

## Field Representative News

### The Life Cycle & Mechanics of Addiction By Gary W. Smith, C.C.D.C.

Volume 6

*Special points of interest:*

- The fifth installment of The Life Cycle and Mechanics of Addiction, written by Gary W. Smith, C.C.D.C., Executive Director, Narconon Arrowhead.
- Two success stories from a staff member and her son, a graduate of Narconon Arrowhead.
- The Narconon First Step Program Book 3: The Narconon Workshop Guide Book. This book is for anyone interested in actually running a Narconon First Step workshop.



Gary W. Smith  
C.C.D.C.  
Executive Director,  
Narconon  
Arrowhead

#### Part V

There are different methods utilized in substance abuse counseling to bring about positive moral change in an addict. Probably one of the most commonly used is the 12-step approach practiced by the Alcoholics or Narcotics Anonymous groups. In this method steps 4 and 5 and steps 8 and 9 deal with life inventory of the wrong deeds done and who was effected by them. In addition to this, the addict then makes up the damage done as a result of these negative actions. This method is effective in recovery so long as the person's addiction has not progressed to the point where the individual has lost his or her ability to confront and communicate or to identify and solve problems. If an addiction persists long enough, an addict will lose even the basic social skills needed to perform in group therapy and to admit their wrong doing. In cases have not had the opportunity to develop these life skills. As a result, they do not perform as well in a 12-step program or other traditional treatment settings. In these cases the addict needs to be educated or re-educated in these basic life skills before there can be any real hope of success in raising moral standards and permanent sobriety.

When conventional approaches are not working with a drug addicted person there are effective alternatives to pursue in recovery before one gives up. What has not proven effective is substitute drug treatment, e.g. methadone, anti-depressants or other prescribed medications designed to mask the symptoms

of addiction mentioned in this article. This in effect just trades one addiction for another. It does not aid the addicted person in developing the life skills necessary to raise their moral values or their quality of life. Nor does it provide them with the necessary tools to remain sober and so relapse becomes imminent.

One effective alternative method to recovery is the life skills training and moral inventory used by the Narconon® program. This program provides a specific course of treatment which includes training in communication, a full body detoxification process, counseling in problem identification and solving, as well as counseling in personal values and integrity. These programs help individuals to accomplish heightened moral standards and sobriety with an improved quality of life.

Over 30 years ago author and researcher L. Ron Hubbard identified the basic barriers to successful recovery which have been discussed throughout this series of articles on addiction. Through his research he developed a means of treating them successfully. When the Narconon program was founded in 1969 by William Benitez, it was based on Mr. Hubbard's research and developments in the field of drug and alcohol rehabilitation. Benitez developed a working relationship with Hubbard and together they established the first Narconon program in Arizona.

Narconon centers have been using this treatment method successfully for over 30 years. It has only been within the last 5 or 6 years that the scientific and medical research have caught up with these methods of treating addiction. It is now acknowledged by the medical community that drugs do store in the body in the form of metabolites and that the chemical imbalances created by drug addiction are nutritionally driven. Further nutritional program components have been added to just about every type of treatment method and are recognized as a valid form of therapy in chemical dependency treatment.

[www.stopaddiction.com](http://www.stopaddiction.com)

---

## Narconon Arrowhead Success Story

*"Kristofer has faced that he has to pay for what he has done and is doing it with a very positive attitude, something he would not have been able to do before Narconon."*  
Vicky W.



Kristofer Neeland speaking at his graduation.

*"I have been in and out of jail and rehab and nothing was working until I found Narconon Arrowhead."*  
Kristofer N.

I came to work at Narconon Arrowhead as a receptionist a little over a year and a half ago with very little knowledge about the Narconon Program. The thing that impressed me most about Narconon Arrowhead was the closeness and caring of the students for each other and the staff. These were happy people.

The longer I have worked at Narconon Arrowhead, the better acquainted with the program I have become. As a receptionist, I heard many stories of how drug and alcohol abuse had devastated many families. Little did I know that the very thing was about to happen to my own family. My own son, Kris, had been dabbling in drugs for several years, but always assured me that it was nothing serious. Things began to snowball for him legally and also with his drug usage. He had been court ordered to another rehabilitation program a few years earlier for a month but had relapsed and gotten into the drug scene much deeper. He finally was arrested for possession and probation violation. He knew he was possibly facing up to ten years in prison this time and had finally hit bottom. After some prodding, I finally got him to call Narconon Arrowhead himself to find out about the program. I felt that Narconon Arrowhead was the best place for him to come, but I wanted him to make the decision for himself. It took a few months to get him to come, but he finally did come.

Kris entered the program and seemed to blossom as a person as he progressed in the program. He had a real desire to learn and strived to do the best he could in the program, something he had never done in the past. He developed a sense of pride in himself and what he was accomplishing through the program. He learned that he was

a worthwhile person and had the respect of others. His desire was to stay at Narconon Arrowhead and become a staff member.

Kris was unable to stay at Narconon Arrowhead and train for a staff position at this time. He has had to face the legal problems his addiction created before he came to Narconon and is now serving 18 months in prison. Kris has stated many times that he feels Narconon Arrowhead saved his life and how grateful he is for having the opportunity to go through the Narconon Arrowhead program. He has faced that he has to pay for what he has done and is doing it with a very positive attitude, something he would not have been able to do before Narconon. He has shared with others he has come into contact with in the county jail and prison what he has learned from Narconon Arrowhead. He says that he is using the skills he learned at Narconon to help him get through the situations he is now facing in his life. His goal is still to return Narconon Arrowhead and become a member of the staff.

As a mother of a Narconon Arrowhead graduate, I feel very strongly that Kris is right. Narconon Arrowhead has saved his life and he has become a much better person because of it. The rest of his family and I look forward to the time when he is able to achieve his goal of returning to Narconon Arrowhead, but this time a member of the staff, working to help others overcome their addictions and sharing what he has learned from his experiences using the tools the program has provided him.

Vicki Watt  
Mother

---

I, like so many others in society today, was caught in the downward spiral of drug addiction. I was more than a user I was also selling drugs. I have been in and out of jail and rehab and nothing was working until I found Narconon Arrowhead. I originally went to Narconon to try and beat some legal problems that I picked up during my drug use. Narconon completely changed my life, and opened my eyes to a better life with out drugs.

Although it did not keep me from having to go to prison this time, I picked up numerous life skills that have helped me take

responsibility for my actions and repay my debts to society. I have taken what I have obtained from Narconon and have had countless wins by applying the L. Ron Hubbard tech to my life and also to help others in prison with their struggles against drug addiction.

For all of this I thank Narconon Arrowhead and their staff. Keep up the great work, and I will see you all when I get out.

Kristofer Neeland  
Graduate

## Win of the Month

*"The contact I have had with the intake counselors from Narconon Arrowhead regarding selectees has been surprisingly warm and caring. It leaves me further inclined to select new prospects knowing that their questions will be fully answered and they will be well cared for."*

*Ron Barnard*

Thank you Ron!

Throughout your experiences as a field representative you are going to have wins. Your wins not only make you feel good, but make others who you share those wins with feel good also. If you have a win that you would like to share, please mail it to:

DannaSue Kelley, Field Rep I/C  
Narconon Arrowhead  
HC 67 Box 5  
Canadian, OK 74425



*"If the program can be used to salvage even part of a civilization sick from the onslaught of drugs and other toxic substances then perhaps there is hope for all that civilization."  
-L. Ron Hubbard*

## Successful Field Representative Activities

Contact and communication with people who are looking for rehabilitation services is vital to the survival of any Field Rep. You must make contacts with the public. As with any activity the field representative needs to have confidence with whomever they speak to, that the service they are recommending works and is valuable. The individual also needs to remember that he is communicating and attempting to get others to communicate with Narconon Arrowhead. You should have a business card with an available phone number and the best times to reach you. There are numerous services in every city that see the damage of drugs and would be a possible referral source. Therefore, the first action would be to let them know who you are and what you are doing.

This is the sixth installment of a series of helpful suggestions that will be provided to you.

**Suggestion Number 6:**  
Local Police and Drug Enforcement Units.

All police departments on nearly a daily basis are handling cases that involve drugs or alcohol. Police officers come into direct contact with people that are needing help. Get into contact with your local police department and departments of your surrounding areas and let them know that you are a representative for Narconon Arrowhead and provide them with business cards and tri-fold brochures to keep in their vehicles in the event that they come into contact with a addict or the addict's family. The officer can then refer them to you for a referral. The drug enforcement units or DEAs are in daily contact also trying to rid the streets and communities of drug activity. Handle the DEA the same way that you would the police department and be sure to provide them with plenty of referral information to keep on hand.

## Books and Videos

Narconon Arrowhead has a wide variety of books and videos that can provide you with valuable information when working in the field. This week's featured item from the Narconon Arrowhead bookstore is:

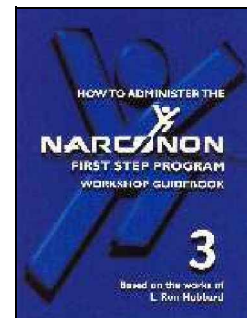
[The Narconon First Step Program Book 3:](#)  
[The Narconon Workshop Guide Book.](#)

The Narconon First Step Program Book 3, The Narconon Workshop Guide Book. This book is for anyone interested in actually running a Narconon First Step workshop. There are easy to follow

instructions with checksheets to take you through each step so there is no confusion or concern as to what you need to do next to have a good result.

The Narconon First Step Program Book 3, The Narconon Workshop Guide Book is being offered at the low price of \$19.95 plus shipping and handling.

For ordering information please contact:  
DannaSue Kelley  
Phone: 1-918-339-5877.





Drug Rehabilitation and Education Services  
HC 67 Box 5  
Canadian, OK 74425-9700

Phone: 1-800-468-6933  
Phone: 1-918-339-5800



To: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ - \_\_\_\_\_

*Delivering a new, proven approach to drug rehabilitation and prevention.*

## Set For Mid-June 2003 Release!



**What Is Drug  
Addiction?**

**How Does It  
Work?**

**How Can It  
Be  
Overcome?**

Drug and alcohol addiction is one of the gravest societal problems in existence today. Addicts harm themselves and the world in general through crime, lost productivity, domestic violence, abuse, neglect and errors made while under the influence of drugs and alcohol, like the drunk driver who smashes into a crowd of innocent bystanders. The toll that addiction takes on everyone is staggering.

Now a book is available that explains exactly what addiction is and how it works. It was written by two drug and alcohol counselors who have been helping addicts for many years at Narconon of Oklahoma, a long-term, non-traditional rehabilitation facility that boasts a program graduate rehabilitation rate of approximately 70%. This volume tells just how and why good people surrender to the trap of addiction and how the effects of addiction can be seen in daily life.

The first book in the *Helping Someone Overcome Addiction* series is called "What Is Addiction?" It describes in complete detail the cycle of drug use, quitting and relapse - a cycle that every drug addict and an addict's loved ones are all too familiar with. It also explains the depression, drug cravings and guilt that occur when someone becomes a drug addict.

This book will be released in mid-June 2003. For more information, or to reserve your copy, please call 1-800-468-6933 or visit [www.narconon-books.com](http://www.narconon-books.com). Addiction affects over 20 million people in the United States alone, and each of those people affect many others. No one can afford to be without the knowledge presented in this book.

Reserve your copy today by calling 1-800-468-6933 and tell them that you read about the book *Helping Someone Overcome Addiction* in the Narconon Arrowhead Field Representative News Letter!