



## Testimonials

### Amy M.

Ten years ago this month I reached out to ADAAP for help with my problem with Alcohol. I didn't really know where else to turn to, & I truly didn't believe anyone could help me. *ADAAP was an amazing experience helping me get on the road of recovering.*

They really cared about me, & they encouraged me even though I didn't really know what I needed to do to stop drinking. It felt overwhelming. My counselor, took a very personal approach. I didn't just feel like I was just another someone in the group, she helped me succeed, & challenged me & showed me how to get sober.

ADAAP was instrumental in the first steps to realizing I had a problem & understanding my disease. This month I celebrate 10 yrs. in recovery. One day at a time. I couldn't have done it without the support, guidance & first steps I got from the staff at ADAAP! I would happily recommend this program.

### 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!'

### 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.

### Ernest

This program has been very therapeutic. Frank is an amazing counselor, very understanding & gives us lots of information. My peers have really been supportive. Frank made the group very comfortable, we could talk about everything without judgment.

### 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.



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



## We've Come A Long Way Baby!!

We were before frozen food, penicillin, polio shots, radar, credit cards & ball point pens. For us, time-sharing meant togetherness, a chip meant a piece of wood, hardware meant hardware, & software wasn't even a word.

We got married first & then lived together. How quaint can you get?

We wore Peter Pan collars & thought a deep cleavage was something butchers did with meat.

We were before the white wine craze, disposable diapers, & the Jefferson nickel. When we were in college, pizzas, Cheerios, frozen orange juice, & instant coffee were unheard of. We thought fast food was what you did during Lent.

In our day, cigarette smoking was fashionable, grass was mowed, coke was something you drank, & pot was something you cooked in. We were before day care centers, house-husbands, baby sitters, computer dating. And the term "making out" referred to how you did on an exam.

There were five & dime stores where you could actually buy things for five & ten cents. For just one nickel, you could ride the subway, or the ferry, or make a phone call, or buy a coke, or buy enough stamps to mail one letter & two postcards. You could buy a new Chevy Coupe for \$659.00. But who could afford that in 1938! Nobody, & pity, too, because gas was 11¢ a gallon.



## The Wolf In Sheep's Clothing

Once upon a time, a wolf who thought he was smarter than any animal alive, came upon a herd of sheep grazing in a pasture.

The wolf, who took great pride in being clever, smiled at the thought of how easily he would catch one of the sheep for his dinner. "I'll just hide behind these rocks, then, little by little, sneak up & take my pick."

### Savior

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!*



## WHAT'S GOING ON AT ADAAP

July » November, 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)

### 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://Austin.Education.Services.com)

#### 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

#### 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

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	😊
September 17th » 21st	Mon-Friday 11:00am - 1:00pm	😊

But the sheep were much smarter than the wolf had thought, because as soon as he stepped out from behind the first rock, all the sheep quickly gathered into a small, tight circle & began to "baa" as loud as they could. The loud baa-ing frightened everybody, even the wolf, & as he ran away, he heard the sheep laughing. "Who do they think they are, laughing at me! I'm a wolf & any wolf is smarter than a sheep!"

With that, the wolf paced up & down, trying to think of a way to outsmart them. But as hard as he tried, no idea came to him until he found an old sheepskin that had been thrown away. "That's it!" he almost shouted out loud. "I'll slip into this old sheepskin & pretend I'm a sheep. Then we'll see who's smarter!"

That night, as the sheep were herded back into their folds, the wolf, wearing the sheepskin, easily walked right in with them, without a single sheep knowing the difference. But, just then, the shepherd was getting hungry too. Reaching into the fold, he grabbed the first animal his hand touched, which happened to be the wolf. Mistaking him for a sheep, the shepherd wasted no time in preparing him into one of the best meals he had ever eaten!

MORAL: Be careful when you pretend to be something you're not.

### ONLY WHEN YOU BECOME DEPENDENT ON YOUR HIGHER POWER, CAN YOU BECOME INDEPENDENT AS A PERSON.



## We Were Trained to Be Addicts

When we were children we were well trained to become addicts. Very few of us were taught how to rely on ourselves for our happiness. Instead, we were raised to be dependent on things outside ourselves for good feelings. Everything from advertisements to love songs taught us that someone or something will solve our problems for us - whether the problems be loneliness, alienation, unpopularity, or unhappiness.

The belief that "We're responsible for others' feelings makes addicts out of all of us. As long as we operate from this belief, our ability to feel good is tied to the feelings of others. We're stuck being protected, unable to learn, & therefore unable to move into our Higher selves."

At the root of all addictions are the many false, self-limiting beliefs we have about ourselves. These are beliefs about our unlovability, inadequacy, inability to know what's right for us. Almost everyone believes that happiness comes from connecting to another person. But when you are dependent on another for happiness, that's not love. Love does not have that power, however, the power comes not from getting love, but from being loving.



## Inscription on the Statue of Liberty



Give me your tired, your poor,  
your huddled masses yearning to breathe free,  
The wretched refuse of your teeming shore,  
Send these, homeless, tempest tossed, to me,  
I lift my lamp beside this golden door.  
...Emma Lazarus



## If Not For You by Rev. Bob Luckin

September 17th » 21st	Mon-Friday 6:00 - 9:00pm	
September 24th » 28th	Mon-Friday 11:00am - 1:00pm	
September 24th » 28th	Mon-Friday 6:00 - 9:00pm	

### DWI Intervention Program

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

August 7th » September 27th, 2018	Tuesdays & Thursdays 3:00 - 5:00pm
★ <i>Class Maximum: 15</i>	
September 10th » October 31st, 2018	Mondays & Wednesdays 1:00 - 3:00pm
★ <i>Class Maximum: 15</i>	
October 1st » November 21st, 2018	Mondays & Wednesdays 3:00 - 5:00pm
★ <i>Class Maximum: 15</i>	

**If Not For You.** then there would be a place of emptiness in the heart of God. If not for you, all the good that you have done would still need doing. If not for you, the spark of your ideas would not have ignited a fire in others. If not for you, the key roles that you have played in life's drama would remain unfilled. If not for you, at least one person would have awakened to his or her dreams. If not for you, your triumph could not be examples to inspire others. If not for you, someone who needed love would not have received it. If not for you, life would have been shortened or never existed.

**If Not For You.** the song of life would have missed a beat. If not for you, your gifts would remain ungiven. If not for you, another might have suffered in your place. If not for you, someone would have no path to follow. If not for you, there would be one less smile, one less laugh, & one less hug. If not for you, there would be less mystery. If not for you, an animal might be homeless & a garden unplanted. If not for you, something would be missing.

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- ♥ 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!***

