

ADD CENTER



STATEMENT OF PURPOSE

122 SAN PABLO AVENUE
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FOREWARD

Add-Center is being established by a group of former drug users as a whole-hearted effort to aid the addict who honestly desires recovery. With the cooperation of social scientists and helping and healing agencies in the community, it will try to make available a variety of services which contribute to a useful life.

Add-Center is sincerely committed to the idea that former drug users can aid one another in becoming and staying clean and at the same time live as other members of the community. It does not pretend that it has all the answers to the problem of recovery. But it does have a workable program which has proved to be successful for many. With the additional knowledge which we expect to gain through our efforts, we hope to broaden the effectiveness of the program. Add-Center is not setting itself up to compete against other programs that are established to aid recovery; we are alert and sympathetic toward any procedure which offers prospects of helping achieve our goal of aiding former users to gain self-understanding, self-respect and the choice to live productive lives in our society. **THERE IS ONLY ONE RULE AT ADD-CENTER: NO OUTFITS OR DRUGS IN OUR POSSESSION AT ANY TIME.**

PURPOSE

In Add-Center the addict finds a place of identification where he may communicate freely and honestly. He finds that he is not alone in his confusion and bewilderment; that others like himself seek purpose, direction and recovery. He will not find authority as he has always in the past. He finds authority only in experience--the experience of addicts who have found a way to live in society without the use of drugs in any form. Just as important, he finds outsiders who are interested in him for his own potential and not for statistical purposes. He will find people willing to give personal, vocational and academic counseling, if he wants it, without qualification or restriction. He finds companionship and some semblance of a social life, which he, as a user could never acquire.

If you, too, came to believe the tired old lie, "Once an addict, always an addict," we believe you will find new hope and encouragement in meeting persons like yourself who no longer have to use drugs to function. You will know that, if we can do this, you can, too. We believe if you are willing to listen, you too will learn how to accomplish this purpose.

PREFACE TO THE FIVE PRINCIPLES OF RECOVERY

What is an addict?

Very simply, an addict is a man or woman whose life is controlled by drugs and the ways and means of getting and using drugs in one form or another!

The Add-Center approach and philosophy are BEST given by the Five Principles, which are SUGGESTED only. From our own experience in varied attempts to achieve recovery, we have found the Five Principles to be workable and highly successful. The Principles are open to all addicts regardless of age, race, color, creed, religious affiliation or lack of religion.

1. We admitted that we were powerless over our addiction--that our lives had become unmanageable.

No one wants to admit defeat but only through giving-in are we able to take the first step to recovery. Admission and surrender turn out to be eventually the firm foundations upon which happy, purposeful lives can be built. As far as drugs are concerned, self-confidence is no good whatsoever. In giving-in we survive.

2. We try to place our lives on a spiritual basis.

We try to believe in a Power greater than ourselves. We understand that here most members are immediately thrown into confusion. All that is required is a willingness to try to believe in a Higher Power (God, however understood). We feel, if you try to keep an open mind, this is all the beginning you need. This may help you to relax; FIRST: Add-Center does not demand that you embrace a doctrine. It does not seek to impose a fixed scheme on you. SECOND: To get "clean" and STAY "clean," you do not have to swallow all of Principle 2 right now. Many of us here find, in looking back, that we took it little by little. THIRD: All you really need is a truly open mind. Get out of the debating society of which came first, the chicken or the egg. How each individual finds a POWER greater than himself is a very personal thing. There is only ONE thing that will defeat us in our recovery; this is an attitude of indifference or intolerance toward spiritual principles. Most of us here at Add-Center were certain at one time that our intelligence, backed by

willpower, could have rightly controlled our inner lives. This brave philosophy SOUNDS good in the speaking, but we found it failed the acid test: "How well did it work?" A good look in the mirror ought to be enough.

3. We become willing to take a personal moral inventory.

In trying to take a written personal moral inventory we try to become willing to face facts about ourselves, as they really are. We find that we must stop running away. We try to admit our faults openly and try to correct them. The reason will become evident as we go along--that it makes us feel better. After all, this is one of the reasons we "used"--to feel better. The most important ingredient is a WILLINGNESS to try.

4. Willingness to make restitution for the past.

Again, we must try for a willingness. In the third Principle, we find those whom we wish to make amends to. This is not particularly for the benefit of the person we make the amends to but for what it does for us. We will

become willing to do this when we realize just how much these things have bothered us.

5. Willingness to help others.

The joy of living is the theme of the fifth Principle. This is where the kind of understanding and love that we wished for has no price tag; to watch the eyes of men and women open with wonder as they move from darkness into light, to see their lives fill with new purpose and meaning.

These five Principles of Recovery simply state the entire package, no part of which can stand alone. There is no recovery without help from others (Unity), or without efforts to reciprocate by helping those who still suffer (Service). The ideal of service introduces a positive goal in the act of achieving cleanliness/sobriety as opposed to the mere abstinence from drugs and alcohol. An addict who does not use or drink may be socially acceptable and desirable, and technically "cured" but we of Add-Center feel there is no "cure"--the disease is arrested. Unless he

has a positive GOAL in life, he will not achieve OR maintain emotional maturity.

GOALS IN THE PROGRAM OF RECOVERY

The new life you are trying to attain includes not only freedom from the drug, which is a thing NOT to do, but a greater emphasis on what one CAN do! Furthering one's education; working in and as a part of society. Freedom to choose! This freedom is so very important to us, we really have a choice now. To choose a way of life, or reject it! For this is a SUGGESTED program. To continue with the use of drugs can only lead to jails, institutions, or death. It has been said that prisons and institutions are filled with people who could NOT make a decision. Indecision has been our "prison." Add-Center, through its program of recovery, affords each and every addict this freedom to choose.

The ONLY requirement: A desire to stop using. This is the first step; without it there is no foundation.

All our lives we have been told in one way or another NOT to do this, NOT to do that, instead of concentrating on what we CAN do. A life based solely on what

NOT to do can be very frustrating and defeating. It is more than a process of elimination (eliminate drugs, people who use drugs, etc.), more a substitution of other things in their place: of new associates, who have been addicts and who are trying to live as you want to live.

We know full well the strong hold the obsession-compulsion pattern of living and drug use has over our whole being--even when drugs no longer have the magic effect they once did have. We know, too, that this pattern can be broken when we are willing to try this new way of life with an open mind. Just a few of the goals of freedoms which are achieved on this program are listed below. As an addict, you will probably see in them a strong relationship to the feelings we had when newly addicted--but which were short-lived as our disease progressed and we were sick more often than we were well--"using" or not "using."

1. To live at ease in a free society, feeling equal to any other human being.
2. To know ourselves well enough that we recognize patterns of thinking which are dangerous to our well-being.

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Source: Danny M. 8

3. To fulfill our responsibilities to ourselves, our family, our employers, our friends, and to contribute our share to the society in which we live.
4. To be relieved of the bondage to oneself by developing a spirit of service to others like ourselves.
5. To experience that great feeling that life is an adventure--a journey taken one day at a time into a new world where we may stub our toes but are never again plummeted into the abyss of despair.

COMMUNITY GOALS OF ADD-CENTER

We are in the process of establishing these goals for Add-Center in regard to the community. The Center will seek to provide vocational and educational service as well as social activities which the addict needs.

By making direct contact with, and by gaining the approval of the community, we intend to establish these resources and services that are needed:

EMPLOYMENT SERVICES

MEDICAL SERVICES

PSYCHIATRIC and PSYCHOLOGICAL OUT-
PATIENT SERVICES

SERVICE ORGANIZATIONS

By cooperating with the above-named agencies, Add-Center proposes to help the addict on parole. We hope to establish contact with addicts in pre-release programs in correctional institutions, county jails and camps.

The primary purpose of Add-Center is to introduce a follow-up program to the addict to help him re-enter the community as a productive member of the community.

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