

The A2 News

Red Ribbon Week

Volume 2, Issue 10, Oct. 2009

Red Ribbon Week is a celebration to keep our community drug free. It is in honor of Enrique Camarena who joined the DEA and while working undercover he lost his life fighting against illegal drugs.

Alpha 2 clients will be hanging red ribbons around the Alpha 2 campus in honor of Red Ribbon Week.

Oct. 19th-23rd



Did You Know...

More than 100,000 U.S. deaths are caused by excessive alcohol consumption each year.

Job Openings

- Volunteers/ Internships
- House Manager

For more information on job openings go to www.alphatwo.org/jobs

Quote of the Month

“Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.”

-Thomas Edison



The Alpha 2 staff and clients would like to wish everyone a safe and happy Halloween!

**Effective treatment saves
money and lives.**

Invest in recovery!

Drug of the Month

LSD

What is LSD?

LSD (lysergic acid diethylamide) is a synthetic (man-made) drug that has been abused for its hallucinogenic properties since the 1960's. If consumed in a sufficiently large dose, LSD produces delusions and visual hallucinations that distort the user's sense of time and identity.

What does it look like?

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LSD typically is sold as a liquid (often packaged in small bottles designed to hold breath freshening drops) or applied to blotter paper, sugar cubes, gelatin squares and tablets.

How is LSD taken?

LSD is generally taken by mouth. The drug is colorless and odorless but has a slight bitter taste.

What are the risks?

The effects associated with LSD use are unpredictable and depend upon the amount taken, the surroundings in which the drug is used and the user's personality, mood, and expectations. Some LSD users experience a feeling of despair, while others report fears of losing control, going insane, or dying. Some have suffered fatal accidents while under the influence of LSD.

What are the street names?

Acid, Boomers, Yellow Sunshine, Back breaker, Elvis, Loony Tunes, Battery acid, Lucy in the sky with diamonds, Superman, etc.

Myths vs. Facts about Alcohol, Drugs and Treatment

Myth: Alcohol is a great way to relax and reduce stress.

Fact: Alcohol increases the level of stress that is placed on the body. Adrenaline levels increase in the body as we drink. We may feel more relaxed when we drink alcohol, but the body actually comes under additional stress.

Just a Reminder...

- Cookbooks are still on sale at the Tonkawa Chamber, Alpha 2, GS Consultants in Tonkawa and the Farmer's Exchange Bank in Tonkawa. They are \$15 and make great gifts for the holidays!
- Alpha 2 can provide UA's for your business or school! We can come onsite and test at your business or school also. Call today for a price quote and learn about our group discounts and what services Alpha 2 can provide for you today!

Client Letter to Future Clients

Alpha 2 clients write a letter addressed to future clients to come into Alpha 2. Below is a letter from a client.

Dear clients,

Welcome to Alpha 2. You have made a great choice. If you are willing to listen and get involved in recovery this place will give you the tools to live a happy and productive life. The staff at Alpha 2 will go out of their way to help you with whatever you need. They are very concerned about you and your needs. Take advantage of your time here to really get to know yourself and start working on changing the things that are negative in your life. There are great counselors here but keep in mind they can't fix your life for you. You have to help them

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Client Letter to Self

Alpha 2 clients write a letter to themselves before they leave treatment. We then send that letter back to them about 30 days after they have been discharged. Below is a letter a client has written to himself.

Dear Self:

This is a letter to myself, to remind me that I am and always will be an addict. Alpha 2 has shown you though, that there is a solution, NA sponsors, sober friends, your higher power, all the tools you need to stay clean are at your disposal 24 hours a day, everyday! Remember, you didn't become an addict overnight. You aren't going to recover overnight. Just take it one day at a time. Most of all, believe in yourself. You know you have the heart of a lion, and a lion won't give up.



We currently have private pay beds open!

Call Alpha 2 for a confidential screening or to get payment information...628-2539.

Alpha 2 in the News

If you would like to view any press releases about Alpha 2 that have been in the news lately please go to the Alpha 2 Website and click on news.

New News...

Alpha II, Inc.—Now Accepting Online Donations

**YOU CAN MAKE
A DIFFERENCE**



Would you like to donate?



\$200 - Meals for one client for a month
\$300 - Rent for one client for one month
\$840 - Co-Pay Scholarship for one client to attend our 42 day program
\$4,200 - Scholarship for one client to attend our 42 day program

Please send all donations to:

Alpha II, Inc.
P.O. Box 369
Tonkawa, OK 74653

PH: 580-628-2539

Fax: 580-628-4316

Don't forget...every donation can be tax deductible! Go check out our current needs list on the web. www.alphatwo.org/wishlist

Every donation no matter how large or small makes a difference! Your support is always

We would **LOVE** to hear from you!

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Email us and let us know what you think about Alpha 2
or the newsletter!
Email to...ashley.smith@alphatwo.org

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Your support is always appreciated

Go to www.alphatwo.org/makeadifference and donate online today!
Help change someone's life.
Make a Difference!

Current Donation Needs

- *New Underwear
- *New Socks
- *Pillows
- *Fall clothing
- *Shower shoes or flip flops
- * Bedding for a twin size bed

Mission Statement of Alpha II, Inc.

To promote the quality of life and emotional well being of Oklahoma by advocating, encouraging, and exemplifying the barrier free delivery of responsive and innovative community based substance abuse services in an environment of dignity and respect for all consumers, their families, and staff.

If you or anyone you know needs treatment for substance abuse please call 580-628-2539. There is hope...Let us help. Call today for a confidential screening.

Questions or Comments... email us at info@alphatwo.org

Check out our website www.alphatwo.org

If you wish to not receive this newsletter please send an email to news@alphatwo.org