



Drug and Alcohol Rehabilitation Services



The Permanent Solution to Addiction

Program Description

The Narconon Program

You or someone you know has made the decision to stop struggling with a drug or alcohol problem. Whether this is your first treatment program or another in the long search for a solution to the problem, Narconon is the first successful treatment center that breaks free from the nominal success of traditional forms of treatment. Understanding the nature of addiction and treatment is critical to the recovery of an alcoholic or addict.

Many individuals and their families have time after time invested their hopes and pocketbooks in short term conventional treatment options such as outpatient counseling and 30-day in-patient programs. In a 1996 report by the NCADD*, it was discovered that short-term treatment has failed in its initial aims. "One of the most consistent findings from studies of both private and public sector clients is that the longer people are engaged in some form of professional services, the better the outcomes." (NCADD, Initial Findings from A Review of the Scientific Literature 1996) It appears that clients spend 100% of their time addressing 50% of the problem, yielding mixed results.

Narconon has found that another reason that traditional forms of treatment do not work is it does not address the problem of what happens to the addict's body after years of chemical dependency. Research has shown that when a person uses drugs and alcohol their body stores residues and metabolites of these substances in the person's body for years after they use. Dealing with this physical aspect of addiction we feel is the logical starting point for the recovering addict. Once the person had rid themselves of these residues and metabolites they feel more able to confront their drug problem, they feel more mentally aware, more emotionally stable and more willing to stay off drugs. Narconon uses a scientifically proven "sweat-out" method to accomplish this true "detoxification". This technique presents "detoxification" in a whole new light.

In addition to the length of treatment and the detoxification program we offer life skills and life management techniques to help rehabilitate the person's whole self. Individualized courses and a unique form of peer therapy are utilized to put the person in charge of their life and in control of their decisions. The ability to recognize and overcome barriers, the skills to develop personal integrity and the knowledge to troubleshoot their own road through life gives the Narconon student a new found sense of life and the staying power to remain drug and alcohol free.

The Narconon Program Works!
Your Struggle Can End Now
Contact Us Today

Narconon of Northern California
262 Gaffey Rd
Watsonville, CA 95076
(800) 556-8885
Visit us on the Web at www.drugrehab.net



The Downward Spiral of Addiction



The cycle of Addiction is seemingly never ending. It seems to constrict this mortal coil relentlessly. It appears to be unstoppable. In 1996 the NHSDA* reported that an estimated 13.0 million Americans were currently using illicit drugs. It seems to be a problem that has seeped into every facet of the American culture.

Typically, not one of us determines to become a drug addict or alcoholic. But, often many of us do. Addicts do not set out to destroy themselves and everyone and everything in their path. These things are an effect of the cycle of addiction.



The addict lies to us, things start missing around the house, the dishonesty conveyed is proportionate to the severity of the addiction, but these things are all apparent to the person living with an addict in their life. Our experiences show that the drug addict or alcoholic is usually an intelligent and most often creative person with much hope for the future, which only adds to the calamity of their downfall. As the addict slips down the spiral, their loved ones try to deny the problem exists, sometimes for years. This is a part of the vicious cycle of addiction.



The potential addict usually enters into this dangerous affliction by way of attempting to make up for some deficiency or lacking in their life. They are depressed, unhappy or incapable in some aspect of living. It could be as simple as the rejection of a significant other, the loss of a loved one or as complex as a life crisis. This creates a set-up for the monster of addiction to move in and attack. Once it has set in and laid siege to the person and their loved ones, the cycle begins.



Drugs are essentially a "pain-killer". They avert emotional and physical pain providing the user with a temporary and illusionary "escape" from reality. When a person is unable to cope with some aspect of their reality and is introduced to drugs they feel they have perhaps solved the problem itself.



The more a person uses drugs or alcohol, the more inflated the problem becomes. More problems are created by their use. This becomes the center of their focus. Soon enough the person feels the need to use consistently. And will do anything, even if it hurts their loved ones.



They are now caught in the cycle. The person begins to display the physiological symptoms of addiction. They become difficult to communicate with, withdrawn and begin to exhibit the strange behaviorism associated with addiction.

The more the person uses to counter this effect the larger the burden of his guilt becomes. This results in a discontented, depressed, and desperate individual.



Their use begins to affect their personal relationships, their job, their bank account, and anything of previous value to the addict. Now the person's entire focus becomes centered on getting, using and getting more drugs, regardless of the cost. They sacrifice everything to avoid the pain of withdrawal.



Ending The Downward Spiral

In addition to our Rehabilitation Services we here at Narconon understand that many addicts come into treatment with Family and Legal issues. We feel one of the best things we can do is to assist the recovering individual with these problems. This way when the student leaves the Narconon program they can immediately begin living a "New Life".

We offer students help getting to and from Court appointments and liaison services for those on parole or probation, including random Urinalysis screening. For those looking to get released from jail or prison to our facility we can also coordinate with Attorneys and Judges to assist with those needs.

And for those families dealing with difficult cases that might need Intervention and Mediation assistance we have an Intervention Specialist whom is available Nationwide for those who might need his services.

We understand the resultant effects of addiction and alcoholism and are interested in helping at every level of recovery for our clientele. Please contact us now. End the Downward Spiral and find the Road to Happiness Today.

**Call Us Today
(800)556-8885**

Phases of the Narconon Program

Phase I

There are two prominent schools of thought in the area of addiction today. One side explains the mechanism of addiction by the action of faulty genetic coding caused by a hereditary disease. The other tells us that addicts are a product of their environment and that addiction is a mental health issue, resolvable by drug therapies and psychiatry. The problem is the majority of those who undergo modern therapeutic treatment promptly relapse.

Here at Narconon we feel the reason for the high rate of relapse among addicts is the occurrence of drug residuals that remain in the body for years after the addict ceases to use. Research has established the presence of these elements in the fatty tissue of drug users and their role in re-stimulating the recovering addict. This makes it very difficult even for the earnest recovery minded individual to “stay” recovered without periodic and sometimes consistent relapses. We address this, initially, in three stages of Phase I:



A. Drug Free Withdrawal

During the Drug-Free Withdrawal stage, a Withdrawal Specialist administers to the client, who is trained in different techniques to help the person cope with the withdrawal period. These techniques involve the use of a Vitamin regime supplemented with amino acids and minerals. During this stage “assists” are also incorporated to help get the individual oriented with his/her environment, to get them in communication with the body’s natural healing processes and to deliver the person from the constant obsession to use that is common in the withdrawing drug addict.

B. Communications Course

When an addict first begins to recover from their condition, they are withdrawn, have a low ability to confront and are generally incapable of dealing with the honest realities of life itself. When not able to escape with the apparent “solution” that drugs and alcohol seemed to provide, their ability to communicate is severely hindered.

To teach the recovering person to begin communicating on a basic level, we teach them eight training routines (“TR”s), enabling them to become less introverted and able to communicate with their peers.

C. New Life Detoxification Program

During this step of Phase I the client undergoes a precise schedule of vitamin and mineral supplementation, exercise and daily time in our sauna facility. This is the second stage in successfully withdrawing the client from drugs and alcohol. This process helps the client to sweat out the drug residuals and metabolites stored in the body’s fatty tissue. This, as discussed earlier, is absolutely vital in the successful long-term rehabilitation of the client.



Phase II

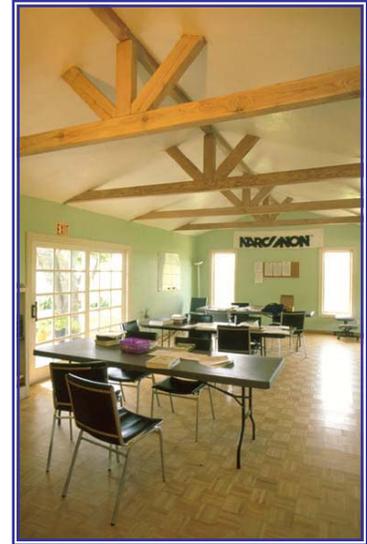
Here the client first, “learns to learn”. Then, furthers the earlier communication skills learned in the Phase I “TR”s and goes through “Objective Exercises” that bring the person into contact with the present and able to overcome living in the downfalls of their past or fanciful dreams of the future. These steps are outlined below:

A. The Learning Improvement Course

Addicts and alcoholics are typically incapable of retaining information and apply that information to life. This step gives the client awareness to the barriers of study and a solution in overcoming them, so that they may retain, comprehend and apply knowledge. During this step we see clients not only become more able, but also more willing to learn.

B. The Communications and Perceptions Course

Reality is basically falsified to the addict or alcoholic. The addict or alcoholic tends to fabricate their own reality and when the drugs wear off they feel their reality has been shattered. To re-establish the facade they must use again and again, perpetuating the cycle of addiction. During this step we teach the client to communicate and perceive their environment as it is. The client learns to be in control of themselves and the environment and helps them to establish an upgraded sense of responsibility by working on these “TR”s and “Objective Exercises” with another client in the same phase of the program.



Phase III

This is perhaps the most intensive phase of the Narconon program. Here we get the client to look at their associations, past behaviors, what they have done to address these in the past and how to address them and repair them now in the present. There are four stages to this phase:

A. The Ups and Downs In Life Course

The lifestyle of a drug addict is filled with negative associations and influences. These perpetuate the addict’s use of drugs and alcohol. This leads the addict to live in congruence with and to participate in antisocial behaviors. The client here learns to identify and avoid antisocial activities and people as well as identify the social personality and attunes themselves with these associations.

B. The Personal Values and Integrity Course

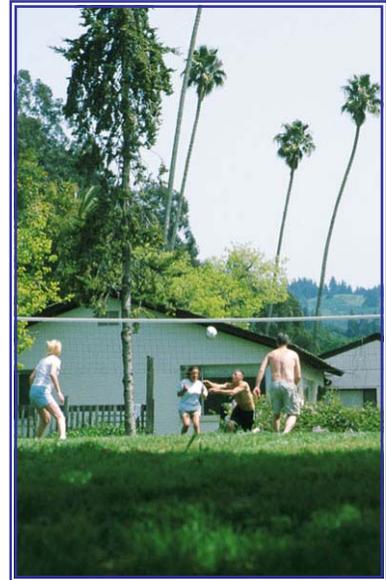
To survive as a recovering addict one must learn a new way of life. Whereas the recovering addict once had depended on lies, thievery, mayhem, and distrust to survive, they must re-evaluate their moral condition and make some very necessary changes in order to continue to stay off drugs and alcohol. This course teaches the value of honesty, integrity and the basic moral principles that perpetuate the goodness of society and differentiates basic right and wrong. Until the addict can learn these they will be continually plagued by an inability to cope, unhealthy relationships, hostility, instability and repeated failures in life.

C. The Changing Conditions in Life Course

After the client has evaluated their past behaviors, during this stage they begin to repair and improve the conditions resultant from these. The client begins to prove to themselves and others that they have within their ability to function as a trustworthy and contributing member of society. They learn how one behavior affects another and how one condition creates an effect that rolls through every facet of their life.

D. The Way To Happiness Course™

This is the final step in Phase III. The addict here learns to adhere and abide by twenty common points of morality prevalent the world over. Through the fog of addiction they have ceased to see the value in living by a simple, common moral code of conduct. These points of morality teach the client to become productive, secure and virtuous. As the client sees the “why” of these morals they find that it is necessary to adhere to them as best as possible in order to live a drug-free life.



Phase IV

Phase IV is a custom tailored program that includes handling the student's individual needs, such as aftercare, follow up and specialized treatment. Once the student feels they have handled any issues that might come up after treatment, they are awarded the Narconon Graduate certificate and can truly begin a “New Life”.

Narconon Testimonials

MEGAN SHIELDS, M.D.

Dr. Shields graduated from the Medical College of Virginia and is a Diplomat of the American Board of Family Practice. She is a frequent presenter at conferences on Substance Abuse and Public Health as well as being the author of many scientific papers on the role of detoxification.

“I have been associated with the Narconon program for nearly 20 years. As a medical doctor practicing in a family clinic serving a broad cross-section of public, I have seen the increase in persons arriving at my clinic who have damaged themselves and the lives of those around them as a result of alcohol and other drug abuse. No different than any other doctor, I have observed with sorrow the increasing numbers of people who descend at a frightening rate from what they certainly thought was “experimentation” or “recreation” into compulsion to use, and addiction to drugs.”

I have never liked the concept of using drugs and medications to solve the problems created by drugs and medication. There is a place for medication, but it is defined and limited. Therefore, from the very beginning of my practice it was a serious concern for me to know where I could refer patients for help either for themselves or for a family member or friend.

As a doctor it was evident to me that the long-term physical, mental and emotional consequences of drug use had something to do with the residual effects of the drugs themselves. This was clearly the case as well with environmental and industrial toxins and such poisons as lead in wall paint eaten by children, firemen inhaling smoke fumes containing toxins, etc.

Customary medical procedures held no solution to this problem of drug and toxic residuals. Various “treatments” have been proffered, ranging from the psychiatric viewpoint of getting the person to believe that the problem he was experiencing from toxins was all in his mind, to the administration of drugs to suppress the symptoms exhibited. These “treatments” only served to compound the problem. But with the release of the Narconon New Life Detoxification Program which utilized the researches of L. Ron Hubbard, I discovered that we had a solution at hand.

The depression, hopelessness and fear which so often accompany such problems were evident in many of my patients. Upon completion of the Narconon program, to which I had referred them, these persons were changed both physically and mentally. The common theme expressed by those who completed it is that they were no longer encumbered by chemicals which were shutting off their lives. They expressed increased mental clarity and new hope for the future. Their lives upon completion of the program were happier, healthier, and more productive. Beyond the detoxification program, the benefits of the Narconon practical life skills courses were an important part of their stable recovery. I was pleased to see even the most “hardcore,” seemingly hopeless cases recuperate and salvage their lives.

There is not often good news in our struggle with the consequences of alcohol and other drug abuse in our society, I am happy to say that the Narconon program is good news, I encourage you to review it carefully and consider utilizing it. Many years ago I did and I have been able to help save many lives as a result.

ALFONZO PAREDES, M.D.

Dr. Paredes, board certified in Psychiatry and Neurology, graduated the University of Mexico School of Medicine in 1951, interned at St. Joseph Hospital in Kansas City, Missouri, and did residencies in Psychiatry at the

University of Kansas, University of Maryland, and University of Oklahoma. He is a member of dozens of different professional organizations and regularly reviews peer publications in addition to having contributed more than 100 articles or studies of his own.

“I wish to present to you my opinion on Narconon as a resource in the rehabilitation of individuals with alcohol and/or drug dependence.”

As a consultant to the Narconon program I had the opportunity to review the program, discuss it with the staff and talk with some of the patients. I have done this congruent with my professional interest in medical and social model approaches to addictive behavior. My professional background covers research and treatment aspects of alcohol and drug dependence. More than one hundred publications in scientific journals as author or co-author document my contributions. I also have had administrative research responsibilities and responsibility for treatment programs at the institutional and statewide levels. Incidentally, I have done research and have interest in the cultural aspects of the use of alcohol and psychoactive substances by the Indians in the American Southwest and the Tarahumara, a North American aboriginal group. I am therefore in a position to provide an informed assessment of Narconon.

The Narconon Program has several features which in my opinion justify the implementation of the program. An important aspect is the systematic application of techniques to improve communication and interpersonal skills in persons dependent on alcohol and/or drugs. The techniques include training in personal values, integrity and in general cover ethical principles. This aspect of the program is implemented using methodology developed by L. Ron Hubbard. This area is, in my opinion, critical in the treatment of persons afflicted with addictive disorders. Although experts often note that addictive disorders should not be viewed from a moralistic perspective, a view which is often misunderstood, there is no question that one of the central problems in addictive behavior is the restructuring of the normative system of patients affected by the disorder.

Addicts characteristically subordinate values such as work, family relationships, and community responsibilities to the ingestion and unwise use of alcohol and/or drugs. Social neglect and criminal behavior are frequent companions of drug abuse and alcoholism. Efforts to develop a functional normative system, as is done by Narconon should result in favorable outcomes. Narconon has demonstrated that this redefinition of the normative system of addicts is possible to implement with empathy, compassion, and respect for the addict. The drug-free procedure used by Narconon during alcohol and drug withdrawal is in my opinion sound. All patients who participate in the Narconon program are screened by a physician prior to acceptance in the program. Those individuals with physical signs of withdrawal symptoms of such severity that they require medical detoxification or medical conditions in need of care are not accepted until medical treatment is completed elsewhere. The Narconon program therefore manages the aspects of withdrawal that respond effectively to supportive and dietary care. It is well established that only a small proportion of patients on withdrawal from alcohol and/or drugs require intervention with therapeutic drugs or in a medical setting. If this were not the case alcoholics would quickly exhaust medical resources available and social detox programs wouldn't exist. Narconon's utilization of nutritional aids such as vitamins and appropriate diet is sound.

Although some may feel that alcohol and drug addiction is primarily a medical problem, close examination does not support this view. Peers in social situations introduce persons to alcohol and drugs, and maintenance of the addiction is supported by deviant social networks. Furthermore, most medical settings do not have the resources of experience to address the many psychosocial aspects of alcohol and drug abuse. Alternate health-oriented social intervention approaches such as Narconon's, therefore, deserve to be implemented to widen the availability or resources to address drug problems.

No specific therapeutic drug has been demonstrated to make behavioral approaches unnecessary. Furthermore, the medical systems are so taxed with strictly medical problems that it would be unwise to leave the management of alcohol and drug abuse to the sole responsibility of the medical system. Other alternatives such as Twelve Step programs, therapeutic communities, cognitive therapy and behavioral conditioning have a place in the management of substance abuse disorders. Narconon in turn constitutes a valuable resource that adds one more useful option available to the addicts and their families. Last but not least, I do not see anything in the Narconon program that may place the participants to this treatment at risk of health problems.

I have presented some general comments on the merits of the program. If requested, I will be happy to give more detailed opinions concerning any specific aspect of the Narconon approach.

Sincerely, Alfonzo Paredes, M.D. Professor of Psychiatry UCLA School of Medicine

A Parent's Perspective

My son and I have been talking about our sad and joyful experiences of the past two years. We will both do what we can to support the efforts of Narconon.

When I received the brochure about Narconon four months earlier, I stuck it in my desk drawer (just in case) but I really didn't think my son was going to have serious problems again. After all, he had spent one third of that year, more than four months, in two of the best hospitals in the area. With special doctors it amounted to about \$700 a day; therefore, having the very best, he was certainly going to be okay, Right? Wrong! I was soon to learn that the treatment he had received was 'done to him' rather than 'done by him.'

When I went through his medical records and reviewed the drugs that were administered to him, I realized that his care had been volatile and inconsistent. It certainly helped me to understand why he did not want to submit himself to any other form of institutionalization. It was when he felt completely assured that no drugs of any kind, even medically approved ones, were used in the program that he finally agreed to give Narconon a try.

I must thank you and your staff for the support that you gave us both over the telephone before he agreed to get on the plane. The continued communication of your staff to me during his treatment assured me that he was going to be okay. My visit during his stay and the assistance you gave me in presenting his treatment success impressed the Court. They even inquired into your program themselves.

As my son and I sit and discuss his plans to continue his education, I wanted you to know how we appreciate the benefit of the fine program Narconon presents.

Thanks for helping my son find his life again and giving us back our son.

With Kindest regards,
B.B.D.