



# Continuing Addictions Treatment

Wednesdays, 10:00 - 11:00 a.m. OR 5:15 - 6:45 p.m.  
Oaklawn, 2600 Oakland Avenue, Elkhart, Indiana

## Aftercare/relapse prevention groups

There are separate therapy groups for men and women that meet every Wednesday evening for 16 consecutive weeks. A mixed gender group meets on Wednesday mornings. Continuing Addictions Treatment reflects the needs of women and men as they work to continue their recovery and avoid relapse.

The groups are designed to help individuals maintain their recovery after they have completed intensive treatment. While it is the responsibility of each person to maintain the actions and disciplines necessary to avoid relapse, staying sober is a "people experience" which includes more than just one person. Consequently, it is important to be able to identify symptoms of relapse and find help--either in sponsors, AA/NA meetings, or treatment groups.

Everyone experiences occasional setbacks during their recovery. If you are aware of any of these symptoms in your life, Oaklawn's aftercare/relapse prevention groups may be helpful to you.

## Avoiding relapse

Following are some symptoms of relapse that you may experience on your pathway to wellness.

**Lack of discipline** - A lack of discipline can bring about complacency and boredom and may lead to relapse.

**Expecting too much from yourself** - Recovering people need to set reasonable goals for themselves and not expect too much too soon.

**Impatience** - It is easy to feel that things are not happening fast enough or that others are not doing what they should.

**Conflict** - Disputing small and ridiculous points of view indicates a need to always be right and is frequently used as an excuse to drink.

**Depression** - If you experience unreasonable or unaccountable feelings of despair that occur in cycles, deal with this promptly by talking to people who can help.

**Self-pity** - When you begin asking questions like "Why don't people appreciate all that I'm doing?" you may need to investigate whether those close to you see you as experiencing self-pity, a symptom conducive to relapse.

**Frustration** - Being frustrated with people because things are not going your way may be a symptom of relapse. Remember, everything is not going to happen just the way you want it to during your recovery.

**Complacency** - When a recovering person says "Drinking or using is the farthest thing from my mind," it is likely that not drinking or using is no longer a conscious thought. It is dangerous to let up on disciplines when things seem to be going well because this is when relapses occur.

**Expecting too much from others** - You may think, "I've changed, why hasn't everyone else?" You cannot expect others to change just because you have.

**"It can't happen to me"** - A relapse can happen to anyone; and it does--when one is careless with personal discipline. It is important to remember that alcoholism/addiction is a progressive disease and that, like any disease, relapse impedes progress.

**Use of mood-altering chemicals** - It is important that your family physician be aware of your alcoholism/addiction. Many times a seemingly harmless drug can be prescribed which can cause you to lose sobriety.

**Ungratefulness** - It is important to look at the progress you have made rather than focus on the negative aspects of your life. Gratitude flourishes in a sober mind that concentrates on getting along with others.

## Program fees

Fees are based on a person's ability to pay.

## For more information

For more information call 574-533-1234 or 800-282-0809 and ask for extension 241.



**OAKLAWN**

*Toward Health and Wholeness*

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[www.oaklawn.org](http://www.oaklawn.org)