, but the physical, social, and educational ones as well.

It is our desire to create an environment whereby anyone, regardless of church background or affiliation, type and depth of need, or ability to pay, can come and receive the necessary tools required to empower them for life long change rooted in a maturing relationship with Christ. Three Oaks embraces a three-pronged approach: recovery, discipleship, and leadership development, through a variety of basic life skills, education, and discipleship classes.

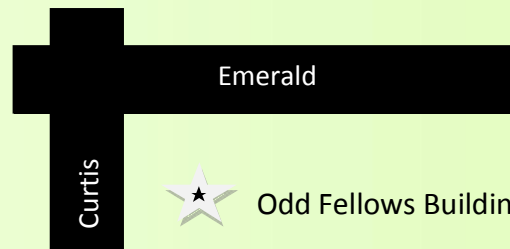


*"Helping you get free from your past, so you can look forward to your future."*

## Three Oaks

*Life Transformation Center*

600 N. Curtis #145 • Boise, ID 83706



Odd Fellows Building

208.968.1991

[www.3oakstransformation.org](http://www.3oakstransformation.org)

**Please call 208-968-1991** to get a program application or schedule an intake orientation interview. **Be sure to dial the entire number including area code** and leave a brief message with your contact info and the reason you're calling.

## Alcohol and Drug Education and Relapse Prevention Classes

Anyone interested learning how to live life clean and sober is welcome to attend our Drug and Alcohol Education classes, whether it is a referral from the legal system, from an employer, or self-initiated.

### Drug and Alcohol Education Components

- Nature and Type of Addictions
- Self Evaluation and Group Process
- Co-Dependency and Mistaken Beliefs
- Scope and Consequences of Use
- Relapse Warning Signs
- Stress Management

### Relapse Prevention Components

- Denial, Warning Signs, and Emotions
- Grief and Loss and Group Process
- Attitudes, Beliefs, and Consequences (ABC)
- Boundaries in Recovery and Co-Dependency
- Symptoms of Relapse
- Building Trust in Recovery
- Why a 12-Step Program
- Relapse Prevention Planning

## Anger Management Group

Anger Management Group is for adults that have difficulty dealing with their anger in healthy ways and is designed to give individuals the necessary tools.

### Program Components Covered

- Definition and Recognition of Anger
- Acceptance and Expression of Anger
- Releasing and Replacing Anger
- How to Handle Anger in Recovery
- Styles of Communication
- Freedom from Anger

## Cognitive Self Change (CSC)

Cognitive Self Change (CSC) Idaho Model is cognitive behavioral program designed to teach offenders to change the patterns of thinking which lead to criminal behaviors. CSC emphasizes the principles of choice, self-risk management, personal accountability, by focusing on the thinking that drives behavior.

## Moral Reconciliation Therapy (MRT)

MRT is an evidence-based, cognitive behavioral treatment process group which is designed to help acknowledge self and enhance growth and better decision making. MRT is also considered a best practice and has had over 130 published outcome studies.

### Three Oaks also offers:

- Parenting Classes
- Relationship Classes
- Grief Process Group
- Life Hurts...God Heals (LHGH)
- Christ-Centered Change (CCC)
- LIFE Model Curriculum

Anyone willing to admit their life just isn't working is welcome to attend any of our programs or groups whether it is a referral from the legal system, from an employer, or self-initiated.

## Juvenile Corrections (IDJC)

Three Oaks is also the contract provider for the Idaho Department of Juvenile Corrections, which oversees the religious services provided inside the juvenile corrections centers in Nampa, Lewiston, and St. Anthony. As the Faith-Based Resource Developer+ title communicates, Three Oaks is additionally charged with timely resource identification and disbursement to juveniles and family members. To accomplish this task we started the Juvenile Assistance Fund in partnership with generous community members, like you, who want to make a difference in the lives of a juvenile

## Juvenile Assistance Fund (JAF)

**Please consider a donation to the Juvenile Assistance Fund (JAF)** which helps provide gas cards so parents can travel to see their children, phone cards to help families maintain contact, and Walmart gift cards for clothing & hygiene items for juveniles transitioning back into their communities. **To make your tax deductible donation write "JAF" in the memo line of your check and mail to Three Oaks PO Box 190925 Boise Idaho 83719-0925.** Thank you for your generosity!

### Class Cost

**All classes/groups are \$20 per class.** We do not accept BPA funding. We believe you are valuable, and if you seriously value changing your life you will be willing to make an investment in yourself and your recovery in order to make the necessary changes.

**Three Oaks is a faith-based nonprofit organization. We teach all of our classes from a Christian perspective in a professional, safe, and non-threatening environment using standard best practices curriculum.**