



## Testimonials

### 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.

### 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!*

### 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.



## WHAT'S GOING ON AT ADAAP

June » August, 2018

### 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)

#### DRUG & ALCOHOL URINALYSIS

Current Clients \$50.00

#### DOT Drug & Alcohol Assessment

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



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



## Honk If You're In Recovery!

by Milton Olson

In autumn, when you see geese heading south for the winter, flying in a "V" formation, you might consider what science has discovered as to why they fly that way. As each bird flaps its wings, it creates an uplift for the bird immediately following. By flying in a "V" formation, the whole flock adds at least 71% greater flying range than if each bird flew on its own.

***People who share a common direction & sense of community can get where they are going more quickly & easily, because they are traveling on the thrust of one another.***

When a goose falls out of formation, it suddenly feels the drag & resistance of trying to go it alone & quickly gets back into formation to take advantage of the lifting power of the bird in front.

***If we have the sense of a goose, we will stay in formation with those people who are heading the same way we are.***

When the head goose gets tired, it rotates back in the wing & another goose flies point.

***It is sensible to take turns doing demanding jobs, whether with people or with geese flying south.***

Geese honk from behind to encourage those up front to keep up their speed. What message do we give when we honk from behind? (*clue: honk from the heart, not from judgment*)

Finally (& most importantly), when a goose is forced out of the formation by sickness or wounds, 2 fellow geese leave the flock, accompanying the straggler down to help & lend protection. These "wingmen" stay beside their fallen comrade, until it's able to resume the migration, or perishes. Then, the geese launch out on their own, or with another formation, to catch up with their own flock.

***If we have the sense of a goose, we will stand by each other like that.***

## UPCOMING CLASS SCHEDULES

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

Supervised by Nicki Davey Since 2002  
512-422-1370 or [Austin Education Services.com](http://AustinEducationServices.com)

#### WEEKEND 06/01 - 06/03/2018

Friday, 06/01/18	6:30pm - 10:30pm
<i>* Arrive by 6:15pm for paperwork</i>	
Saturday, 06/02/18	2:00pm - 6:00pm
Sunday, 06/03/18	2:00pm - 6:30pm

#### WEEKEND 06/15 - 06/17/2018

Friday, 06/15/18	6:30pm - 10:30pm
<i>* Arrive by 6:15pm for paperwork</i>	
Saturday, 06/16/18	12:00pm - 4:00pm
Sunday, 06/17/18	11:00am - 3:30pm

#### WEEKEND 06/29 - 07/01/2018

Friday, 06/29/18	6:30pm - 10:30pm
<i>* Arrive by 6:15pm for paperwork</i>	
Saturday, 06/30/18	2:00pm - 6:00pm
Sunday, 07/01/18	2:00pm - 6:30pm

#### WEEKEND 07/13 - 07/15/2018

Friday, 07/13/18	6:30pm - 10:30pm
<i>* Arrive by 6:15pm for paperwork</i>	
Saturday, 07/14/18	2:00pm - 6:00pm
Sunday, 07/15/18	2:00pm - 6:30pm

#### WEEKDAY 07/17 - 07/19/2018

Tuesday, 07/17/18	10:00am - 2:00pm
<i>* Arrive by 9:45am for paperwork</i>	
Wednesday, 07/18/18	10:00am - 2:00pm
Thursday, 07/18/18	10:00am - 2:30pm

#### WEEKEND 07/27 - 07/29/2018

Friday, 07/27/18	6:30pm - 10:30pm
<i>* Arrive by 6:15pm for paperwork</i>	
Saturday, 07/28/18	2:00pm - 6:00pm
Sunday, 07/29/18	2:00pm - 6:30pm

### Drug Offender Education Program

**ADAAP** 15 Hour DOEP \$90

June 11th » 15th	Mon-Friday 6:00 - 9 00pm	
June 25th » 29th	Mon-Friday 6:00 - 9 00pm	
July 2nd » 9th	Mon-Tuesday, Thu-Friday +MONDAY 6 - 9:00pm	
August 6th » 10th	Mon-Friday 6:00 - 9 00pm	
August 20th » 24th	Mon-Friday 6:00 - 9 00pm	

### DWI Intervention Program

**ADAAP** 8 Week DIN (32 hrs) \$200



## Disease Concept of Addiction

Addiction is defined as a chronic, relapsing brain disease that is characterized by compulsive drug/alcohol seeking & use, despite harmful consequences. It is considered a brain disease because drugs change the brain. They change its structure & how it works. These brain changes can be long lasting & can lead to many harmful, often self-destructive, behaviors.

[National Institute of Drug Abuse](http://NationalInstituteofDrugAbuse.com)



## Fake It Till You Make It

The exercise is this. I start my day, each day, with telling myself this: I smile as soon as I wake up whether or not I feel like it. I put the broadest smile I can on my face, from ear to ear. It can feel very fake. Then I feel five feelings 25 times. I feel **gratitude, peace, joy, love, & hope** each 25 times while I smile from ear to ear, & I tell my brain that is how we are going to live today--in each of these emotions. My ear to ear smile causes my facial muscles to tell my brain to go to "smile" or "happy" or "pleasant." Serotonin is being released from the mid-brain opening up neuro pathways producing positive chemical changes in the brain. Wherever it goes I start to feel the five sets of emotions kicking in.

**Try it! You've nothing to lose!**



## Life Explained

On the first day, God created the dog & said: "Sit all day by the door of your house & bark at anyone who comes in or walks past. For this, I will give you a life span of 20 years." The dog said, "That's a long time to be barking. How about only 10 years & I'll give you back the other 10?" So, God agreed.

On the second day, God created the monkey & said: "Entertain people. Do tricks, & make them laugh. For this, I'll give you a twenty-year life span. The monkey said: "Monkey tricks for 20 years? That's a pretty long time to perform. How about I give you back 10 like the Dog did?" So, God agreed.

On the third day, God created the cow & said: "You must go into the field with the farmer all day long & suffer under the sun, have calves & give milk to support the farmer's family. For this, I will give you a life span of 60 years." The cow said: "That's kind of a tough life you want me to live for 60 years. How about 20 years, & I'll give back the other 40?" So, God agreed.

On the fourth day, God created humans & said: "Eat, sleep, play, marry & enjoy your life. For this, I'll give you 20 years." But the human said: "Only 20 years? Could you possibly give me 20, plus the 40 the cow gave back, plus the 10 the monkey gave back & the 10 the dog gave back? That makes 80 years, okay?" "Okay," said God. "You asked for it."

So that is why for our first 20 years, we eat, sleep, play & enjoy ourselves. Over the next 40 years, we slave in the sun to support our family. Over the next 10 years, we do monkey tricks to entertain the grandchildren. And over our last 10 years we sit on the front porch & bark at everyone.

Life has now been explained to you. There is no need to thank me for this valuable information. I'm doing it as a public service.



**We cannot force others to change, only the person who is reading this!**

- 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!*

June 11th » August 13th,  
2018

Mondays & Wednesdays 3 -  
5pm

★ *Class Maximum: 15*

August 7th » September  
27th, 2018

Tuesdays & Thursdays  
3:00 - 5:00pm

★ *Class Maximum: 15*

