

***With treatment options like these,  
you can put client's recovery goals  
within reach.***

- ◆ Methods of recovery that appeal to more intellectual clients, those not ready to accept abstinence as the goal, as well as those who insist on complete 100% anonymity
- ◆ Substance Use Management – safer ways of use that reduce harm
- ◆ Methods and medications to better address the needs of the multiply diagnosed and/or recurrent relapsers
- ◆ Low threshold involvements to motivate highly resistant clients, and those in denial, into treatment
- ◆ New strategies to assure abstinence treatment compliance and legal mandates
- ◆ Secular options that do not involve the idea of a higher power or “letting go of control”
- ◆ Life management education along with a coping skills approach to recovery
- ◆ New methods to increase personal responsibility for change and to decrease procrastination
- ◆ Family education and support counseling

Free Consultations to Mental Health  
Practitioners, Attorneys and Physicians

310-275-LIFE or 714-550-9311  
310-202-6298 fax

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## ***Addiction Alternatives***

**A division of Life Management Skills, Inc.**

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# If AA doesn't work for your clients,



# you do have ***Alternatives.***



## Addiction Alternatives

**While the AA approach to substance abuse has worked for many, it's not for everyone. For some who want to change destructive and repetitive behaviors, its intimidating public groups, with their focus on spirituality, shame or powerlessness simply doesn't work. If you truly want to help, now you can offer your clients an approach that not only works, but is one that they can live with: Addiction Alternatives.**

Designed to function as a triage system, this Los Angeles-based organization serves the substance abuse recovery community in a variety of ways. It offers professionals like you a range of scientifically-based primary and adjunctive services, treatment programs, professional training, individualized private therapy, as well as forensic evaluations and court testimony. *Addiction Alternatives* offers you a menu of options to supplement your on-going client treatment – a true alternative to the “one way fits all” philosophy.

When you call *Addiction Alternatives*, after discussing your specific client issues, we will present you with the resource options that best suit the treatment needs you have chosen for your client and/or their families. You will have access to all of the up-to-date recovery information you need to increase your success rate.

### *Addiction Alternatives offers you:*

- ◆ A central alternative recovery **resource center** with information on options, availability, cost, principals and basic texts
- ◆ Complete listing of local **free** alternative self-help recovery groups, with meeting times and locations
- ◆ Adjunctive support services for the clinician to use with a client who is resistant or has previously been unsuccessful with the 12-step approach
- ◆ Accredited continuing professional education and training
- ◆ Professional treatment and consultation with you and/or your client
- ◆ Forensic evaluation, court testimony and innovative court mandated accountability methods
- ◆ State-of-the-art medications – For detoxification and to help maintain change

### *Here are some of the services you can use to help your clients:*

#### **SMART®\* Recovery** – Self-Management and Recovery Training

Previously known as Rational Recovery®, SMART is abstinence-based and follows National Institute of Drug Abuse-approved protocols

#### **MM®\*** – Moderation Management

Based on the World Health Organization guidelines, MM is for the early stage problem drinker or for those who need a way to determine if abstinence is their only choice

#### **W.F.S.®\*** – Women for Sobriety

A national organization with a focus on the specific concerns of women

#### **S.O.S.®\*** – Secular Organizations for Sobriety

An international abstinence-based program with no emphasis on the religious aspects of recovery

#### **Recovery Inc.®\***

Established over 50 years ago as a national support group dealing with psychological issues of depression and anxiety, emphasizing self-empowerment

**Behavioral Self-Control Training** – A therapeutic approach that teaches impulse management

**C.R.A.F.T.** – A proven 3-session non-confrontational procedure for getting a reluctant loved one into treatment

**Affect Regulation Training** – Especially useful set of skills for depressed or anxious clients

\*These FREE abstinence and harm reduction groups are non-profit organizations with State and County approval; all can sign court cards and satisfy DUI requirements. Depending on the county regulations, some will also fulfill Prop. 36 mandates.