

5-DAY PROGRAM



DUNN COUNTY ASSOCIATION ON ALCOHOL
and OTHER DRUG ABUSE, INC.

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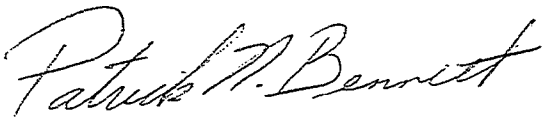
This Booklet consists of material that will be covered during the 5-Day Primary Out-Patient Program. This five days will be just a beginning in the process of leading a chemically free life.

The different areas we touch on during the five days, hopefully will give you some awareness and insights into yourself.

I feel the most important thing that can come out of the program is admitting we are powerless over alcohol and other drugs and how unmanagable our lives have become.

Alcohol or other drugs only play a very small role in our problems. Only 3% to 5% of the problem is the alcohol or drugs. 95% to 97% are the every day living problems and pressures we live under. With the alcohol or drugs in the picture, we are not able to deal with or resolve the other problems. So lets take the 3% or 5% out and deal with the 95% to 97%.

Patrick N. Bennett
Senior Counselor

A handwritten signature in cursive script that reads "Patrick N. Bennett". The signature is written in dark ink and is positioned below the printed name and title.

The Contents of This Booklet
Were Compiled and Approved By
Patrick N. Bennett/Senior Counselor
Dunn County Association, AODA

DUNN COUNTY AODA, INC.
FIVE-DAY FAMILY
PRIMARY OUT-PATIENT PROGRAM

- (1) The intensive Out-Patient Program is a five-day program where by participants are presented with information, education and counseling on chemical dependency. All participants are encouraged to bring along their spouse, family member or close friend. The total cost of the program is \$165.00. There will be no further charge for spouse, family member or friend.
- (2) The five-day program is conducted at the Dunn County Association AODA, Inc. 320 21st St. N., Menomonie, Wi., which is better known as OUR HOUSE, located two blocks north of the Red Cedar Supper Club.
- (3) The goal of the intensive Out-Patient Program is to provide the participants with a better understanding and awareness of chemical dependency. The ultimate goal is to provide people with the opportunity to live a chemically free life.

We plan to acheive our goals through educational lectures, films, group counseling, individual counseing and family counseling. The program subscribes to the philosophy of Alcoholics Anonymous and Al-Anon, and each of the five days is structured to review the first five steps of AA and Al-Anon programs.
- (4) The program will be conducted once a month, depending on the number of clients. It will start at 9:00am and run until 4:30pm with an hour break at noon for lunch. The staff of the program consists of chemical dependency counselors, psychologist, clergymen, pharmacologist, Prevention, Intervention counselors and guest speakers from Alcoholics Anonymous and Al-Anon.
- (5) Follow up program consists of Secondary Out-Patient, which includes individual counseling on a weekly basis where the clients will finish their 4th step and take their 5th step. They will be involved in Thursday night support group which is made up of (a) singles, and (b) couples, also AA/Al-Anon. Client will be discharged from secondary out-patient at the discretion of the counselor.

DUNN COUNCIL ASSOCIATION ON ALCOHOL AND OTHER DRUG ABUSE

PRIMARY OUT-PATIENT PROGRAM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 - 10 AM	ORIENTATION	Doug S. 3/4 Hour - STEP 2 of AA. FILM - "CHALK TALK"	Rex STEP 3 of AA	Chuck B. LECTURE - FAMILY RULES	Bob STEPS 4 and 5 of AA/DISCUSSION
10 - 11	LECTURE - CHEMICAL DEPENDENCY	"CHALK TALK" cont....	GUEST SPEAKERS	FILM - "SOFT IS THE HEART OF A CHILD"	Don I. SPIRITUAL ASPECTS OF RECOVERY
11 - 12	Roger M. STEP 1 of AA and DISCUSSION	George W. LECTURE - DENIAL	Pat B. LECTURE - DEALING WITH FEELINGS	GROUP THERAPY	GROUP DISCUSSION ON SPIRITUALITY
12 - 1 PM	LUNCH	LUNCH	LUNCH	BAG LUNCH	LUNCH
1 - 2:30	John L. LECTURE - PSYCHOLOGICAL EFFECTS OF ALCOHOL & DRUG ABUSE.	GROUP THERAPY	GROUP THERAPY	GROUP THERAPY	TESTING & EVALUATION
2:30 - 4:00	GROUP THERAPY				GROUP THERAPY

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