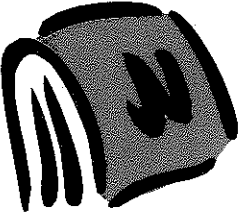


24-Hour Helpline



Sometimes just talking to someone gives you the strength to get the help you need, or even get through another day. You don't have to be held hostage by your alcohol and other drug problems or those of a loved one.

Help is just a phone call away

Give us a call today at
262-524-7920
for the help you need.



Help For a Loved One

- Community Reinforcement and Family Training (CRAFT): Helping families get a loved one sober



- Education
 - Community Recovery Support Resources
- Don't stay in the dark any longer.

Help For You

- A Supportive Listener
- Education
- Community Recovery Support Resources
- Linkage to Treatment Resources

- Learn new skills to cope with problems
- Visit www.arcouncil.net



There is hope and help available. Let us help you find a new way and bring healing to you and the people you care about.



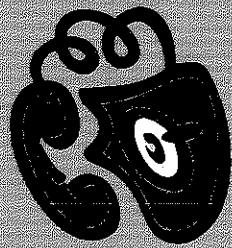
Addiction Resource Council

Addiction Resource Council
W228 N683 Westmound Drive
Waukesha, Wisconsin 53186
Phone: 262-524-7921
Fax: 262-524-7932
Email: info@arcouncil.net

Service(s) have been provided, totally or in part, through funding from the Waukesha Co. Department of Health and Human Services, United Way, public and private contributions.



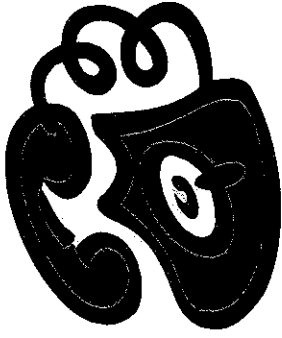
Don't let fear
and frustration
keep you from
finding the
hope you need
and the help
and healing you
deserve.



HELP is just a phone call away

262-524-7920

**Addiction Resource
Council**



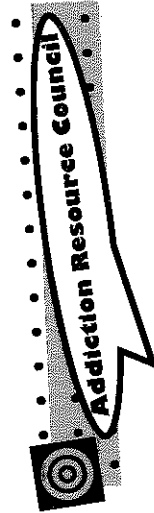
24 Hour Helpline

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Help and Hope
for Alcohol and Other
Drug Problems



Office Appointment: 262-524-7921



Addiction Resource Council
W228 N683 Westmound Drive
Waukesha, Wisconsin 53186



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These simple questions may mark the beginning of a new life for you and your family.....

Yes or No

1. Has your loved one broken promises because of his or her drinking or using drugs?
2. Are plans frequently upset, canceled or delayed because of the alcohol or drug use?
3. Do you tell lies to cover up for the person's alcohol/drug or drug use?
4. Do you blame the alcohol/drug or drug user's behavior on his or her companions?
5. Do you make threats, such as "If you don't stop drinking or using drugs, I'll leave you"?
6. Have you ever helped the person to "cover up" for an alcohol/drug or drug episode by calling his or her employer, or telling others that he or she is feeling "sick"?
7. Have you refused social invitations out of fear or anxiety about the person?
8. Do you think that if the person stopped drinking or using drugs, your other problems would be solved?
9. Do you ever hide alcohol/drugs from the person you are concerned about?

If you answered "Yes" to any of these questions your friend or family member may have an alcohol/drug problem. Two or more "Yes" answers indicate a problem is likely to exist.



The Addiction Resource Council offers programs that help friends and families concerned about someone they love....

One Family to Another

Your Choice-Live Parents, Youth, and Families

Meet another family who has experienced the devastation of watching a loved one ravaged by alcohol and other drugs. Families in recovery meet with other families to identify problems and come up with solutions.

Family Support Network

Meet with other families looking for solutions. There is strength in numbers. It is important to know that your family is not the only family who has "tried everything". Learn what it means to give the disease back to the patient. Facility space will be provided at any time two or more families request it.

Addiction:

Why Can't They Just Stop

Community education series focusing on new findings in the science of addiction. Learn what addiction looks like, how addiction affects your family, and what resources are available.



Get Your Loved One Sober

Alcohol, drug abuse, and addiction affects everyone in the family and circle of friends in unhealthy ways. If you are in a family or a friend of someone with addiction this class will help you stop nagging, begging, and threatening and teach you how to live sanely while encouraging your loved one to get the help they need.

Assessment and Referral

Not all alcohol and other drug abuse problems require treatment although for those that do early intervention is essential. Alcohol and other drug abuse and addiction are progressive, chronic disorders that only get worse and more resistant to treatment over time.

Objective analysis by professional assessment staff who employ active listening, motivational interviewing, and nonjudgmental feedback may help your loved one see what is happening to their own life and how it is affecting family and friends.

Family Intervention Planning

Understand what you can do to save a life.

Alcohol and other drug abuse and addiction are destructive diseases that often require unthinkable interventions like asking your loved one to leave your home or your family. Worse, your loved one may not be able to understand your intentions and the relationship, strained by addiction, may end at the intervention. Intervention may also be the beginning of a new relationship in recovery.

Do nothing—nothing changes.



Call for more information:

262-524-7921

**Addiction Resource
Council, Inc.**

Phone: 262-524-7921

24 Hr Helpline: 262-524-7920

What can I do right away?

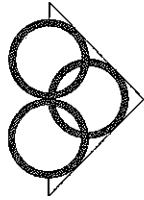
1. **Seek counseling for your own system of support and understanding.** Take your life back. Learn how to change your own behavior to achieve happier, healthier results.
2. **Break the "no talk rule".** Discuss your loved one's drinking or drug use with them and with others. Addiction lives like a mushroom, in the dark. Once you bring light to the addiction, it becomes approachable and treatable.
3. **Educate yourself** about the disease of addiction.
4. **Recommend an assessment** to rule out serious health concerns and offer to accompany your friend or loved one to the appointment.
5. **Start planning an intervention with a professional.** Families often suffer great trauma at the hands of this illness. Intervention and education help bring the family together in healthy interaction that supports recovery.

Remember...you are not the cause of anyone's alcohol/drug use and you are not able to "cause" their recovery.

You can learn how taking care of yourself supports recovery for your friend or loved one and restores balance in your life.

Addiction Resource Council, Inc.

Local affiliate of the NCADD since 1971



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NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND
DRUG DEPENDENCE, INC.

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Concerned

About

Someone You Love?



Telephone: 262-524-7921