

**FREE**



# All 4 Ur

## ADDICTION RECOVERY

Vol. 5. Issue 1 Spring 2017

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# Letter from the Publisher

I established All 4 Ur Addiction Recovery Guide in 2013 as a resource magazine for those suffering from the cunning, baffling, and powerful disease of addiction. Our publication provides not only information about the disease, but assistance in locating detox facilities, in and out patient treatment facilities, counseling services, life coaching and more. This directory includes available legal help, sober living facilities, and community services. We supply a list of resources to include free community services, transportation, sober events and activities and more. We offer assistance to family and friends affected by the disease as well.

I have worked in the health care industry for over 10 years, specifically in Chemical Dependency for over five years. My experience includes Peer Counselor, Intake Coordinator, Admissions, and Marketing at several different health departments and treatment centers over the past 10 years.

I assisted in developing a new treatment center on the Treasure Coast, establishing the Admissions and Business Development departments. My love for people and serving those in need has resulted in the development of the All 4 Ur Addiction Recovery Guide.

I have experienced the pain of addiction in my own life, and witnessed the devastation in my own family. I am dedicated to my own personal recovery and to providing public services to those in need.

All 4 Ur Addiction Referral Recovery Guide takes great pride in our relationships. Every addict deals with specific issues, and every addict should be treated with compassion and care. Entering recovery is very taxing on the mind and body, but that should not be a deterrent. It is important that the right decision be made for the sake and well-being of the affected suffering addict. To find quality addiction help in Florida or California, make sure you call professionals. All 4 Ur has great resources at hand to aid you in making a new beginning. We are a means to help you or a loved one find sobriety, and most importantly, happiness. Our mission for this monthly resource guide is to bring awareness and resources available to those suffering from addictions and their families who are affected by this disease.

If you have found this resource guide to be helpful, you may visit us online at [www.All4UrAddiction.com](http://www.All4UrAddiction.com)

Sincerely,

[info@All4UrAddiction.com](mailto:info@All4UrAddiction.com)



Jenny Clark Spades  
Publisher

## Important Helplines

800-ALCOHOL · 800-COCAINE · 800-LOSTBET · 800-RELAPSE

AA WORLD SERVICES	212-870-3400	<a href="http://www.AA.org">www.AA.org</a>
AA Intergroup St. Lucie County, FL	772-873-9299	<a href="http://www.aastlucieintergroup.com">www.aastlucieintergroup.com</a>
AA Intergroup Martin County, FL	772-283-9337	<a href="http://www.martincountyaa.org">www.martincountyaa.org</a>
AA Intergroup Staten Island, NY	212-647-1680	<a href="http://www.statenislandaa.org">www.statenislandaa.org</a>
AA Intergroup Orange County, CA	714-556-4555	<a href="http://www.oc-aa.org">www.oc-aa.org</a>
NA World Services	818-773-9999	<a href="http://www.na.org">www.na.org</a>
NA Florida Regional	863-683-8224	<a href="http://www.Floridana.org">www.Floridana.org</a>
NA Treasure Coast Area, FL	772-905-4409	<a href="http://www.treasurecoastareana.com">www.treasurecoastareana.com</a>
NA New York Area	212-926-6262	<a href="http://www.nycna.org">www.nycna.org</a>
NA Orange County Area, CA	714-590-2388	<a href="http://www.orangecountyna.org">www.orangecountyna.org</a>
Al-Anon Alateen Worldwide	800-344-2666	<a href="http://www.al-anon.alateen.org">www.al-anon.alateen.org</a>
NA Nar-Anon Treasure Coast, FL	888-425-2666	<a href="http://nar-anon.org/Nar-Anon/Florida.html">http://nar-anon.org/Nar-Anon/Florida.html</a>
OA Anonymous	505-891-2664	<a href="http://www.oa.org">www.oa.org</a>
Sex and Love Addicts Anonymous	210-828-7900	<a href="http://www.slaafws.org">www.slaafws.org</a>
211 Treasure Coast	211	<a href="http://www.treasurecoast.org">www.treasurecoast.org</a>
211 For Teenagers	211	<a href="http://www.teen211pbtc.org">www.teen211pbtc.org</a>
Florida Abuse Hotline	800-962-2873	<a href="http://www.dcf.state.fl.us/programs/abuse/">www.dcf.state.fl.us/programs/abuse/</a>
Family Anonymous	847-294-5877	<a href="http://www.familiesanonymous.org">www.familiesanonymous.org</a>

Graphic Design: Matthew Naluai, Keahi Art



**Frank C. Bianco**  
Director of Business Development

**24 hour helpline: (800) 411-9200**

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## I'm Proud of My Life Today

By Corie D.

I began using at 15 years old. Up until that point my life had seemed fairly “normal.” While doing well in school and participating in several sports, I believed I was doing what any kid should be doing. I was shy which didn’t make me very many friends and once I hit high school I started to realize something was different. I didn’t know how to fit in like everyone else seemed so naturally gifted at. It’s easiest explained as, from my eyes everyone was given a “How to” guide at life and I never received one.

Sophomore year my brother threw the party of the year. Someone offered me a drink, while I knew better I took it; everyone else seemed so happy and free. To me it was that feeling of wanting to be a part of and fitting in so desperately that if this is what everyone was doing it seemed like the logical solution that; if I wanted to fit in I had to do what they did. As many of our stories go, as time went on I began to try other substances. Around 17, I was introduced to opiates and it was all downhill from there. While early in my addiction I still maintained schooling and even earned my Associates Degree. Around 20 years old, I dropped out because school was interfering with my new ‘social’ life. As even more time went on my social life was gone, no one who wasn’t heavily using wanted to be around me but being around people who did use like me meant having to share.

Eventually at 22 years old I was fully addicted to heroin IV and crack. I was that person who whole heartedly knew better. What started out as a desire to be a part of quickly turned into a desire to hide from the world. My life became an ongoing lie to family and a secret to everyone else. I had been arrested a few times for minor petty charges but in 2012 I caught a case that today looking back I still find hard to process. I tried a maintenance program and quickly found a way to manipulate that program to support my drug of choice. In my mind, I knew the life I was living needed to stop but where I come from 12 step abstinence based recovery isn’t commonly heard of. My sister contacted a program in South Florida and I was on a plane 2 days later.

May 23rd, 2013 is the day I chose to change my life. When I completed the treatment program I surrounded myself with likeminded people, people who strongly wanted to change for themselves. These individuals became my “How to” guide I had never received. I must continue to work at recovery every day. I quickly learned it had nothing to do with the drugs but everything to do with my inner self. 4 year later my life is one that I am proud of.

# Step One Solutions

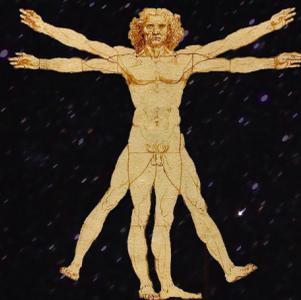
addiction specialist



**James Debow**

CEO/ President

stepsolutions1@gmail.com



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# The Wolpert Experience

By Greg W.

Greg Wolpert, NCIP. Founder of Synergy Group Services, announced on the tenth-year anniversary of Synergy that he has now teamed up with Dave Wedge, Award-winning Journalist and "Boston Strong: A City's triumph over Tragedy" author, on Greg's life story. The Boston Strong book material was also used for the movie Patriot's Day starring Mark Wahlberg.

To contact Greg for speaking engagements call 561-694-1511 or 1-888-267-8070

Yes, I am excited to announce this collaboration with Dave since we have been working on this project since July, 2016. During this time, Dave and I are going through the book process to develop what is called a treatment, which is the first step in the book development. This treatment process will include my life story, poems I have written and finally what I have observed in the treatment recovery industry over the past twenty-five years. These life experiences have guided me in developing a treatment model based on a Multi Modality Holistic Treatment Approach as compared to the 12 Step Model. This also gives me the opportunity to discuss many of the dark side practices that are now out of control in many sectors of the addiction treatment industry.

I am very excited about this project as I feel I have been quiet long enough and it's time to give my pain a voice to help others. This might sound a bit cliché but many people I have met along my long journey have told me that my story and experiences should be told. This treatment that David and I are working on will be a riveting true life tale of a star athlete with a lot of ability and potential from Boston.

Then in his teenage years, living in Florida, turned drug addict who threw all this away for the relentless pursuit of crack cocaine. Through this pursuit somehow I survived shootings, stabbings, countless brutal assaults and prison.

My sad, disturbing and, at times, terrifying tales of crack house survival will take us deep into the belly of the addiction beast. Providing an unflinching look into my addictive warped mind and despicable acts that at times was hopeless and hell bent on death. My descent from star high school athlete to crack addict is the stuff parents fear the most as I did become my parent's worst nightmare.

Somehow my perseverance and will to overcome prevails as I move forward in life and remove myself from the belly of the beast of addiction. As I am the Founder of Synergy Group Services Inc. a renowned Holistic drug and Alcohol addiction treatment center in South Florida operated by my family, whom are all health care professionals.

Synergy Group Services was founded in 2007, but that sure wasn't the end of my journey. Believe me, more will be revealed!



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# SPECIAL EVENTS



*All 4 Ur Addiction Recovery Guide, is not in any way associated with or endorses any events in any way. And as such, they do not accept responsibility or liability for any events.*

## Florida

**SCACNA Space Coast Area Convention on Narcotics Anonymous**  
Friday 04/14 - Sunday 4/16/2017  
At the Palms Resort, 1300 North Atlantic Ave. Cocoa Beach, FL. For additional information please visit <http://www.spacecoastna.org/convention/>.

**Field Day hosted by Amethyst Recovery Center**  
Saturday 04/22/2017 12:00 pm - 4:00 pm  
Music, games, prizes, food, fellowship and fun. At 690 NW Bayou Country Rd., Port Saint Lucie, FL. For additional information call Ally at 813-382-3311.

**Wherehab's Sober Party**  
Saturday 04/22/2017 7:00 pm - 11:00pm  
Proving that sobriety can be fun! At the Harold's Coffee Lounge, 509 Northwood rd. West Palm Beach, FL. For additional information please visit <https://wherehab.com/>.

**Gulfstream Group Yearly Conscience**  
Sunday 04/30/2017 1:00 pm - 3:00 pm  
At the Serenity Hall, 674 SE Monterey rd., Stuart, FL. For additional information please call Robert Martin at 772-634-7443.

**Forest Area 3rd Annual Sober Campout**  
Friday 05/12 - 5/14/2017  
At the Lake Shore Group Campground-Ocala National Forest, 8340 NE 147th Avenue Rd., Silver Springs, FL. For additional information please visit [AA.org](http://AA.org).

**SERCYPAA South Eastern Regional Conference by Young people of Alcoholics Anonymous**  
Thursday 06/01 - Sunday 06/04/2017  
At the Hilton St. Petersburg Bayfront, 333 1st South St, St. Petersburg, FL. For additional information please visit <http://sercypaa.com/>.

**16th Annual Treatment, Intervention & Recovery Conference**  
Friday 06/02/2017 9:00 am - 5:00 pm  
At the Valencia College, School of Public Health, 8600 Valencia College Ln. Orlando, FL. For additional information please visit <http://valencia-college.edu/>.

**2nd Annual Chapters to Recovery**  
Friday 06/30 - Sunday 07/02/2017  
At the Deauville Beach Resort, 6701 Collins Ave. Miami, FL. For additional information please visit <https://chapterstorecovery.ticketleap.com/chapterstorecovery/>.

*To get your event listed free, email us at [info@all4uraddiction.com](mailto:info@all4uraddiction.com)*

## California

**32nd Annual OCAAC Convention (with Al-Anon participation)**  
Friday 4/14 - Sunday 4/16/2017  
At the Doubletree Hilton Anaheim in Orange County, 100 the city Dr., Orange, CA.  
For additional information please visit <http://www.oaac.org/>.

**S.E.B.A.N.A Unity Day**  
Saturday 4/29/2017 12:00 pm - 12:00 am  
NA Unity Day with speakers, workshops, food and fun. At 6145 Imperial Ave, San Diego, CA.  
For additional information please visit <http://www.sandiegona.org/events/s-e-b-n-unity-day/>.

**Sober "n" crazy May Day Madness**  
Friday 5/5 - Sunday 5/7/2017  
Presented by AA San Diego at Lake Henshaw, 26439 Highway 76, Santa Ysabel, CA. For additional information, please visit <http://www.nosdco-aa.org/>.

**West Coast Symposium on Addiction Disorders**  
Thursday 06/01 - Sunday 06/04/2014  
At the La Quinta, CA. For additional information please visit <http://www.wcsad.com/>.

**San Diego Intergroup Founder's Day**  
Saturday 06/10/2017 9:30 am - 2:30 pm  
At the Harry Griffin Park, 9550 Mildred St. La Mesa, CA. For additional information please visit <http://www.aasandiego.org/>.

**NA Summer Camp out**  
Friday 06/23 - Sunday 06/25/2017  
At the Lilac Oaks campground, 30821 Liliac Rd, Valley Center, CA. For additional information please visit <http://www.sandiegona.org/events/summer-camp-out/>.

## Arizona

**Salt River Intergroup Anniversary of AA in the Valley**  
Saturday 4/15/2017 5:00 pm - 8:00 pm  
Celebrating 74 years. Sobriety Countdown, Raffle, Social Mixer and much more. At the Bulpitt Auditorium Phoenix College, 1202 W. Thomas Road, Phoenix, AZ. For additional information please visit <http://aaphoenix.org/events/anniversary/>.

**14th Annual Arizona Area Corrections Conference**  
Wednesday 4/26 - Friday 04/28/2017  
Emmanuel Lutheran Church, 7763 E Long Look Drive, Prescott Valley, AZ. For additional information please visit [http://www.arizonacourtsassociation.org/aca\\_conference.html](http://www.arizonacourtsassociation.org/aca_conference.html).

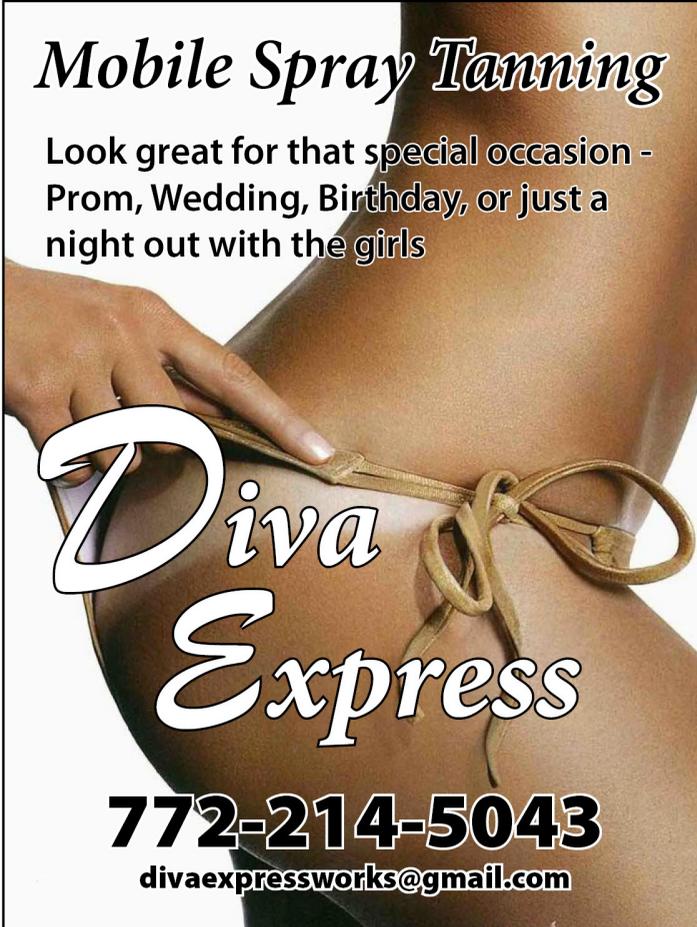
**Valley Hope of Chandler & Tempe 5th Annual Golf Tournament**  
Saturday 4/29/2017 7:30 am  
At the Ahwatukee County Club, 12432 S 48th St, Phoenix, AZ. Proceeds go to the Patient Scholarship Fund. For additional information please visit <http://files.constantcontact.com/9869af34201/b6a9b063-7336-4512-b7c2-5cf40628d43a.pdf?ver=1486649658000>.

**"We Are Not Saints" Arizona Spring break**  
Friday 5/19 - Sunday 5/21/2017  
Only LGBTQ Alcoholics Anonymous Conference with Al-Anon participation. At the Lambda Phoenix Center, 2622 North 16th St, Phoenix AZ. For additional information please visit <http://shop.azspringbreak.org/Spring-Break-2017-Registration-RegOnly.htm>.

**Arizona Regional Convention NA (ARCNA XXXI)**  
Friday 5/26 - Sunday 5/28/2017  
At the Hilton Hotel Paradise Valley, 5401 N. Scottsdale Rd., AZ. Register and for more information online at [WWW.arizona-na.org/arcna](http://WWW.arizona-na.org/arcna)  
For additional information, please visit <http://www.arizona-na.org>.



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**I Was**

By Jamie S.

I was that junkie who sought shelter in the woods. I was that junkie who used under streetlights and had the nerve to ask you what you were looking at. I was that junkie who carried a duffel bag with me wherever I went because it's literally all I had left. I was that junkie who had a shoelace for a belt because I had lost every extra pound and was left an emaciated skeleton. I was that junkie who sold every innocent and redeeming quality about myself in order to chase one more high before detox. I was that junkie who gave up on life and my children because I just couldn't cope anymore. I was that junkie who totaled her car while driving naked, and said very inappropriate things to a deputy.

I was. The key word in everything is the word WAS. It's a shame that people can't see past much more than that little word. They still act, talk to, and treat you like that person that died when you chose to stop using. Who I was is not who I am. My self worth is more important today than anyone's need to catch a nut. (Just being real.) My self worth is more important than subjecting myself to untrustworthy, lying, snaky people. I have choice.

Today I have integrity. Today I have freedom. Today I am a woman with grace and dignity. Today I am trustworthy. Today I am secure. Today I am hopeful. Today I am a mother who is doing my best to provide security and guidance to the only child I have a relationship with.

I choose to talk about my recovery because I am not ashamed of it. Like I said, who I WAS, is not the person I am today.

**The Call**

By The Guardian Angels

The Guardian Angels are always looking for people who have the heart to DARE TO CARE!! Do you think that you have what it takes to go through the training process and become a Guardian Angel? If so then call the 800 number listed or go to [www.guardianangels.org](http://www.guardianangels.org) to find a chapter or to find out how to get a chapter started in your area. If you live in the Ft. Pierce, PSL area contact Preacher or LifeGuard at the numbers listed!

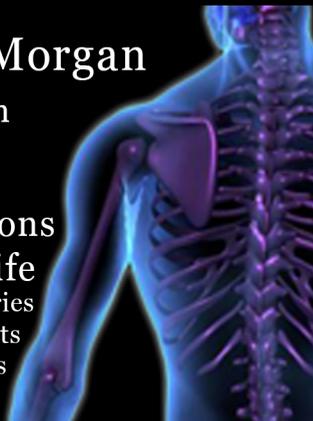
**Treasure Coast / Fort Pierce Guardian Angels**  
DARE TO CARE  
**Mark LifeGuard Peterson**  
ASST. CHAPTER COMMANDER  
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## Our Mission

By Stand Up Foundation

The Stand Up Foundation, a 501(c)3 non-profit organization, provides a platform for teens to connect and collaborate in order to build social and emotional strength that will effect change within their communities, among their peers and in their personal lives.

The vision of the Stand UP Foundation is to become the premiere leadership and mentoring program for teens in Palm Beach and Martin Counties. Highly motivated teens are empowered through gender-specific peer programs and life-long learning focused on emotional, social, academic and physical wellness.

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These ACA members have the trademark presence of abuse, shame, and abandonment found in alcoholic homes. To find a meeting near by you go to <http://www.adultchildren.org/>.



ACA Monday nights @ 5:45 p.m.  
St. Marys Catholic Church, Stuart FL

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## Volunteers Needed

By Paws for Recovey

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Stephen B. Timmer, JD, CAS, CAI  
East Coast Representative

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[www.interventionsuccess.org](http://www.interventionsuccess.org)

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### Dovesnest Recovery (M)

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### Genesis House of Joy (F)

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### Sarah's House (F)

Call Andrew 772-216-2737

### Hope House (F)

Call Manny 561-670-6483

### Lift Recovery House (M&F)

Call Walter 772-475-0671

### Incentives House (M&F)

Call Bob 561-367-0728

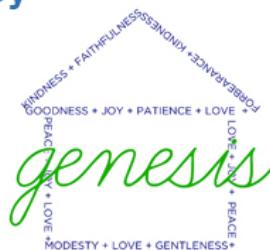
### Genesis House of Joy

Marcee Scott  
Owner/Operator

1633 SE Arapaho Avenue  
Stuart, Florida

772.260.5648

[mScott@genesishouses.com](mailto:mScott@genesishouses.com)  
[Geneshouses.com](http://Geneshouses.com)



At Genesis House of Joy, our mission is to provide safe, drug and alcohol free transitional housing fo women to become productive, responsible members of society, and to grow physically, mentally, emotionally, and spiritually.

# Blessed for Each and Every Day

By Joseph S.

To most of you I'm known as the guy that's always posting some sort of motivational/inspirational quote or video to read or listen too; Also the guy posting tons of real estate listing and sales and typically talking about success in one way or another. Well with my birthday having just passed I felt compelled to share my story, in the hopes of maybe inspiring even just one person to never give up chasing your dreams.

I turned 36 years old yesterday. First let me say that everything I am and everything I ever will be I owe to the grace of God and my Lord and Savior Jesus Christ. Lord knows I should not be here today. 20 years ago, at the age of 16, I moved out of my parent's home and was completely on my own.

I have lived in Florida since I was 4 years old. My family was pretty darn poor growing up. My dad worked day and night to make ends meet. I remember sleeping on mountains of bagged newspapers in an Astro minivan that was filled to the brim because the family had to pile in and deliver papers from late night to early morn. I remember my mom praying that somehow she would be able to get us clothes to wear for school and then we all went to the beach and miraculously a young boys pair of jeans washed ashore and my brother Hugo wore those to school all year. We were BROKE.

At just 14 years old, I had to move back to Ohio with my parents to pursue helping my dad manage a Domino's Pizza. This was one of the most difficult times in my life. At the new school, I sat outside the cafeteria by myself and ate lunch every day alone. I did not assimilate to the area and it was a culture shock, it was a difficult age to be the new kid. I had no friends and I literally didn't say a word to anyone at school during the entire year. It was like I was mute. During that same time, to help my family, survive, everyone in my family delivered pizzas for my dad whom was the manager of 3 inner city Domino's Pizza's. At 15 yrs old, I delivered to the most dangerous locations in Cincinnati Ohio such as Avondale, Over the Rhine, Lower Price Hill. I would pull onto street to run up to multifamily houses in to ghettos and the most notoriously dangerous areas to deliver pizza. Me, my dad, and my brother were all robbed. At gunpoint. I had my windows bashed in on my car, chased out of neighborhoods and everything in between happened while trying to make sure this business didn't fail. My father had his face literally bashed in with a 40oz bottle that broke his orbital bone. It was Hell. At 16 I said I'm getting the heck out of here.

My brother had already taken off back to Florida and so I went and crashed on his couch in Tampa for a couple months where 3 roommates shared a small apt in a pretty tough area. I ultimately wanted to get back to Stuart. My brother took legal guardianship of me when he turned 18 so I could enroll in Martin County High school as a senior. We lived in the worst of the worst place in Jensen Beach. A friend's dad owned several very dilapidated multifamily cottages that when you turned the lights on every single morning there would be no less than 200 German cockroaches scattering in any room at any given time. The rats scurrying around the house everyday were just an added bonus. There were no doors to any rooms. It was disgusting. However it was an only option. Ramen noodles, \$1.00 Tostito's pizza was the only diet. Somehow, by the skin of my teeth I graduated high school while continuing my career as a pizza delivery boy. Hey this was like heaven bringing food to these types of communities. I ended up getting mixed up with the wrong crowd and into all the wrong things. I literally skid my face in the dirt for several years trying to find my way.

At 19 year's old... I knocked at my roommate/best friend's door and there was no answer. I knocked and knocked and finally broke down the door only to find a nightmare. My dear friend had died of a drug overdose. In that home, eventually the power and water got shut off. However, I had nowhere to go and had to stay there until I eventually got evicted. Then I went and crashed on another friends couch. Being broke, homeless and destitute started to be my thing. I went from couch to couch. Even staying at a friend's house that owned an 11 ft. Albino python they let roam the entire house all day. Imagine being asleep on a couch and the gigantic snake named "Chicken" slithers over to you to get some warmth. I'm not exaggerating. He was 11+ feet and roamed like cage free chicken in that house. I eventually got booted out of there and another one of my dear friends lost his life as well to a drug overdose.

The one time I called home to my parents begging for \$500 and the answer was "NO", and not because they didn't want to, but they didn't have a penny to give me! From 16 to 24 I was in the mud. In and out of trouble and surely hanging with the wrong people and making the wrong choices. I got licensed to sell real estate in 2005 and the market literally crashed, ya don't say. In 2007 my wife Morgan and I got married. I was 25 and she was 20 and we had a baby shortly thereafter. It was kids trying to raise a kid and it was hard and ugly.

With the way financing was at the time, I qualified for a mortgage, (basically the bar being that I could sign my name) and that home would eventually be foreclosed on. In 2008 (with a brand-new baby to care for) when everything really went down the drain with the economy and I must have done 1000 BPO (Broker Price Opinions) at \$45 each for an appraisal via realtor, on properties that were in foreclosure. It was more of the same, a very rough year and many personal problems contributing. No one would buy anything and listings were liabilities.. I had a 550 credit score, debt collectors calling, no way to pay for anything and poor habits. It was the perfect storm for depression.

However, I didn't give up... with God's hand on my shoulder, I kept pushing through and the very next year I sold 8M in real estate despite the market still being crap. I had finally made up my mind that I wasn't going to be a victim any longer. I did not take a single day off from selling real estate for over 10 years in fear of losing an opportunity. That meant sacrificing time with my wife and child, not being able to hang out with friends, and always being "on"!

When I decided to not be a victim of my circumstance then everything changed. My life started changing in every aspect. Life is not perfect or predictable and each year still brings struggles and challenges. But each of those bumps in the road are opportunities to triumph. With more hard work and dedication comes more success.

I wanted to share this background so that when you see my motivational posts, that you will now know what kind of struggles I have been through to reach where I am today. When you see my post about success, be encouraged that with hard work, no matter where you started and what you've had to overcome, anyone can be successful!! I woke up 36 today and I am healthy and successful and incredibly blessed and thankful for each and every day!

# Addiction Executive Talk Show Event

featuring,



**PBC State Attorney, Dave Aaronberg**

This event brings the key players that are currently making changes to industry marketing and operating regulations with House Bill 807, House Bill 813, and 65D30.

It educates industry Executives on the "Need to Know" extreme changes that are coming, encourage getting involved now, being prepared for the changes about to occur, educates on ethical business practices, and connects addiction and behavioral health organizations to establish new and valuable relationships that not only make good business sense, but assist the many seeking treatment. In our effort to fight the heroin epidemic, and high mortality rate we will be revealing how treatment centers, sober livings, detox's, and private clinicians can get Evzio for FREE.



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# Unconditional Love

By Karina Priest

Our children are the most important people in our lives. We love them unconditionally, and think about them every day, no matter their age. We take care for our kids as they grow up, and always hope for the best outcome. We try to keep them safe, and to be there for them in the best way we can. We teach them about life, we offer our wisdom, and hope and pray they will be ok. Nothing in this planet hurts more than when our kids are hurting, whether physically or mentally in some way. When our kids are little, we take them to the Dr when they're sick, and we follow up the with the Dr's suggestions to get them better. We give them their Tylenol for a fever, and cough syrup for that cough, and put on band aids on their cuts and scrapes. We make chicken soup, and we tuck them in bed nicely. As they grow older and become adolescents and teens, we still try to care for them when sick, and though they may act like they don't want us to, they do like it and let us do it. As parents, that makes us feel good, and like we are continuing to take good care of our kids.

But..... what happens when our son or daughter becomes an addict or alcoholic? What can we do to fix it like we always fixed everything else? What type of aspirin or cough syrup or band aid will we be able to use to get them all well? None of the ones we have used before. We, as parents, don't have the medicine our addict children need to get better. Why? Because addiction is a disease we as parents cannot fix. What we can do is help and not enable. That means that we continue to love the addict, but not their addiction, and we support but not enable. We love them still, but not to death, instead we must start setting boundaries. We need to recognize that just as we saw a Dr when they were little, and followed the suggestions, we need to see a professional who can help us, and do the same.

What's different this time, is that the suggestions we will hear, are going to be ones we would prefer not to follow. These include attending Alanon/Naranon/CODA, seeing a counselor who specializes in addiction, using tough love, not giving the addict money, etc. It's not easy, the medicine that can help this time, is not easy to administer. However, it's the medicine that may help our addict children get better and survive. Would we not give our kids their Tylenol when they have a fever? Would we not give them the cough syrup when they have a cough? Then why don't we listen to the professionals and follow their suggestions when are kids are older, and have the chronic and progressive disease of addiction?

If your son or daughter is suffering from the disease of addiction, please consult with a professional in the addiction field, and follow their suggestions.

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