



Testimonials

Tamra F. » (ADAAP IOP Graduate)

I was scared when I first started ADAAP's Intensive Out Patient Program. I had always thought that I could handle anything, & certainly could handle THIS! I learned that I wasn't really different. It came to me that these people in IOP were telling MY story. This eventually opened my eyes & sent me back to AA. I had been so focused on my case & its legalities, I couldn't think about anything else. One day a fellow student said he had two tracks to his life: one was his court case & then the other track was his IOP. He had no power over the courts but he did have power over himself. I learned that just because an event happens, it doesn't have to have a bad result. What's important is how I react to the event. I am currently very active in my home group. One of the greatest things that happened to me during the program was that I gained the courage to end my codependent relationship.

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!*

Stephanie

ADAAP's treatment program is very beneficial, led by ultra-caring counselors. Frank was amazing, covering the material thoroughly, until everyone understood & embraced the principles of sobriety.

John S.

I don't think I could have done it without coming here. At the beginning I was nervous & didn't know what to expect. I was immediately made to feel welcome. After a couple of weeks I began to look forward to coming here each week & not only making more & more progress, but seeing the progress made by everyone. We could relate on so many levels, not only substance abuse, but legal issues as well. I repeat, 'I don't think I could have done it without coming here!'

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

March » April, 2019

ONGOING PROGRAMS

IOP 6 WEEKS (10 HRS/WEEK)



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



King Baby!



The term King Baby could just as well be Queen Baby, because we all probably have this infantile ego in our unconscious minds. Chemically dependent people must be especially aware of King/Queen Baby characteristics, for these attitudes & behaviors can interfere with recovery.

Who is K/Q Baby?

To understand K/Q Baby, let's imagine for a moment we're returning to the womb. Here we feel warmth, security, comfort, freedom & power. All our needs are taken care of. We are the center of our universe. We are cared for just because we exist, & we are perfectly content.

K/Q Baby Characteristics

In attempting to regain the security of infancy, K/Q Babies continue to function with the same feelings that gratified them so long ago. When infantile traits continue into adulthood, the person is spoken of as "immature" & this immaturity is tied to the traits of feelings of omnipotence, inability to accept frustrations & codependence.

Seven Characteristics of K/Q Babies are:

1. Often become angry at or afraid of authority figures & will attempt to work them against each other in order to get their own way
2. Seek approval & frequently lose their own identities in the process
3. Have difficulty accepting personal criticism & become threatened & angry when criticized
4. Have strong feelings of dependence & exaggerated fears of abandonment
5. Have addictive personalities & are driven to extremes
6. Are chronic complainers who blame others for what's wrong with their lives
7. Hold emotional pain within & lose touch with their feelings

The Problem

Recovering people usually are aware of the many threats to their sobriety. Twelve Step programs are designed to confront & heal our character defects. Immaturity, a problem for many of us, is a stronghold of the King/Queen Baby in each of us. We may need to recognize this defect & work through it in order to continue our recovery.

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)

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 TIME OFFENDERS \$70

Supervised by Nicki Davey Since 2002
 512-422-1370 or Austin Education Services.com

WEEK-DAY (AM) 03/26 - 03/28/2019

Tuesday, 03/26/19	10:00am - 2:00pm
* Arrive by 9:45am for paperwork	
Wednesday, 03/27/19	10:00am - 2:00pm
Thursday, 03/28/19	10:00am - 2:30pm

WEEKEND 04/05 - 04/07/2019

Friday, 04/05/19	6:30pm - 10:30pm
* Arrive by 6:15pm for paperwork	
Saturday, 04/06/19	2:00pm - 6:00pm
Sunday, 04/07/19	2:00pm - 6:30pm

WEEKEND 04/26 - 04/28/2019

Friday, 04/26/19	6:30pm - 10:30pm
* Arrive by 6:15pm for paperwork	
Saturday, 04/27/19	2:00pm - 6:00pm
Sunday, 04/28/19	2:00pm - 6:30pm

Drug Offender Education Program

ADAAP 15 Hour DOEP \$90

TO BE DETERMINED...



DWI Intervention Program

ADAAP 8 Week DIN (32 hrs) \$200

TO BE DETERMINED...



We can Let Go & Let God!

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*"The more we lower our expectations of ourselves & others, the more our serenity increases. We can practice acceptance of ourselves & others."
 — Tom Cunningham & Dr. Harry Thiebout*

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*"It's only when we truly know & understand that we have a limited time on earth – & that we have no way of knowing when our time is up – that we will begin to live each day to the fullest as if it was the only one we had."
 — Elisabeth Kubler-Ross*

Toy Dreams



As children bring their broken toys
 With tears for us to mend.
 I brought my broken dreams to God
 Because God was my friend.

But then, instead of leaving God
 In peace to work alone,
 I hung around & tried to help
 With ways that were my own.

At last I snatched them back & cried.
 "How can you be so slow?"
 "My child," God said, "What could I do?
 You never did let go!"

...Author Unknown

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In the end, just three things matter: How well we have lived; how well we have loved; how well we have learned to let go." — Jack Kornfield

Homework

- ✓ Tip your restaurant server.
- ✓ Return your shopping cart.
- ✓ Pick up a piece of trash.
- ✓ Hold the door for the person behind you.
- ✓ Let someone into your lane.

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Be good to yourself. Love with your whole being. Always be happy.

HAVE A RECOVERY-FILLED (& JOYFUL) 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!

