

Aftercare & Relapse Prevention Program

An Overview

The Problem:

Thousands of our local young people suffer the serious consequences of addiction. They suffer, their friends and families suffer, and our community suffers. Some die pre-maturely as a direct result of the destructive consequences of their addictions, either from poisoning, overdoses, accidents, suicide, etc. The monetary cost of addiction to our community is staggering, but the human cost is astronomical in terms of lost potential and unrealized dreams.

Our Solution:

Aftercare & Relapse Prevention offers a solution to addiction that is holistic in its approach. Notice we said “a” solution, not “the” solution. We are very much aware that there are many programs available to help solve this huge problem amongst our young people. Our program offers no shortcuts or quick fixes. It is intensive in depth and extensive in scope. *Aftercare & Relapse Prevention Program* has been designed specifically to target alumni of any of our five major programs as well as current program participants who have come to the realization of this dangerous problem in their lives and the lives of significant family members.

Length of Healing Process:

Healing from addiction depends on many factors, one of which is the length of usage prior to starting a recovery process. One’s level of commitment to the process of healing and recovery cannot be overestimated since healing requires more than a change in behavior. This program asks more of the participants than just a change in addictive behavior patterns. It seeks a change in their lifestyle, worldview, belief system, life’s mission, personal character and their understanding of the true meaning of personal transformation.

First Things First:

If you suffer physical complications as a direct result of an addiction, we strongly urge you to seek treatment by medical doctors. This program will provide you with the other vital factors necessary for your well-being and enhanced transformation. We do this by providing you with a conscious community that provides you with a sense of safety, acceptance and belonging. It is only in such a climate that trust is created. Hence, the formation of “right” relationships in such a community becomes the first order of business.

Withdrawal Syndrome & Legislation:

In 1972 legislation was passed by the U.S. Congress that officially guaranteed medical attention for people suffering from the acute stages of intoxication or withdrawal. Prior to that, many

alcoholics and drug addicts died unnecessarily from the medical consequences of addiction. If and when addicted people showed up at hospitals complaining of symptoms, they were refused medical care. Some alcoholics were put in jail because of a crime committed while intoxicated, and some ended up committing suicide in their cells or dying while in jail from complications of alcohol or drug withdrawal.

Things have changed, but people still suffer unnecessarily and occasionally die from the physical complications of addiction because of a lack of information or because of improper advice.

Therefore, it is extremely important to know that withdrawal from certain classes of drugs can be fatal. Although this fact is still not widely known, the withdrawal syndrome that occurs with full-blown addiction to alcohol, a powerful central-nervous-system depressant, when left medically untreated includes convulsions and seizures and can lead to death. In fact, ***full blown alcoholics who go through abrupt withdrawal from alcohol without medical attention have a 50 percent chance of dying as a result of the withdrawal syndrome.*** Other central-nervous-system drugs, most notably barbiturates (sleeping pills) and some of the other addictive sedatives, also lead to withdrawal syndromes that are potentially fatal. Even drugs that do not, in themselves, lead to potentially fatal physiological withdrawal may be life-threatening in another way. For example, although full-blown addiction to cocaine or heroin rarely produces potentially fatal physiological withdrawal symptoms, the cocaine or heroin addict may experience profound mental depression during withdrawal, which, if left medically untreated, may result in death by suicide.

Once again, you are urged to undergo a professional addiction assessment and to make an appointment with a medical doctor before abruptly stopping the use of alcohol or other drugs, and before you begin addiction-recovery program, including ***ProjectInsight: Aftercare & Relapse Prevention.***

The Significant Contribution of the Emmaus Family:

When people begin the difficult struggle to overcome addiction, they often feel alone in their struggle. They feel that everyone has given up on them. It is important that the members of the ***Emmaus Family*** know that this support system is available to them and that it provides all the basic structural needs for success in their healing and recovery process. You may have suffered painful consequences because of your addiction. You may feel so overwhelmed by guilt and shame that you have come to believe that no one could possibly care about you or your well-being. But there are those who truly care about your well-being--your ***Emmaus Family!*** Having a caring and strong social connection within a conscious community is pivotal in this process.

To Family Members and Others Concerned:

Abuse of or addiction to alcohol or other drugs has a negative effect on almost everyone in the addict's life, especially those closest to the addict. Parents, boyfriends and girlfriends are the affected most. Siblings and extended family members may also be affected, even if they don't live under the same roof as the addict. The addict's friends, employers, coworkers, and even strangers may be affected.

If someone close to you abuses or is addicted to alcohol or other drugs, you are strongly urged to seek help for yourself. Even if the person who abuses or is addicted to alcohol or other

drugs has stopped using chemicals and is working a recovery program, you may need counseling and support to help yourself cope. In some ways you may suffer more mental and emotional pain than the one who abuses or is addicted to alcohol or other drugs. You may even have some of the same symptoms. We strongly encourage you to seek help even if it is not with us.