

written in 765-69

submitted by Bob Barrett
7/88



**ADD-CENTER'S
WAY
TO RECOVERY**

CREED AND FUNCTIONAL GOALS OF ADD-CENTER

1. To promote abstinence from all drug usage.

Methods:

- a. To help ourselves through helping others.
 - b. To contact and communicate with addicts through family understanding.
 - c. To encourage and help addicts in abstaining and cleaning up.
2. To promote understanding, acceptance and awareness of narcotic addiction for the *addict* as well as in the *community*.
 3. To educate the individual member through personal help, and the community through public relations.
 4. To give the addict's family and friends an appreciation of the sociological, psychological, legal and medical aspects of drug addiction.
 5. To organize artistic, musical and social activities for interested members.

stitute "Add-Center" for the
ual" as a means of ab-
from addiction. To establish

standards of group behavior and to fulfill our obligations to other members of the group and society.

7. To promote and generate a new way of life and faith among the addict society.
8. To provide a counseling and advisory service for jobs, values and standards of living.
9. To improve the public and self-image of the addict and ex-addict.
10. Nalline clinics and parole officers, to help contact potential members: hard core leaders, ex-addicts, parolees, potential addicts (juveniles).
11. Membership: Who are potential members?
 - a. People who are interested whether users or not.
 - b. Users, if personally committed to abstain from *all* drugs.
 - c. Potential users: juvenile, adult.
12. Publicity: For recruitment purposes as well as community support.
 - a. Newspaper contacts.
 - b. Person to person approach through:
 - (1) Nalline Centers
 - (2) Prisons
 - (3) Pre-release
 - (4) City and Cou

13. Add-Center will try to provide job contacts for any member who needs them.
14. Individual self-improvement will be our primary goal at Add-Center.
15. The member should not over-identify with Add-Center.
Add-Center *must* give members identification with the society outside of the addict group.
16. An attempt should be made to overcome "Junkie Talk".
17. What do you do with the member who "goofs up".

PRINCIPLES FOR ADD-CENTER AND ITS MEMBERS

Add-Center can offer you many things: Most important, a new way of life and a new self-image.

These thoughts applied to daily living is recovery.

- A. I will recover, live and enjoy life as others do *without* drugs.
- B. I will have faith in my God and myself to accomplish this.
- C. There is understanding, and those who care and believe in me will help me on my road to recovery.
- D. To better my perspective on life in general.
- E. There is a new way of life; and so long as I follow that way, I have nothing to fear.

But you must be able to meet us half way. We ask you to do this for *yourself*.

1. Admit that I am an addict and need help.
2. Commit yourself to Add-Center goals, and determine how Add-Center can help you.

3. Make a searching inventory of yourself – where are drugs leading you – what has your addiction done to those close to you, and to yourself.
4. Personal recovery depends on you and your desire to first, want to stop using drugs, then within your own mind, the determination to do something about it; having confidence in others to help, as well as self-confidence to do so. You are not alone.
5. Basically, we are the same kind; as individuals we differ in degree of sickness and recovery, but emotional sobriety in reality is our common goal. We must have understanding and awareness both physically and mentally.
6. Unity, togetherness, and close association and identification with others in Add-Center make your chances of recovery a lot better than *alone*.
7. The sooner we face our problems within our society, the faster we will be on our road to recovery, and becoming acceptable, responsible and productive members of our society once again.

8. What will defeat us is an attitude of indifference and intolerance towards honesty, open-mindedness, and a willingness to try, or give ourselves a break.
9. To keep in mind one desire – the willingness to better ourselves in every respect. Once an addict, always an addict is a tired old lie. This will no longer be tolerated by either society or the addict himself.
10. Remember, we didn't become addicts in one day, so we can't expect to recover right away; each day to a week, each week to a month, each month to a year.

For further information contact:

Mary V.
470 West Julian
San Jose, California
Telephone: 286-6746

Felix R.
1936 Stuart Street
Berkeley, California
Telephone: 848-1642

Al D.
275 Pamela Avenue, Apt. 5
San Jose, California
Telephone: 258-3966

Margaret M.
731 So. Merced
Stockton, California
Telephone: 462-1544