

# *PDAP WORKS!*

While PDAP is supported by many local churches, PDAP is not allied with any particular denomination or sect.

PDAP is a non-profit 501(c)(3) organization supported entirely by contributions from individuals, businesses, foundations, and fundraising activities. If you can help in any way, please contact us.

## **PALMER DRUG ABUSE PROGRAM of AUSTIN**

512-927-0422

PDAP Austin  
2000 Lipanese Trail  
Austin, Texas 78733

or visit our website:  
[pdapaustin.org](http://pdapaustin.org)

Do you know of a child or family who might need our services? Let them know we can help. Please have them contact us at 512-927-0422

### **An Austin Doctor Speaks...**

Substance abuse is a major national public health problem that creates impaired health, harmful behaviors, and major economic and social burdens. Understanding there are effective medical and public health approaches to the problem, it has been suggested that one of the most underutilized and effective approaches to the crime and health problems from the alcohol and drug abuse is accessible, affordable and quality recovery services. As a community-based non-profit organization made up of young people and parents, the Palmer Drug Abuse Program (PDAP) strives to provide a program of individual and group services with ongoing support and encouragement as a major component of the recovery process. Your support will help guarantee the Austin PDAP program continues the successful work. Support PDAP!

*-Gary Piefer, M.D.*

Donations may be sent to:

### **Palmer Drug Abuse Program of Austin**

2000 Lipanese Trail  
Austin, Texas 78733

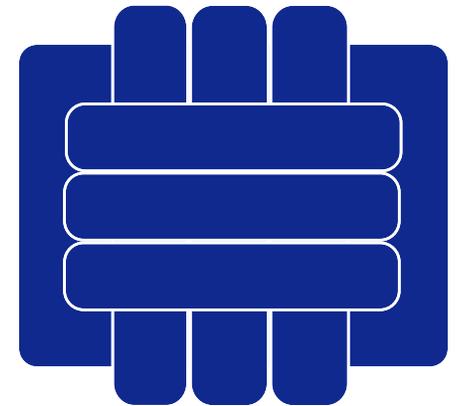
or contact us at  
512-927-0422

Phil Barton, LCDC  
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512-927-0422

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Executive Director  
512-799-3830

\*All gifts are tax deductible to the extent allowed by the law\*

# **PALMER DRUG ABUSE PROGRAM**



## *FREE HELP THAT WORKS!*

# PALMER DRUG ABUSE PROGRAM

## ***WHAT IS PDAP?***

Palmer Drug Abuse Program, PDAP, provides free services to teenagers and young adults who seek and have a desire to live a life free from the effects of drugs and alcohol. In dealing with substance abuse, the program offers support and guidance to young adults and their families whose lives have become unmanageable due to the devastating effects of drugs and alcohol. Based upon a spiritual, non-denominational foundation, the program for the young person consists of 12 steps to recovery, with emphasis on peer support, weekly meetings, group activities and encouragement. A caring community service, Palmer Drug Abuse Program reaches out to help.

## ***HISTORY***

Nationally, PDAP began in 1971 in Houston, Texas. Currently, there are affiliates in Texas, Oklahoma, New Mexico and Colorado. Each affiliate is autonomous. Locally, PDAP opened its doors in January, 2000. Since our beginning, we have provided free services throughout the greater Austin area, including Hays, Williamson and Travis counties.

## ***GROUPS***

### ***YOUNGER GROUP***

Young people under 18 years of age are taught the Twelve Steps and support each other in the decision to be chemical free. It is not necessary for a young person to be a chemical abuser to participate. The primary requirement for membership is a desire to live a chemical-free life.

### ***OLDER GROUP***

This group is for young adults, 18 - 25 years old, who wish to stay chemical-free. The Twelve Steps and group fellowship help these young adults stay sober in this confidential group.

### ***PARENT GROUP***

Parents help each other find and share solutions to conflicts arising from drug and alcohol use by a family member.

- ***ALL IT TAKES IS A PHONE CALL***
- ***ABSOLUTELY FREE***
- ***CONFIDENTIAL & ANONYMOUS***

## ***THE TWELVE STEPS***

Being involved in the Palmer Drug Abuse Program is a life-changing experience; it's not just talking to someone and feeling better, or a morale booster to jolt you out of a bad place. It involves experiencing these Twelve Steps, one at a time, developing a new, sober way of life with the help of your higher power and others.

### ***Twelve Steps To Life, Love and Happiness***

We at PDAP have developed a way of life without the use of chemicals. If you want what we have and are willing to go to any lengths to get it, you are ready to follow these Steps.

1. We admitted that mind-changing chemicals had caused at least part of our lives to become unmanageable.
2. We found it necessary to "Stick With Winners" in order to grow.
3. We realized that a higher power, expressed through our love for each other, could help restore us to sanity.
4. We made a decision to turn our will and our lives over to the care of God, as we understand Him.
5. We made a searching and fearless moral inventory of ourselves.
6. We admitted to God, to ourselves, and to another human being the exact nature of our wrong doings.
7. We became willing to allow our higher power, through the love of the group, to help change our ways of life and humbly asked Him to help us change.
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, others or ourselves.
10. We have continued to look at ourselves and when wrong, promptly admitted it.
11. We have sought through prayer and meditation to improve our conscious contact with our higher power, that we have chosen to call God, praying only for knowledge of His will for us and courage to carry that out.
12. We, having had a spiritual awakening as a result of these Steps, tried to carry our love and understanding to others, and to practice these principles in our daily lives.