



## Testimonials

### Clayton B. » (2014 ADAAP IOP Graduate)

I was so impressed with how loving & caring everyone was. I could open up & be honest without being judged. I could be myself. I felt nothing but caring & acceptance. Dan Davey's advice really helped me. He told me to listen & stop talking! I was so surprised at what I learned.

### 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*

### 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.

### 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.

### 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.



**ADAAP**  
**7801 North Lamar**  
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**Austin, TX 78752**  
**512-454-8180**



## Why I Don't Drink When I'm Sober

"How come you don't drink any more?" a renewed acquaintance from long ago asked the other day.

"Any more than what?"

"I mean any longer. How come you don't drink anything these days?"

"Drink? I drink - coffee, milk, tea, soda pop, water, fruit juices."

"I mean drink", he said. "You know, booze."

"Oh, Booze. No, I don't drink booze any more. You're right.", I said.

"I couldn't trust it any more. IT turned on me. IT was once my friend, & IT eventually became my enemy."

"Maybe you got a bad batch", he said.

"No, the sauce is the same. I was the one who changed. Because I have the disease of alcoholism, my tolerance weakened. Alcoholism doesn't come in bottles; it comes in people."

"Sounds pretty confusing", the fellow said.

"You think you're confused", I said. "You should have seen ME!"

**I drank** for **Happiness** & became **UnHappy**.

**I drank** for **Joy** & became **Miserable**.

**I drank** to be **OutGoing** & became **Self-Centered**.

**I drank** for **Sociability** & became **Argumentative & Lonely**.

**I drank** for **Sophistication** & became **Crude & Obnoxious**.

**I drank** for **Friendship** & made **Enemies**.

**I drank** to **Soften Sorrow** & **Wallowed in Self Pity**.

**I drank** for **Sleep** & awakened **Exhausted**.

**I drank** for **Strength** & felt **Weak**.

**I drank** **Medicinally** & felt **Sickened**.

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.

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!'

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!*

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!*



## WHAT'S GOING ON AT ADAAP

November » December, 2019

### 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://AustinEducationServices.com)

#### WEEKEND 11/08 - 11/10/2019

Friday, 11/09/19	10:00am - 2:00pm
<i>* Arrive 9:30 to complete paperwork</i>	
Saturday, 11/09/19	10:00am - 2:00pm
Sunday, 11/10/19	10:00am - 2:30pm

**I drank** because I thought **My Job Called For It** & **Lost My Job**.

**I drank** for **Relaxation** & **Got the Shakes**.

**I drank** for **Confidence** & became **UnCertain**.

**I drank** for **Courage** & became **More Afraid**.

**I drank** for **Assurance** & became **More Doubtful**.

**I drank** to **Stimulate Thoughtfulness** & **Blacked Out**.

**I drank** drank to be **More Conversational** & became **Tongue-Tied**.

**I drank** for **Warmth** & **Lost My Cool**

**I drank** for **Coolness** & **Lost My Warmth**.

**I drank** to feel **Heavenly** & came to **Know Hell**.

**I drank** to **Forget** & became **Haunted**.

**I drank** for **Freedom** & became a **Slave**.

**I drank** for **Power** & became **PowerLESS**.

**I drank** to **Erase My Problems** & saw **Them Multiply**.

**I drank** to **Cope With Life** & drew **Closer to Death**.

**I drank** because **I Had the Right** & **everything went wrong.**"

"Gosh", my friend exclaimed. "That must have taken a bunch of booze to get you in that shape."

"Just one", I told him. "The first one. For me, one's too many & a 1000's not enough."

"So that's why you don't drink any more?"

**"Yep, I Made It A Rule! I Don't Drink When I'm Sober."**



## I Love This Room!

My grandson, Tig, is in kindergarten. One day, his teacher asked the students to form a circle on the rug, & sit down for a talk. Once everyone had seated, she asked them all, "Tell me what you most love?"

The children immediately began answering her.

"I love my puppy!"

"I love my Mommy!"

"I love my bike!"

"I love my brother!"

"I love my Kitty Cat!"

"I love my bicycle!"

The teacher turned to my grandson & asked, "What do YOU love, Tig?"

He looked at her a minute & said, "I love this room because you're in it!"

And she began to cry.



## 28 Secrets to Happiness

- Live beneath your means & within your seams.
- Return everything you borrow.
- Donate blood.
- Stop blaming other people.
- Admit it when you make a mistake.
- Give away all the clothes you haven't worn in 3 years.
- Every day, do something nice & try not to get caught.
- Listen **MORE**; talk **LESS**.
- Every day, take a 30-minute walk about your neighborhood.
- Skip 2 meals a week & give the money to the homeless.
- Strive for excellence, not perfection.
- Be on time.
- Don't make excuses.
- Don't argue.
- Get organized.
- Be kind to kind people.

**WEEKEND 11/22 - 11/24/2019**

Friday, 11/22/19	10:00am - 2:00pm
<i>* Arrive 9:30 to complete paperwork</i>	
Saturday, 11/23/19	10:00am - 2:00pm
Sunday, 11/24/19	10:00am - 2:30pm

**Drug Offender Education Program**

**ADAAP** 15 Hour DOEP \$90

November 11th » 15th	Mon-Friday 10:00am - 1:00pm	
November 18th » 22nd	Mon-Friday 10:00am - 1:00pm	
November 18th » 22nd	Mon-Friday 6:00 - 9:00pm	
December 9th » 13th	Mon-Friday 10:00am - 1:00pm	

**DWI Intervention Program**

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

<b>TO BE DETERMINED...</b>	
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-  Be even kinder to unkind people.
-  Let someone ahead of you in line.
-  Take time to be alone.
-  Re-read a favorite book.
-  Cultivate good manners.
-  Be humble.
-  Understand & accept that life isn't always fair.
-  Know when to say something.
-  Know when to keep your mouth shut.
-  Don't criticize **ANYONE** for 24 hours.
-  Learn from the past, plan for the future, & live in the present.
-  Don't sweat the small stuff.

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**❄️ 2019 HOLIDAY SPECIAL ❄️**



Around the year's end, we lower ADAAP's fees, to help those in need of our services, amidst the overwhelming financial demands of the holiday season.

Our sliding scale fee for **INTENSIVE OUT PATIENT TREATMENT** (normally \$800+), has been reduced to \$675+.

Our **RELAPSE OUT PATIENT TREATMENT** fee, (normally \$1000+, on a sliding scale), is now priced at \$875+.

Our Intake fee has also been lowered from \$150 to \$100. (As always, this fee is applied towards any full treatment program cost).

*Discounted Prices are valid for registrations completed in 2019.*

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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!**

