

Palmer Drug Abuse Program of Austin Program Components

Palmer Drug Abuse Program receives referrals from:

- **School staff** (counselors, Assistant Principals, Administrators, teachers, etc.)
- **Treatment Centers:** Every treatment center has a “discharge” plan. Recommendations are made to the client on how to maintain their sobriety. Palmer Drug Abuse is the recipient of referrals for “aftercare.”
- **Probation/Parole Officers:** As a requirement of one’s probation/parole, an individual may be required to attend 12 step meetings or be involved in a program like Palmer Drug Abuse. We are on most Greater Austin and Travis County probation/parole referral databases.
- **Outreach Screening and Referral:** This 800 number service is available to the community to find a place to go to get help with substance abuse problems. This program will screen and make referrals based on individual needs and financial resources.
- **Friends** (Word of mouth): Palmer Drug Abuse has a thirty five year history of saving lives.
- **Counselors, Therapists, and Doctors**

Palmer Drug Abuse makes referrals to:

- **Summer Sky** – Stephenville, TX. Inpatient treatment center for adolescents and adults.
- **Starlite Recovery** – Centerpoint, TX. Inpatient treatment center for adults and adolescent males.
- **La Hacienda Solutions** – Austin. Intensive outpatient program for adults.
- **Austin Recovery** – Inpatient and detox program for adults.
- **Shoal Creek** – Austin. Psychiatric treatment center and intensive outpatient program. Primarily a psych facility but they do take chemically dependent patients.

- **Outreach Screening and Referral.** Palmer Drug Abuse refers adults to Outreach Screening and Referral. Many do not have insurance or funds to self-pay.

The Palmer Drug Abuse Program includes:

Weekday meetings:

In a typical **meeting for adolescents and young adults (13-25)**, a Palmer Drug Abuse staff member facilitates a group discussion regarding a 12 step related principle or issue. The meeting leader is usually a group member, but may be the staff member. The meeting topic is presented and the meeting is opened for discussion. For one hour, group members are able to "share" their own experience, strength, and hope regarding the topic that has been presented. At the end of the meeting, we recognize milestones in sobriety. Group members receive acknowledgment and a token for 3, 6, 9, 12, and 18 month increments. The group member then gets an opportunity to address the group with what they did in order to achieve this milestone. We celebrate 30 days of continuous sobriety with a "**Monkey Fist**," which is a sailors knot tied with a piece of leather lace and can be worn by the member. The sailors knot represents a group member's first contact with "dry land."

A **parent meeting** is quite similar, but the topic is based on issues with which parents of substance abusers may struggle. The purpose of the parent meeting is to provide a safe place for parents to share and find solutions to the problems with which they struggle. Palmer Drug Abuse goals and principles are based on Al-Anon principles and Palmer Drug Abuse utilizes Al-Anon literature.

Pre-Meeting Gatherings: Prior to every meeting, group members are welcome to arrive early and socialize with other group members and staff. This gives the group members the opportunity to improve their bonds and strengthen the fellowship of the group, as well as give staff members an opportunity to give group members attention and "check in" with their progress in recovery.

Post meeting gatherings ("Coffee"): After every meeting, group members are invited to join people at a local restaurant or coffee shop for fellowship. At these events, group members are able to grow together and provide additional support for each other that would otherwise not be possible because of the meeting format. Also, staff members are able to provide individualized support and feedback regarding things that may have been discussed in the meeting.

Younger Group (age13-17): 104 group meetings per year
(Riverbend Church, Monday) (University Avenue Church of Christ, Thursday)

Older Group (age 18 -25) 104 group meetings per year
(University Avenue Church of Christ, Tuesday and Thursday)

Parent Group 104 group meetings per year
(Riverbend Church, Monday, University Ave. Church of Christ, Thurs.)

Weekend Activities include:

Zoo
Movie Night
Sobriety Celebration (AA) (Kerrville)
House party
Haunted house
Halloween party
Blazer tag
Ice skating
Bowling
Trail of lights
White Elephant party
New year's celebration
Main event
Austin's Park and Pizza
Putt Putt
Air Hockey
Scavenger hunt
Swimming @ Deep Eddy
Games night @ UT
Barton Springs Pool
Schlitterbahn
Retreat (camping)
Make a Movie Night
Pottery painting
Disc Golf
Roller Skating

Functions typically begin around 5pm and last until 11pm. Palmer Drug Abuse Program hosts Functions every weekend. Typically, one to three staff members are present for weekend activities.

Family Sessions

Family sessions are family meetings with one or both parents and their child. These sessions are led by a Licensed Chemical Dependency Counselor and last for one hour. Family sessions are encouraged, but not required. Each family is strongly encouraged to have at least one meeting with the Palmer Drug Abuse Licensed Chemical Dependency Counselor upon entering our program. We host on average of two to three family sessions per week.

Individual Sessions

Individual sessions are one-on-one meetings with either the Licensed Chemical Dependency Counselor or staff assistant and the group member. These sessions last anywhere from 15 minutes to 2 hours. The purpose of these sessions is to provide support and mentoring on an individual basis.

Crisis Response:

The Palmer Drug Abuse phone line is answered 24 hours per day. We get crisis phone calls from group members, parent group members, and people calling for help from the community. Crisis phone calls last anywhere from 15 minutes to 1 hour. Palmer Drug Abuse receives five to eight crisis calls per week.

Retreats

Retreats are weekend events for smaller groups of young people. No more than ten people will attend a retreat. In these retreats, Palmer Drug Abuse staff work with individuals on many aspects of the 12 step program. Everything from the trip to the retreat, to setting up tents, cooking, hiking, etc. is processed with the group in mind and how these interactions relate to the 12 steps. Retreat participants generally leave with a heightened awareness of the importance of working the 12 steps, awareness of relationships between the group members and increased enthusiasm towards recovery. Palmer Drug Abuse has about four retreats per year.

Families in Recovery

Families in Recovery is a retreat that includes Palmer Drug Abuse members from San Antonio, Corpus Christi, Brownsville, Austin, McAllen, Midland and Hobbs, New Mexico. This retreat is a family oriented event that helps to work with families around the issues of positive communication.

Working with Schools in the Austin area since 2004

Austin Independent School District Alternative Learning Center Transitional Program

In this program, the Palmer Drug Abuse Program Director carries a caseload of eight to ten students helping to promote sobriety and deter future consequences as they relate to drug/alcohol abuse. Students attending the AISD Alternative Learning Center have had some offense occur that requires placement outside of the student's home campus. Palmer Drug Abuse staff work with students as they re-integrate with their home campus. Each caseload student at Alternative Learning Center receives one hour of individual mentoring and one hour of group mentoring per week for five weeks. Once the student transitions back to their home school, they receive one hour of transitional mentoring for four weeks. The students School Counselor and Transition Facilitator are included in discussions regarding what efforts have been made by the student as well as important information for the individualized needs for the student.

Palmer Drug Abuse personnel measure progress with the use of Substance Abuse Subtle Screening Inventory assessment tool.

Eanes Independent School District Alternative Education Program

The Palmer Drug Abuse Program Director carries a caseload of 4 students to promote sobriety and deter future consequences as they relate to drug/alcohol abuse. Palmer Drug Abuse staff work with students as they re-integrate with home campus. Each participant receives 2 hours of counseling per week while in the Alternative Education Program and one hour of transitional counseling per week once they have returned to their home campus.

Because the Alternative Education Program campus is so small, the Palmer Drug Abuse Program Director is able to speak to every student in the Alternative Education Program and notify them of services that are available to him or her both on and off campus.