

**THERAPEUTIC INTENSIVE MONITORING PROGRAM  
DRUG COURT**



**19<sup>th</sup> JUDICIAL CIRCUIT COURT  
LAKE COUNTY, ILLINOIS**

**Honorable Christopher Stride, Presiding Judge  
Philip Ksiezak, Drug Court Coordinator**

**PARTICIPANT MANUAL AND HANDBOOK**

4/15/2016

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### Attachments:

- Post Adjudicatory Drug Court Program Contract and Waiver - Attachment A
- Court Order - Attachment B
- Consent to Participate – Drug Court Program - Attachment C
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- Dress Code for Court Appearances - Attachment F
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## Welcome to Drug Court:

You have made a major commitment by agreeing to enter the Drug Court Program. The actual time you devote to this program; however, will be a mere snap-shot compared to the rest of your life. The Drug Court Team's mission is to assist you in obtaining the necessary tools to maintain a **lifetime** of recovery, not just the time that you will be in this program.

While in the program, your life will be under the significant control of the Drug Court Team, and you very likely will be required to do something in the interest of your recovery, that you do not understand initially and you simply do not want to do. We hope you will someday understand that all decisions and actions required of you by the Drug Court Team are intended to rehabilitate you from addiction, criminal conduct and anti-social behavior. In other words, we want you to live a healthy, long and happy life. **You** will be expected to do all the heavy lifting while we encourage, assist and support you.

You will also be expected to help others strive for such a life. Just as your fellow Drug Court colleagues are expected to assist and support you, you will be expected to do the same in return.

Two characteristics are often emphasized with our Drug Court participants: "**Honesty and Integrity.**" We expect you to become familiar with the definitions of these two words, and to conduct yourself in accordance with them. It is likely that at one or more times during your participation in the Drug Court program you will be asked what these two words mean to you. Always be prepared to provide an answer.

This manual is a guide to help you understand what you will need to know and do to successfully complete this program. There are also copies of forms included as attachments that you have already reviewed, signed and/or discussed with your attorney, probation officer or the judge that you should review again and be totally familiar with. Absorb the information in this manual and feel free to share it with family members or those close to you so that they can assist and support you on your road to recovery. If you have questions at any time about the program's requirements, your obligations or the content or meaning of anything in this manual, we urge you to ask the Drug Court Coordinator or any member of our Team. We want you to succeed. We want you to attain the healthy, happy and fulfilling life that is hopefully one of the goals which led you to seek entry into the Drug Court program. We will always be here to help and support you.

Sincerely,

The Drug Court Team.

### **Program Description:**

The Drug Court Program works with non-violent individuals who have been charged with a felony (a class 2, 3 or 4 felony), have a substance use disorder, are at least 18 years of age, are a U.S. citizen or legal resident, have no history of violence, have a desire and a willingness to complete the program, and are willing to reside under the jurisdiction of the circuit court. Entry into the program requires a plea of guilty to the charge and an agreement to accept as a condition to the sentence that is imposed that you will abide by all the terms of your Drug Court probation. It is anticipated that by participating in this program your quality of life will drastically improve. Your Drug Court program is part of our Problem Solving Court therapeutic and intensive monitoring programs. As you can see from these words, we strive for you to get the therapy (*Therapeutic treatment*) that you need, but we will be supervising you closely (*Intensive Monitoring*). At the same time, when you perform well, you will be recognized and rewarded.

For your benefit, our program combines the efforts of the Circuit Court (Judges and Probation Officers), the State's Attorney's Office, the Public Defender's Office, the Sheriff's Office, the Health Department's Behavioral Health Division, and many other community members and agencies. The people from these areas comprise the TEAM, which meets weekly to discuss the status and performance of all participants. In other words, you are being monitored and assisted by everyone on the TEAM.

The Judge is the leader of the Team and has final say in all decisions made by the Team. The probation officer/Drug Court coordinator supervises the conditions of your probation and gathers information from agencies helping you, coordinates the formation of your individual treatment plan, helps monitor your progress through the program and assembles this information into a weekly agenda. The State's Attorney's Office also monitors and assists in your progress in a non-adversarial manner but additionally must remain cognizant of public safety considerations and, if necessary, will address violations should they occur. Defense Counsel initiates referrals to the program, advocates for the client's legal rights and admission to the Drug Court program, and, upon admission, also monitors your progress while interacting in a non-adversarial manner to assist the Team

as well as to resolve issues that may develop, including possible violations. The Sheriff's Office (law enforcement/jail staff) assists by providing medical and psychiatric treatment and medications while in custody and further assists in providing transportation to treatment programs if in custody. The Sheriff's staff also provides a back-up drug/alcohol testing location on an as needed basis. Treatment providers help develop and execute individual treatment plans and also provide insight and evaluation of ongoing treatment as well as concerning the effectiveness and therapeutic value of sanctions and incentives. Licensed Clinical Psychologists from Adult Probation Services complete all pre-entry psychological screenings, and provide individual and group therapy as needed as well as leading any intervention panel meetings. Recovery coaches assist participants in gaining access to needed resources and services as well as offer continuing support to participants in their recovery. The Problem Solving Court (PSC) Coordinator/Assistant Director of Adult Probation supervises and assists in the operation of all of the 19<sup>th</sup> Judicial Circuit Court's PSC programs (Drug Court, Mental Health Court and Veterans Court) by interacting with the Teams and participants.

The Drug Court Program is totally VOLUNTARY but does involve regular court appearances before the Drug Court Judge, a lot of drug testing, treatment (inpatient and/or outpatient), attendance at self-help meetings and supervision by the Probation Department. The total program length is initially determined by the length of your probation sentence. During the course of your time in the program, you will proceed through four (4) phases. At phase 3 and 4, the level of court appearances and supervision is reduced. Promotion to the next phase occurs when you have completed and achieved the goals of the phase and establish that you are deserving of promotion to the next phase. Upon completion of the final phase of the program you graduate from Drug Court and are successfully discharged from probation.

### **Program Assessment & Enrollment Process:**

Your journey through drug court began by signing a petition where you authorized the Drug Court Team to complete several evaluations and discuss the results of those

evaluations as a team. The evaluations you completed were a psychological screening, a GAIN, and a probation risk assessment evaluation. These evaluations help to determine your treatment needs and your case plan that the Team will create. If issues arise during your participation in the Drug Court program further evaluations may be made in an effort to insure that you are receiving the correct treatment and services. If this occurs your treatment and case plan may be modified in the Team's continuing efforts to assist you and help you succeed. At the time of your entrance into drug court you signed a "Consent To Participate – Drug Court Program." In that document you also agreed that the members of the Drug Court Team could communicate as a team and share information about you and your participation in the Drug Court program. You also agreed to sign releases of information consenting to the disclosure of information to the team members. Using all the information that is gathered the Drug Court Team will develop the best case plan to address your particular situation and help you toward a successful completion of the Drug Court program.

### **Drug Court Orientation:**

We want you to understand what is expected from you at the very start. This manual should be very helpful, but your probation officer, counselors, recovery coach and attorneys will also work closely with you so that you understand what is expected from you. Feel free to seek them out for any questions you might have. Again, PLEASE feel free to ask any questions that will help you to understand. When you succeed, the Drug Court program also succeeds!

### **Court Appearances:**

As a Drug Court participant, you will be required to appear in Court regularly. At each appearance, the Judge will be given a report from the Team concerning your performance, which could include: drug testing results, progress in treatment, and surveillance reports, etc. The Judge may ask you questions about your progress and discuss any problems you may be experiencing. The Judge may also give you special

assignments that you will be expected to complete in a specified timeframe. If you are doing well, you will be encouraged to keep up the good work. If there are any problems, the Judge may impose sanctions (i.e. writing assignments, curfew restrictions and even appropriate jail terms, etc.).

You will be speaking directly to the Judge concerning your progress. You are responsible for your own behavior and complete honesty is expected at all times when addressing the Judge and Drug Court team members. Always be on time and wear clothing that is appropriate and not offensive to anyone. Remain seated and quiet while in court unless asked to stand and speak, and always address the Judge with respect. Remain in court for the entire hearing unless approved to leave early. Turn off your cell phone and mobile devices while you are in the courtroom, as well as anytime you are in a treatment setting or meeting in the office of a Team member.

### **Probation Supervision:**

You will be required to report to a probation officer, ranging from 1-3 times per week depending upon which phase you are in, or as otherwise directed. You will also be required to report in person at any time you are directed to do so by a Team member. You will be expected to be on time for your appointments and be ready to provide a urine specimen and a breath sample. You must notify your probation officer immediately of any police/law enforcement contacts encountered since your last visit, if any. Working very closely and cooperatively with your probation officer should help you successfully complete this program.

On occasion, you may be required to report to the Pre-Trial office or the jail's work release facility or other agency for drug testing; you will be required to present a photo ID to the Pre-Trial officer or the correctional staff or other staff member at the time you report.

Probation Officers or other representatives of the Drug Court Team will also be making random contacts with you at your home or at other places in the community. You will be expected to make yourself available for such visits, which could occur at any time of the day or night, and usually involves drug testing. Courteous treatment of Team members, their representatives and Court personnel is, of course, expected of you during all visits.

### **Curfew:**

All Drug Court participants must be home for curfew between 9:00 PM and 6:00 AM or at the discretion of your probation officer and/or the court, which could be more restrictive. If you request any curfew modifications (i.e. to attend a special event, additional support activities, employment opportunities, etc.) your request must be made in advance and within reasonable timeframes.

### **Residence:**

Your place of residence and persons with whom you reside must be approved in advance by the Drug Court Team through the probation officer/Drug Court Coordinator. If you desire to change your address at any time, you must first receive permission from the Drug Court Judge or your probation officer/Drug Court Coordinator. Thus, it is imperative that you notify probation of any requests for an address change immediately.

### **Employment:**

You are expected to obtain fulltime employment by the time that you enter phase 2 of the program unless other arrangements have been approved. Your actual job/employment must be approved before it can be accepted and you must also obtain permission to quit any job. Your employment must be "legal", meaning you are paying taxes. On occasion, it might be required that your probation officer, or counselor, contacts your employer to ensure that you are showing up for work as required, and at the times that you are reported to be working. The probation officer may also need to confirm with your

employer, or potential employer, that you have fully explained your prior and current legal history. You will be required to show your pay stubs, bank and financial records to your probation officer throughout the term of your probation. You will also be expected to follow a budget. It is the position of the Drug Court Team that gainful employment is not only a stabilizing force in your life, but it also allows you to pay court and treatment responsibilities, and other personal responsibilities such as: housing, food, health care and providing for dependents, just to name a few. The ultimate goal is for you to live independently and drug/alcohol free.

### **Substance Abuse Treatment:**

Based on your needs, you will be expected to complete substance abuse treatment which could include: long-term residential treatment, halfway houses, and outpatient. Drug testing is commonly used by these types of programs as well. If any fees are incurred, you will be expected to pay them in full.

### **Other Types of Treatment:**

Drug Court participants are often required to complete other programming such as, but not limited to: Thinking For A Change (T4C), case management services, psychiatric services (including taking medications as prescribed), family therapy, mental health counseling, vocational training, and budget training, etc.

### **Self-Help Meetings:**

No matter what phase you are in, you will be expected to attend at least three self-help meetings per week. Self-help meetings can include: 12 Step-Meetings or SMART Recovery. You must get your attendance slips signed. A sample form is attached at the end of this manual. In order to receive credit for attendance you must provide this form. **Always bring these to show the Judge at each court date for the periods preceding**

**your court appearance because the Judge and Team may or may not request to see them.**

Two of your three weekly meetings must be at Bridgehouse and/or ATP. This requirement is imposed to ensure that many of the Drug Court clients can be at the same meetings and offering each other support. The schedule of these meetings is as follows:

Bridgehouse:

MON – 8 PM

WED – 8 PM

FRI – 7:30 PM

SUN – 10:30 AM

ATP:

WED – 7 PM

SAT – 10 AM

SUN – 2PM

**12 Step-Sponsor:**

All Drug Court participants are expected to obtain a sponsor and provide the name and contact telephone number to the probation officer. You are encouraged to bring your sponsor to observe court whenever possible. You will find that your court sessions will usually have many sponsors in attendance supporting all of the participants in recovery.

**Drug/Alcohol Testing:**

In this program you will be tested **often**. Failing to provide a sample upon request, is considered a positive test. Tampering with your test; or anybody else's, will be dealt with severely and in most cases will result in a new felony charge. Also, certain foods (i.e. poppy seeds), cold medicines, vitamin supplements, energy drinks, mouth wash, etc. MUST be avoided as they can bring about a "positive" test result. **Remember, any positive test that is confirmed positive is considered positive** regardless of any "I used an over the counter cold remedy" or "I didn't know it had alcohol in it," or "I thought that we could use 'herbal' remedies" excuses. A positive test does not necessarily mean you will be "kicked out" of the program, but you will be held accountable for the sake of your long-term recovery. You are always better off admitting a relapse versus it being

discovered through drug tests. Remember honesty is a respected and expected attribute by the Team, and all Drug Court participants are encouraged to exhibit it.

### **Medical Treatment:**

You should always follow the medical advice from your doctor. But, for your doctor to best treat you, he/she needs to have all the information about you. This includes your history of addiction and the potential damage to your recovery that can be done by using certain prescribed medications. Many prescription and over-the-counter medications can contain narcotics or other substances that are addictive and cause a positive drug test. Therefore, when you see a doctor, or any other medical/dental professional, you must immediately notify him or her of your addiction history. You will be required to sign a release of information for your doctor(s)/dentist(s) authorizing them to provide the Team with information about any on-going treatment. Also, you will be required to have the doctor/dentist sign the Notification Form. A form for this is attached at the end of this manual. You will also be expected to set up and keep any required follow up appointments that may be necessary.

### **Relationships:**

Research continually shows us that those in recovery should avoid romantic relationships for at least the first year. This allows you to focus on yourself and your recovery. With that being said, Drug Court may prohibit you from engaging in particular relationships for a certain amount of time. Also, we've learned that some individuals may have existing relationships, whether they be with significant others or family members (including parents and spouses), that are just not healthy and conducive to your recovery. For these types of circumstances, you may be prohibited from having contact with such individuals until certain conditions are met. Finally, you are expected to be absolutely honest with your probation officer in disclosing all existing and contemplated romantic relationships.

### **Sanctions, Incentives and Therapeutic Adjustments:**

To assist you, to help maintain your focus, and to provide structure for you during your time in Drug Court you will definitely encounter “incentives” that are provided to all program participants; you may encounter “sanctions” if your performance falls below expectations or fails to meet requirements; and you may experience “therapeutic adjustments” if additional “tweaks” or additions to your treatment/case management plan become necessary to help you in your continuing recovery or treatment. For instance, as you go through the program you will be called out for your successes (praised by the judge in open court); you may be rewarded with extended curfews; you may be granted overnight visits with family; or you may be given gifts of varying sorts. These and many other similar recognitions are examples of “incentives” that may be provided by the Team as rewards and recognitions for your progress and good performance. However, if your performance or conduct falls below that which you agreed to provide you might find yourself receiving a sanction such as being admonished in open court by the judge, being required to come to court more often or report to your probation officer more often, or having your curfew reinstated or being made more restrictive, or competing a writing assignment, or, in some situations, being placed in jail or periodic imprisonment. The purpose of these “sanctions” are to bring your focus back to what you agreed to do and insure that you understand the seriousness of your commitment. If during your participation in the program continuing assessments and evaluations bring to light additional treatment needs that would assist your recovery you might find that the Team makes a “therapeutic adjustment” to your treatment plan where perhaps you will be given the opportunity for additional treatment opportunities such as individual counseling, parenting classes, anger management, DBT therapy, or other programs that will give you more tools to use in your recovery and lifelong sobriety commitment. However, whether it is an incentive, a sanction, or a therapeutic adjustment, each will be individual to YOU and your recovery. No two participants are the same and the Team endeavors to address the individual needs of each participant. Just because one participant received a particular incentive, sanction or therapeutic adjustment does not necessarily mean that your situation will be resolved or addressed in the same way.

### **Phase Advancement:**

You will advance to the next phase of the program once you have achieved certain goals. Examples typically include a combination of: treatment completion; successive “clean” (free from drugs, alcohol and any substance intended or designed to have the effect of drugs or alcohol) days; current obligation payments; job acquisition; and completion of public service hours, etc. The TEAM will make a recommendation to the Judge when it is determined that you are deserving of advancement. Mere chronological time spent in a phase is not the only factor in advancement, but the section below is indicative of the typical amount of time spent in each phase. At each phase promotion, you will be honored by the Judge and the TEAM. It is encouraged that you invite your family and friends to these events.

### **Program Phases:**

#### **Phase I:**

- 90 days sobriety
- Complete Primary Treatment
- Transition to living in the community
- Court every Friday

#### **Phase II:**

- 90 days sobriety (minimum)
- Court weekly
- Report to Probation at least three times per week
- Attend support meetings (3x/week) and follow through with treatment
- Court every Friday
- Obtain employment and start making payments towards court costs

#### **Phase III:**

- 90 days of sobriety (minimum)
- Court three times a month
- Report to probation at least twice a week

- Attend support meetings (3x/week) and follow through with treatment
- Maintain employment and make regular payments to court costs

**Phase IV:**

- 90 days sobriety (minimum)
- Court once every third week
- Report to probation at least once per week
- Attend support meetings (3x/week) and follow through with treatment
- Maintain employment and make regular payments towards court costs

**Payment of Court Obligations:**

You will be expected to begin payments toward your court obligations as soon as you obtain an income or have monetary assets. This responsibility is taken seriously! In this manual, a copy of the payment procedure through the clerk's office is included.

**What Will Happen To Me? - Possible Drug Court Outcomes**

Your entry into Drug Court, just like everything in life, comes with no guarantee of success. If you are sincere in your desire to change, follow the rules and requirements that you have voluntarily accepted, and work honestly and diligently, the best outcome is that you will graduate from Drug Court and be successfully discharged from your term of probation. However, you should be aware that there are four (4) possible outcomes to your participation in and departure from our Drug Court

1. **Successful.**

If you complete all of the Drug Court Program requirements and comply with the terms of your contract and court order you will be graduated from Drug Court and be successfully discharged from your term of probation. Your life, your circumstances, your outlook and your future will hopefully be improved and promising.

2. Neutral.

If you are unable to complete all of the Drug Court Program requirements and comply with the terms of your contract and court order because of things beyond your control, such as a health condition or disability, but have not violated the terms or conditions you agreed to, you could be released from the obligations of your contract and released from the Drug Court contract with your probation terminated or your probation continuing without the Drug Court requirements in effect, depending on your circumstances. You would have the right to a hearing on these matters and would be represented by an attorney.

3. Unsuccessful.

If you violate the Drug Court program rules or requirements, the terms of your contract, or the terms of your court order, your probation could be revoked, your ability to continue participating in the Drug Court program would be withdrawn, and you could be resentenced on the felony charge(s) to which you pled guilty upon your entrance into the program. You would have the right to a hearing on these matters and would be represented by an attorney at all stages, including any resentencing. You could face a sentence of up to the maximum punishment available on the offense to which you originally pled. This could include a sentence to the Department of Corrections.

4. Voluntary Withdrawal.

Your entry into the Drug Court Program was a voluntary decision by you. Consequently you can choose to voluntarily withdraw from the program. HOWEVER, a decision to voluntarily withdraw from the program would have significant consequences for you. You would be represented by an attorney and be entitled to have an attorney at all stages of your decision, but a decision to voluntarily withdraw from the program would result in the filing of a petition to revoke your probation because you would be violating the terms of your contract, your court order, and the requirements of the Drug Court program by willfully not completing the program and following through on your commitment. If your probation were revoked you would face a resentencing on the offense to which you originally pled.

**Other Conditions:**

The program descriptions and requirements covered thus far are not all inclusive. Therefore, all Drug Court Participants are also encouraged to often review the documents that are attached to this manual: Post Adjudicatory Drug Court Program Contract and

Waiver (Attachment A), your Court Order (Attachment B), and the Consent to Participate, Drug Court Program (Attachment C).

### **Graduation:**

You will be eligible to graduate from the program upon approval of the Drug Court Judge and the team members who will base their decision on your progress and performance.

To graduate, you will be required to have a minimum of six months sobriety, have advanced to the fourth phase, be compliant with all medications, be employed, or enrolled in school full time or disabled (depending on your individual circumstances), be current in all court and treatment obligations by having paid them in full, and not be facing any new criminal charges. At this stage of the program, you should be able to show how Drug Court has positively influenced your life. You will be honored at a special ceremony where prominent community leaders, the law enforcement community, the entire Drug Court Team and family members will be present. Please invite family and friends to witness your successful and well-earned graduation.

### **Drug Court Alumni Group:**

It is hoped that once you graduate from the program, you will join the alumni group to continue supporting as well as to continue receiving support from your fellow Drug Court graduates. It is also a good way to stay in touch with each other and with the Drug Court Team members that continue to care about you.

## ADDITIONAL INFORMATION YOU SHOULD KNOW:

### NARCOTICS ANONYMOUS – HOW IT WORKS:

If you want what we have to offer, and are willing to make the effort to get it, then you are ready to take certain steps. These are the principles that made our recovery possible.

1. We admitted that we were powerless over our addiction, that our lives had become unmanageable.
2. We came to believe that a Power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God *as we understood him*.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed, and became willing to make amends to them all.
9. We made direct amends to such people whenever possible, except when to do so would injure them or others.
10. We continued to take personal inventory and when we were wrong promptly admitted it.
11. We sought through prayer and meditation to improve our conscientious contact with God *as we understood him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principles in our affairs.

### **SMART Recovery:**

SMART Recovery (Self-Management And Recovery Training) is not a 12-step group like Alcoholics Anonymous (AA) or Narcotics Anonymous (N/A). It is a non-faith based self-help group alternative to 12-step meetings. SMART Recovery uses a 4-Point Program.

Point 1: Building and Maintaining Motivation

Point 2: Coping with Urges

Point 3: Managing thoughts, Feeling and Behaviors

Point 4: Living a Balanced Life

### **Recovery and Relapse**

Many people think that recovery is simply a matter of not using drugs. They consider a relapse a sign of complete failure, and long periods of abstinence a sign of complete success. We in the recovery program of Narcotics Anonymous have found that this perception is too simplistic. After a member has had some involvement in our fellowship, a relapse may be the jarring experience that brings about a more rigorous application of the program. By the same token we have observed some members who remain abstinent for long periods of time whose dishonesty and self-deceit still prevent them from enjoying complete recovery and acceptance within society. Complete and continuous abstinence, however, in close association and identification with others in NA groups, is still the best ground for growth.

Although all addicts are basically the same in kind, we do, as individuals, differ in degree of sickness and rate of recovery. There may be times when a relapse lays the groundwork for complete freedom. At other times that freedom can only be achieved by a grim and obstinate willfulness to hang on to abstinence, come hell or high water, until a crisis passes. An addict who by any other means can lose, even for a time, the need for desire to use, and has free choice over impulsive thinking and compulsive action, has reached a turning

point that may be decisive factor in his recovery. The feeling of true independence and freedom hangs here at times in the balance. To step out alone and run our own lives again draws us, yet we seem to know that what we have has come from dependence on a Power greater than ourselves and from the giving and receiving of help from others in acts of empathy. Many times in our recovery the old bugaboos will haunt us. Life may again become meaningless, monotonous, and boring. We may tire mentally in repeating our new ideas and tire physically in our new activities, yet we know that if we fail to repeat them we will surely take up our old practices. We suspect that if we do not use what we have, we will lose what we have. These times are often the periods of our greatest growth. Our minds and bodies seem tired of it all, yet the dynamic forces of change or true conversion, deep within, may be working to give us the answers that alter our inner motivations and change our lives.

Recovery as experienced through our Twelve Steps is our goal, not mere physical abstinence. To improve ourselves takes effort, and since there is no way in the world to graft a new idea on a closed mind, an opening must be made somehow. Since we can do this only for ourselves, we need to recognize two of our seemingly inherent enemies, apathy and procrastination. Our resistance to change seems built in, and only a nuclear blast of some kind will bring about any alteration or initiate another course of action. A relapse, if we survive it, many provide the charge for the demolition process. A relapse and sometimes subsequent death of someone close to us can do the job of awakening us to the necessity for vigorous personal action.

#### **Just For Today:**

Tell yourself:

*Just for today*, my thoughts will be on my recovery, living and enjoying life without the use of drugs.

*Just for today*, I will have faith in someone in NA who believes in me and wants to help me in my recovery.

*Just for today*, I will have a program. I will try to follow it to the best of my ability.

*Just for today*, through NA, I will try to get a better perspective on my life.

*Just for today*, I will be unafraid. My thoughts will be on my new associations, people who are not using and who have found a new way of life. So long as I follow that way, I have nothing to fear.

