

If you need help with a substance abuse problem, the Jude Thaddeus Program can provide *permanent* solutions in cases where:

- You don't know what to do.
- You feel as if you have already tried everything.
- You have been to one or more treatment centers, psychiatric facilities or drug rehabs and failed.
- You have tried other approaches only to find that you continue to use drugs and alcohol immediately after completion of these programs.
- You have not yet been to any treatment program, but need help.
- Your substance abuse problems have caused legal troubles.
- Your substance abuse problems have strained the family finances.
- You are simply unhappy about the choices you have been making.
- You are concerned about your relationship with your children.
- Others close to you have been told to cut all contact with you in an effort to help you.
- You feel helpless and hopeless and are about to give up trying.

Please don't give up!

Your past failures do not need to be your future. You have been given the wrong information. You can permanently stop. As difficult as this may seem, current conventional treatment believes you have an incurable disease, we don't. You may be a case where you believe that you have little or no control over certain behaviors, and that you are doomed to fail. If you have been to treatment, group therapy or 12 step meetings you are taught these self defeating mantras and most eventually behave as if you are powerless over substances and have no other choices. The Jude Thaddeus Program breaks these patterns, and demonstrates through a proven method of years of research and development exactly how to overcome these destructive habits. It is so important for you to know that you are not destined to a lifetime of cravings, relapse, therapy and meetings.

Again, you are not doomed to a lifetime of meetings, treatment, or therapy due to your current drug or alcohol problem.

The Jude Thaddeus Program has years of experience in helping people stop, forever. We have the highest success rate in achieving abstinence and maintain it. Our current success rate since 1992 is over 65%. Best of all this success is achieved using all positive-reinforcement based education, rather than the negative fear tactics used by other programs.

www.thesoberchoice.com

In the Jude Thaddeus Program you will learn:

- How to be permanently abstinent from alcohol and drugs.
- how to build your self-esteem;
- how to make better choices in life;
- how to deal with the fears and anxieties that drive you to self-medicate and take the seemingly easier way out with drugs and alcohol;
- that you are not so different in your thoughts and fears;
- that how you act or react to emotions is within your power to change;
- that drinking and drugging is a learned behavior and choice, that there is no excuse for self destructive past behavior patterns;
- that life can be far more fun and exciting without drugs and alcohol;
- that the person you are to become is within your power to change.
- that to serve your family is one of the keys to happiness.
- to be a better friend, spouse and/or parent.

If you think you need help you should call...

... 1-888-778-5833 and learn how you can turn your life around today, we have a number of staff people who would be happy to assist you.....

Thank you,

And we look forward to serving you.

-The staff at St. Jude Retreat House



Has your search for help been frustrating and confusing? Hopefully the answers to these questions will help as you search for a permanent solution.....

Q. I am looking at or have tried other programs - how is your program different?

A. We use a social/educational approach rather than a medical/psychological methodology putting control over one's recovery in their own hands rather than a doctor, psychologist, or group. We provide an opportunity to **permanently recover, because we believe it is a choice – not a disease.** Our success rate for 15 years is over 65%.

Q. Why is the *Jude Thaddeus Program* 6 weeks long and most programs are 28 days?

A. Most medical, insurance reimbursed treatment programs are 28 days in length to coincide with the number of day's medical insurance will reimburse. It has been shown that most abusers go through, or are coming off detox during the first week of treatment, which does not allow for much, if any treatment learning or retention the first 7 days. The last week of most treatment programs is spent "planning to leave treatment," so the average person in a medical 28-day treatment program only receives treatment for not much more than 14 days. Most professionals providing treatment are aware of this issue, because they rely on AA meetings and aftercare to do the rest of the disease treatment job. Because these programs are reimbursed and measured by insurance companies for medical compliance, not for success of patients, long term statistics generally are not maintained.

Q. The other programs I have been talking to, or attended, say I need *after care* or AA meetings the rest of my life – do I need that with *The Jude Thaddeus Program*?

A. **No.** Any program that is a 12-step based program believes you have an incurable disease – we believe your abuses are bad choices. The Jude Thaddeus Program is designed to teach our guests the need for personal responsibility for their actions rather than making excuses for poor behavior and choices. A disease by its very nature is out of the person's control. This is simply not the case with substance abuse. Substance abusers make the choice to abuse alcohol and drugs. Choice is a behavior, not a disease. Therefore, "you have the power to change this habit no matter how deep-seated you may think it is." Once you learn to accept deferred gratification instead of looking for counterproductive and destructive, instant gratification through substances, it becomes clear how bad choices may have slowed the maturing process and caused grief and sometimes debilitating depression in your life.

Q. Why do you say Alcoholic's Anonymous (AA) is not effective?

A. We don't, their data does. In 1990, the Alcoholic's Anonymous General Services Office or AA GSO, the governing organization overseeing all "autonomous" meetings, published an internal memo for the employees of its offices. It was an analysis of a survey period between 1977 and 1989. "After just one month in the Fellowship, 81% of the new members have already dropped out. After three months, 90% have left, and 95% have discontinued attendance inside one year!" (Kolenda, 2003, Golden Text Publishing Company) That means that in under a year, 95% of the people seeking help from AA leave the program. Using the AA GSO statistics, and including the program dropouts, the success rate of AA, as a whole "...the total averages of sobriety for the total AA membership become 3.7% for one year [of sobriety], and 2.5% over five years." (Kolenda, 2003, Golden Text Publishing Company) 97% of the estimated 12,000 substance abuse treatment centers in the United States are 12-Step based programs designed to be continued through AA meetings for life. Regardless of the success / or cost of the initial 12-step based treatment program you may looking at, the success rate of AA eventually becomes the actual success rate. That is why most programs will not provide their results after 1 year.

Q. If the Jude Thaddeus Program is so effective, why doesn't everyone teach it?

A. Because they can't. The Jude Thaddeus Program is a proprietary education program developed over the last 15 years and offered exclusively by St. Jude Retreat Houses. The program is a non-medical, social, educational program, offering a choice based curriculum for permanent recovery. The Jude Thaddeus Program is the only, independently validated program that publishes results of graduates during the last 12 years— because it works.

Q. Are there any studies that support the Jude Thaddeus Program model?

A. In 1995 William R. Miller (Department of Psychology, University of New Mexico) and his colleagues rated forty-three kinds of treatment by combining the results of 211 controlled trials that had compared the effectiveness of a treatment [method] with either no treatment or with other alcoholism therapies. The treatment with by far the best score was 'brief intervention'-followed by social-skills training and motivational enhancements.

The Jude Thaddeus Program is a 6-week social based program that emphasizes the process of social-skills training and motivational enhancements, learning through doing, experiencing, and providing positive role models. Over the last 12 years an independent study has determined that an average of 65% of the guests who completed the Jude Thaddeus Program today enjoy a life free from substance abuse.

Q. How do you measure your success rate?

A. Twice a year, an **independent** research company contacts a random sampling of 200 graduates. Results are confirmed by family members and friends. Sober statistics are based on **abstinence** from all substances. Those who may have successfully moderated their drinking or substance use fall into the drunk/using category in the statistics. This sampling is from **all** graduates during the last 12 years.

Q. Do you have any facilities closer to me?

A. Guests come from all over the world to attend the proprietary Jude Thaddeus Program, because it works. Currently, the Jude Thaddeus Program is exclusive to the St Jude Retreat Houses. We provide daily transportation from the airport, train or bus station.

Q. Do you accept insurance?

A. Insurance generally does not cover our program since it is educational rather than medical. We do accept MasterCard, Discover, Visa and American Express or any combination thereof.

Q. Do I need to detox?

A. We suggest detoxing in a medical facility if necessary prior to arriving. The St. Jude Retreat house is not a medical facility. However, we can help with selecting a detox facility.

Q. How do you keep the environment drug-free and safe?

A. We have a policy in place that if anyone drinks or drugs while enrolled, they will be expelled from the program with no refund. Random drug tests are conducted throughout the six-week stay.

Q. How do I make a reservation?

A. There is a minimum \$1,000 non-refundable deposit required on all bed reservations. The balance is due in advance of the start date. Beds may be rescheduled no less than 1 week in advance of your start date. Rescheduling less than 1 week in advance of your start date will require a new bed deposit. All bed deposits are non-refundable.

Q. Is the Retreat House safe and comfortable?**New Facility in Iowa is State-of-the-Art....completed January 2007**

- Deluxe Appointed Semi-Private Suites w/showers and bathrooms;
 - Central air conditioning;
 - No-bunk beds.
- Recreation:
 - Pool - Air Hockey - Ping Pong - Projection TV;
 - Basketball Court - Disc Golf Course –Bicycles;
 - YMCA Daily – Walk – Swim - Workout

Safety / Access

- Entire house sprinkled and fire monitored 24-Hours;
- Full handicap access–common areas, sleeping rooms and class rooms all on one level;
- Back-up power generator.

Technology

- Plasma TV's w/Wii
- Computer Lab
- Wi Fi (if you bring your laptop)

Q. I am coming, what do I bring?

- One week of clothing, we have a laundry on site.
- Gym clothes and a pair of athletic shoes
- An alarm clock (if you need one)
- Pictures, books, etc., (each room has shelves and bulletin boards for personal items)
- Money is only needed for:
 - Toiletries and personal care items
 - Cigarettes
 - Phone Cards
- Seasonal Outerwear (i.e. hats, coats, jackets, swimsuit, hiking boots)
- Feel free to bring your cell phone, IPOD and laptop

Q. What is a day at the Retreat House like?

A. Your day begins with a voluntary trip to the fitness club at 7AM, followed by a continental breakfast. Instruction sessions run from 9:00AM to Noon. Lunch time is 12:00PM to 1:00PM. At approximately 1:00PM the afternoon instruction sessions begin and are completed by 5:00PM. Dinner is served promptly at 5:00PM. Dinner is usually completed by 6:15PM. Motivational seminars are conducted 3 nights weekly at 7:00PM. Following the seminar, guests have free time to do homework, socialize and contact family. There are planned social activities 3 nights weekly and Saturday. Guests can also read, play chess, watch television or spend time visiting with new found friends. The house is quiet by 11:00PM and all guests are asked to be in their rooms by 12:30AM. Sunday is "Family Day" where family is welcome and encouraged to visit, if possible. A brunch buffet is served from 9AM to 11:30AM.

Q. What if someone does not want to stay?

A. Even the most reluctant guests become open to the program once they experience the pleasant home-like atmosphere and see that they are guests in our home rather than patients in a facility. They are treated with the kindness and respect you would offer a good friend, and are shown that getting well is a pleasure not a punishment. Partial refunds are provided based on a prorated scale, if a guest decides to leave voluntarily during the first week.

Q. Who is Saint Jude Thaddeus?

A. Jude Thaddeus was one of the Twelve Apostles from the New Testament. Today, St. Jude is popularly known as the patron saint of hopeless causes.