



### Testimonials

#### Amanda A.

This program helped me to look at the parts of my life I was ignoring & refused to see. Once I recognized & accepted these situations, I started doing the healing & recovery work!

*Thank you ADAAP.*

#### Austin C.

The staff here is very attentive, informational & they keep you on the road to recovery. The hours are flexible & the prices are affordable.

#### Judy M.

Without a doubt, hands down, ADAAP is the finest IOP rehab in all of Austin! Their staff is first class & their curriculum provides clients the tools to deal with their recovery & relapse prevention! ADAAP counselors help participants to openly examine themselves & their life choices, so they can be healed! *I thoroughly recommend this awesome place!*

#### Savion

This program is good. People are easy to get along with, being together in staying sober. I've been working out more (taking care of my body) & actually *spending more time with my family!*

#### Tiffany M. » (2014 ADAAP IOP Graduate)

This program definitely works. It helped me not only how to stay sober but to want to stay sober. Hearing everyone gave me an insight as to where I want to be.

#### Karen

I've been in other treatment programs before where they focused just on the steps & not on you as a person. At ADAAP, I learned a lot about myself & how to love myself. I didn't have much self esteem when I started the program. I learned I'm a good person despite my past guilt & shame.



## WHAT'S GOING ON AT ADAAP

January » February, 2020

### ONGOING PROGRAMS

#### IOP 6 WEEKS (10 HRS/WEEK)

DAYS M, Tu, W 9:30 am-1:00 pm  
NIGHTS Tu, W, Th 6:00 pm-9:30 pm  
WEEKENDS Sat & Sun 9:00 am-2:00 pm

#### RIOP – 8 WEEKS

#### AFTERCARE (1 HR/SESSION)

Wed 10:30am, Thu 6:00pm & Sat Noon

#### INTAKES

Monday - Friday 10:00 am - 4:00 pm  
*(weekends as needed)*



**ADAAP**  
**7801 North Lamar**  
**Bldg D #109**  
**Austin, TX 78752**  
**512-454-8180**



## You Have to be **YOU!**

*by James Dillet Freeman*

The world may take me by my title, or my clothes,  
or my car or my bank balance or my speech.  
But when no one is mouthing my title;  
When I have hung up my clothes & parked my car;  
When the bank is closed for the night;  
When I am naked in my own room, in the solitariness of myself;  
When I lie down on my own bed like any other person & hope for sleep,  
Or rise in the morning from my dreams - what am I then?

It does not matter much then whether I am the president,  
Or the general, or the holy man. What matters is what I am myself.  
I HAVE to be ME.

### You HAVE to be YOU.

The things we have. The titles & possessions  
And pretensions are like Masks & costumes an actor wears.  
But who wears the mask?

The real person is all that is alive.  
Life does not ask you to be true to what you are not,  
but to what you are.

Life asks no impossibilities.  
It does not ask the gardener to be King.  
It asks him to tend his garden.  
That is a very great thing.

It does not ask the King to be the holy man.  
It asks him to tend his kingdom. That too, is a very great thing.  
Am I a sheep? I had better not put on a lion's skin.  
I may encounter a lion-hunter, or a lion, or even another sheep.  
It is a very wonderful thing to be a lion, but it is just as wonderful to be a sheep.

## DRUG & ALCOHOL URINALYSIS

Current Clients \$50.00

## DOT Drug & Alcohol Assessment


Monday - Friday 9:30 am - 4:00 pm  
(Or by appointment)

## UPCOMING CLASS SCHEDULES

### DWI (12 HR) 1ST OFFENDERS \$70







-- Supervised by Nicki Davey Since 2002

 Austin Education Services.com

 512-422-1370


### Drug Offender Education Program

 15 Hour DOEP \$90

⇒ Certification requires CONSECUTIVE attendance of ALL 5 Classes! ⇐		
January 6th » 10th	Mon-Friday 6:00 - 9:00pm	
* Arrive 5:40 to complete paperwork		
January 13th » 17th	Mon-Friday 10:00 am - 1:00 pm	
* Arrive 9:40 to complete paperwork		
January 20th » 24th	Mon-Friday 6:00 - 9:00pm	
* Arrive 5:40 to complete paperwork		
January 27th » 31st	Mon-Friday 10:00 am - 1:00 pm	
* Arrive 9:40 to complete paperwork		
February 17th » 21st	Mon-Friday 10:00 am - 1:00 pm	
* Arrive 9:40 to complete paperwork		
February 24th » 28th	Mon-Friday 6:00 - 9:00pm	
* Arrive 5:40 to complete paperwork		

### DWI Intervention Program

 8 Week DIN (32 hrs) \$200

TO BE DETERMINED...	
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We have our own truth to be true to.

If there is a higher truth for us to come to, we will not come to it by being false to what we have come to be now.

**I HAVE to be ME. And...**

**YOU have to be YOU!**

**YOU HAVE to be YOU!**

**YOU HAVE TO BE YOU!**

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**Imagine the Day .....**

*by Positive Kimberly*

**When** your laughter sheds all the weight of worry & seriousness.

**When** you know the benefit of loving people just as they are, over the detriment of judging them or trying to change them.

**When** you feel so happy & whole that nothing or no one could ruin your day because you finally stop taking things so personally.

**When** you stop complaining & focusing on everything that is wrong with your body, your partner, your job, your neighbor, the world...

**And Instead.... You Rant & Rave  
About the Larger Majority That's Going Right!!!**

**When** you cry so deeply & thoroughly the bond to every wound is released & you are wrapped in a blanket of permanent peace.

**When** you surrender trying to control everything & trust the Intelligence that creates miracles.

**When** you can no longer point the finger of blame because YOU do not make others RESPONSIBLE for your own happiness.

**When** YOUR smile or presence is healing to everyone around you :)

When the Divine spark ignites your inner flame & you feel the ineffable warmth of **UnConditional LOVE & Worthiness ....**

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*And Now, a little something different entirely for adults (because children are watching & doing as you do, not as you say).*

## When You Thought I Wasn't Looking

♥ **When you thought I wasn't looking**

I saw you hang my first painting on the refrigerator,  
And I immediately wanted to paint another one.

♥ **When you thought I wasn't looking** I saw you feed a stray cat,  
And I learned that it was good to be kind to animals.

♥ **When you thought I wasn't looking**  
I saw you make my favorite cake for me,  
And I learned that the little things can be the special things in life.

♥ **When you thought I wasn't looking**  
I heard you say a prayer,  
And I knew that there is a God I could always talk to & learned to trust in God.

♥ **When you thought I wasn't looking**  
I saw you make a meal & take it to a friend who was sick,  
And I learned that we all have to help take care of each other.

♥ **When you thought I wasn't looking**  
I saw you take care of our house & everyone in it,  
And I learned we have to take care of what we are given.

♥ **When you thought I wasn't looking**  
I saw how you handled your responsibilities, even when you didn't feel good  
And I learned that I would have to be responsible when I grow up.

♥ **When you thought I wasn't looking**  
I saw tears come from your eyes,

And I learned that sometimes things hurt, but it's all right to cry.

♥ **When you thought I wasn't looking**

I saw that you cared,

And I wanted to be everything that I could be.

♥ **When you thought I wasn't looking**

I learned most of life's lessons I need to know to be a good

And productive person when I grow up.

♥ **When you thought I wasn't looking**

I wanted to thank you dearly, for everything I saw

*When you thought I wasn't looking.*



## **Definition of a Friend**

*The first quality of being a friend is to listen...  
with a non-judgmental, unconditionally loving heart.*

*A friend should be radical.  
They should love you when you're unlovable,  
Hug you when you're un-huggable,  
And bear you when you're unbearable.*

*A friend should be fanatical.  
They should cheer when the whole world boos,  
Dance when you get good news,  
And cry when you cry too.*

*But most of all a friend should be mathematical.  
They should multiply the joy,  
Divide the sorrow,  
Subtract the past,  
And Add to tomorrow.  
Calculate the need deep in in your heart,  
And always be bigger than the sum of all their parts.*



***Be good to yourself. Love with your whole being. Always be  
happy. HAVE A RECOVERY-FILLED (& THANKFUL) DAY!!***

**[Click Here To Get Started](#)**

***Never forget you are an amazing, powerful, brilliant, awesome,  
unique Divine creation! There is no one else like you or ever has  
been like you in all of history! Now go forth & spread the Love of  
God today!***

