

The Extent of the Problem...

Just how extensive is the problem of drugs and alcohol facing our young people today? Consider these facts:

- Alcohol is the number one drug of choice for America's young people.
- Researchers show that kids who start drinking before the age of 15 are four times more likely to become alcoholics by the time they're 21.¹
- Nearly one in five teens (19 percent or 4.5 million) report abusing prescription medications to get high.²
- Alcohol and drug abuse costs the American economy an estimated \$276 billion per year.³

¹ Substance Abuse and Mental Health Services Administration (SAMHSA). Results from the 2003 National Survey on Drug Use and Health: National Findings (Office of Applied Studies, NSDUH Series H-25, DHHS Publication No. SMA 04-3964). Rockville, MD 2004.

² Generation Rx: National Study Confirms Abuse of Prescription and Over-the-Counter Drugs (PATS 2005).

³ "Substance Abuse: The Nation's Number One Health Problem," Institute for Health Policy, Brandeis University, 2001.

Our vision is to provide free prevention and long-term drug and alcohol recovery programs of the highest quality that are readily accessible to Houston area youth and their families who may benefit from these services.

Meeting Locations

Younger Groups:

Cy-Fair/Katy

Covenant Lutheran Church
3785 Barker Cypress Road, Houston, TX 77084
281/870-9311
Mondays 7:30-9:00 p.m. (YG & PG)
English and Spanish

Memorial/Spring Branch

West Houston Community Center
725 Bateswood, Houston, TX 77079
281/870-9311
Wednesdays 7:30-9:00 p.m. (YG & PG)
English and Spanish

Midtown

Council on Alcohol and Drugs-Houston
303 Jackson Hill Street, Houston, TX 77007
713/668-0133
Thursdays 7:00-8:30 p.m. (YG & PG)
English Only

Office Address:

Faith Lutheran Church
4600 Bellaire Blvd., Bellaire, TX 77401

Spring/Northwest

Holy Comforter Episcopal Church
2322 Spring Cypress Rd., Spring, TX 77388
281/528-7908
Mon. 7:30-9:00 p.m. (YG & PG)
Thurs. 7:30-9:00 p.m. (YG & PG)
English Only

Older Groups:

Memorial/Spring Branch

Emmanuel Episcopal Church
15015 Memorial Drive, Houston, TX 77079
713/857-2648
Thursdays 7:30-9:00 p.m. (OG & PG)
English Only

West Houston Community Center
725 Bateswood, Houston, TX 77079
713/857-2648

Mondays 7:30-9:00 p.m. (OG & PG)
English Only

Spring/Northwest

Holy Comforter Episcopal Church
2322 Spring Cypress Rd., Spring, TX 77388
713/249-7669
Tuesdays 7:30-9:00 p.m. (OG)
English Only

Administrative Office:

Three Memorial City Plaza, 840 Gessner, Suite 1300, Houston, TX 77024
281.589.4832 / 281.589.4833 / 281.589.4834 (fax)
Email: pdap@swbell.net / Website: www.pdaphouston.org



*Fighting Youth
Substance Abuse
Since 1971*

PDAP... It works and it's free!

What is PDAP?

The Palmer Drug Abuse Program (PDAP) is the only free substance abuse recovery program for young people in the Greater Houston area. It is a fellowship of young people and parents who have joined forces to solve their common problems associated with substance abuse. PDAP is based upon the “Twelve Steps” of Alcoholics Anonymous (AA) which has been modified to better meet the needs of young people. The most successful program of its type, PDAP offers 12-step support groups and activities structured specifically to meet the needs of recovering young people and their families.

Our staff is comprised of professionals who specialize in working with adolescents and families struggling with drug and alcohol abuse. Our participants come from all over Houston. The only requirement is the desire to lead a chemical-free life.

PDAP is funded by the Houston community and does not receive state, federal, or United Way funding. PDAP is a 501 (c)(3) non-profit organization and contributions are tax deductible.

“I truly believe that PDAP has saved my life because without PDAP I know I would be either in a cemetery or in a lock down facility.”

“PDAP was not the only tool God used to shape us, but it was the crucial first. I thank God for the gifts of recovery, life itself, and PDAP.”

Mission

The mission of the Palmer Drug Abuse Program is to be the most effective prevention and recovery program helping young people and families avoid or recover from the devastating effects of drug and alcohol abuse.

The Problem

Families struggling with adolescent chemical dependency face an overwhelming set of problems. The young person may know he or she is in trouble, but the lifestyle changes necessary to quit appear too overwhelming. Parents often feel helpless, embarrassed and frustrated over their child’s behavior. They often become split over how to respond to the crisis and find themselves working against each other instead of as a team. Everyone in the family knows that change is needed, but at the same time is at a loss of how to make that change happen.

For the young person to achieve and maintain sobriety, he or she must be offered a viable alternative to continued use. New friendships are needed with peers that support abstinence and have insight into the issues surrounding chemical dependency. PDAP provides supervised recreational activities to help the young person relearn important living skills often lost during the time they were abusing drugs or alcohol.

Many parents find themselves also needing help to regain their sense of balance. Once strong marriages become stressed to the point of breaking as couples struggle over how to respond to out-of-control behavior. For the problem to get better, parents need help regaining their objectivity and learning effective skills for parenting a substance abusing young person.

Finally, chemical dependency and the problems that it causes do not occur overnight. Similarly, recovery is a process of day-to-day actions that lead to change over time. Families need ongoing support during this process of recovery for change to occur.

“PDAP gave me hope that things could get better, and eventually they did. PDAP saved my marriage, and my daughter as well.”

“Today we talk to each other; our fears are turned over to God, and love is back in our family...all due to PDAP.”

The Solution

The Palmer Drug Abuse Program (PDAP), the most successful program of its type, offers support groups and activities specifically structured to meet the needs of young substance abusers and their families. PDAP is anonymous, non-sectarian, and our core services are open to anyone, *free of charge*, for as long as they may need our program.

PDAP Services

- *Crisis Intervention*
- *Client Assessments and Referral*
- *Individual and Family Counseling*
- *Twelve Step Support Group Meetings:*
 - Younger Group (YG) - ages 12-17*
 - Older Group (OG) - ages 18-25*
 - Parent Group (PG) - Open to anyone who has a recovering or substance abusing child*
 - Spanish Parent Group (PG) – Bilingual group, open to anyone who has a recovering or substance abusing child*
- *Social and Recreational Activities*
- *Community Education and Prevention Programs*

For more information on PDAP please call:

John Will, LCDC, ADC III

713.301.0516

or

For more information on the PDAP Spanish program please call:

Gloria Vela, LCDC

713.306.0187