



HOME OF THE PALMER DRUG ABUSE PROGRAM

Issue 08 October 2014 Quarterly Newsletter



Parent Recovery by Trish Frye

Many times I have participated in family recovery circles and heard the heart-wrenching frustration from parents as they try to grasp an understanding of the term “enabling.” They seem trapped in a form of “no-win guilt”; the kind of guilt that says, “If I do this nice thing for my child, then I am helping him to continue using drugs” and “If I do not do this nice thing for my child, then I am discouraging her motivation to get sober.” These parents are seemingly paralyzed by the fear of doing the wrong thing. As if the emotional turmoil of addiction isn’t enough, parents heap upon themselves the lies (we refer to this as “stinking thinking”) that give them a false sense of power; telling themselves they are responsible for outcomes and that they can actually create results.

Families are an extremely important component of the recovery process. Studies show that when the family is involved, the chances that the loved one will experience recovery increases. For this reason alone, it is important to “step” into the recovery arena; however don’t expect your personal recovery to focus on your child. In recovery we learn to set our own boundaries — thus discovering where our enabling behaviors contribute to our loved ones’ destructive behaviors. We begin to recognize the difference between what we can change and what we cannot change — and then act accordingly. We are introduced to tools that will help us to respond rather than react, taking ownership for our personal growth, including how we feel and how we act. Our peace of mind is no longer held hostage by fear.

As a parent, I have come to understand that the things I do (or not do) for my children have more to do with me and less to do with them. Sometimes the line between helping and enabling is subtle. Honestly, I’m not sure if there is a right or a wrong thing to do for our children (certainly there is no magic wand). However, there are always right and wrong things we can do for ourselves. When we enable we compromise our personal values. When we practice recovery for ourselves we are not only modeling integrity but also helping to motivate our child’s recovery. Working the steps, having a sponsor, asking others to hold us accountable, and “the love of the group” are tools that help us become spiritually fit. As we put this insight into practice we become less fearful, more helpful, and generally a more confident parent.

“Studies show that when the family is involved, the chances that the loved one will experience recovery increases.”

Am I Enabling? by Trish Frye

The following are 10 questions that you might ask yourself before making an “am I helping or enabling” decision:

1. **Will doing (or not doing) this, help my loved one stay sick?** Sometimes our best intentions allow the disease of addiction to continue.
2. **Am I considering my needs first?** When we compromise our own needs in order to make others comfortable, we not only compromising ourselves, but our loved ones as well.
3. **Am I compromising my personal values?** Standing behind our values is the single most important thing we can do for ourselves and our loved ones. Everything else is negotiable. Compromising our values is not.
4. **What are my expectations?** Having expectations is a guaranteed set-up for resentments.
5. **Do I want to do it?** It is not wrong to want to help our loved ones. It is okay to do nice things for them. Doing something out of the kindness of our own hearts is one thing. Doing something to avoid fear, discomfort, rejection or guilt is another thing.
6. **Is this something they are able to do for themselves?** There is a big difference between not being capable and being uncomfortable.
7. **Whose responsibility is this?** It is important to allow our loved ones to experience the natural consequences of their actions. By doing so, we empower them to grow and take responsibility for themselves. Not only will you be giving them the opportunity to learn a lesson, they will also get to experience their own successes.
8. **Have I checked with an accountability partner (sponsor, counselor) before making my decision?** Often those people can offer a different perspective, providing us with a clearer vision on which to base our decisions.
9. **Have we been here before?** According to Albert Einstein, doing the same thing over and over again expecting different results is practicing insanity.
10. **Have I taken time to think and pray about this?** Making an immediate decision sets us up to make an emotional decision. Actions based on prayer and meditation rather than emotion are always more productive.



Tara Conner, “Miss USA 2006,” visited San Antonio October 1—October 3, 2014.

During her visit, Tara spoke to over 1,000 area students and answered many, many questions about her recovery. She engaged and challenged all of her audiences and they loved it!

“I’m so glad to hear Tara felt like she’d made a difference, and if you can pass on to her that she truly did and that she had made a life-altering impact on our students here, please do.”

- Leader at local high school

THANK YOU TO ALL OF OUR SUPPORTERS!

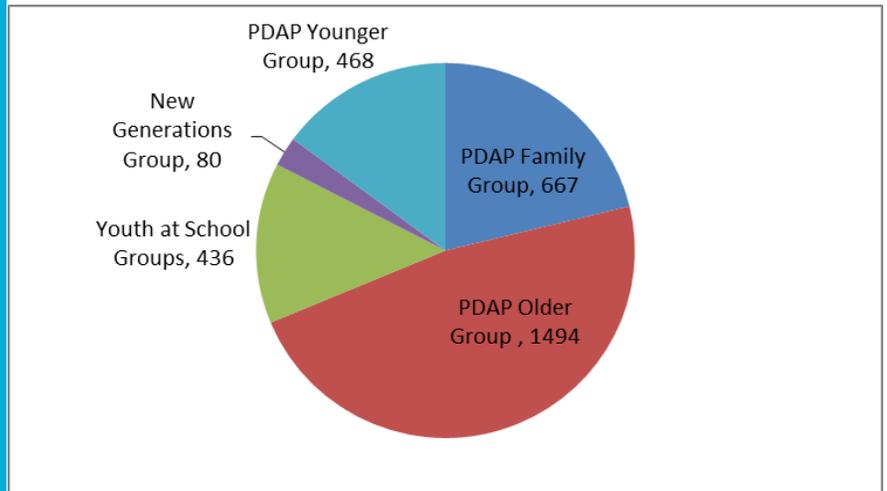
Because of you, our dedicated team of recovery counselors and coaches helped 30% more people than last year in dire need of help.

Rise Recovery works every day to ensure a brighter future for our community. Thank you for truly making an impact! Together we can break and prevent the cycle of substance abuse!

**Recovery Works! Your Support Really Makes
An Impact!**

3,148 children, men and women were helped this year from Bexar, Kendall, Comal and 7 other counties.

Who We Serve



Where are they now?

My name is Julie Lloyd-Atkinson and I was introduced to the Palmer Drug Abuse Program (PDAP) in 1982. I was 17 years old, a freshman in college, in a new town (San Marcos) where drinking was the norm.

I had gone out drinking on a Monday and “came to” on Thursday in my dorm room, talking to my new best friend, whom I do not remember meeting. She was from Corpus Christi and was involved in PDAP there. She invited me to go to a sober PDAP party with her in Austin. I went and enjoyed it.

I went to my first meeting and to this day am still in touch with the man that led my newcomers meeting. Since there were only 1-2 meetings per week in San Marcos, we also went to meetings in Austin and San Antonio.

I left San Marcos in 1984 and got active in the San Antonio PDAP. I was invited to be on the steering committee, which gave me

the opportunity to give back what I had been given. Later that year, Heather Allen (Director at that time) hired me as a Younger Group PDAP Counselor. Eventually, I moved to Brownsville to work for their program.

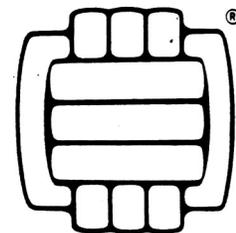
I learned as a PDAP counselor, I could no longer rely solely on PDAP for my own recovery so I started attending meetings at Alcoholics Anonymous.

PDAP gave me what I needed as a young person in recovery. I needed the support system and fun PDAP provided me. I used that support and carried the idea over into my AA life. I like to say, “I got sober in PDAP and grew up in AA.”

I have been sober for almost 32 years now. I still work as a counselor and educator in the recovery industry. I am still in touch with many of the people who were instrumental in my early sobriety. I know God placed me in San Marcos to get me sober and I could not have done that without the help and

fellowship PDAP offered me. The program opened doors—in my sobriety and my career. For that I am forever grateful to the Palmer Drug Abuse Program.

Congratulations to Julie on being selected as “Counselor of the Year” by the Texas Association of Addiction Professionals. Julie has served this community and our state as a counselor, leader, and advocate for recovery. Today she is the director of training at the Institute of Addiction Studies. This recognition by other professionals in this industry is well deserved! Thank you!



**Counseling Center Needs and
Wish List**

- Paper Towels
- Toliert Paper
- Copy Paper
- Pens
- HEB/Wal-Mart Gift Cards
- Afterschool Snacks
- Cleaning Supplies
- Liquid Hand Soap
- Paper Cups/Plates
- Coffee/Condiments
- File Folders
- Volunteer Receptionist
- DVD's (non-R Rated)
- Trash Bags (large)
- Gas Cards
- Board Games (playing cards, etc)
- Thank you notes to our host facilities

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