



## MEET SOME OF OUR GRADUATES

St. Joseph Institute has hundreds of graduates who have established a strong and successful recovery, living free from drugs and alcohol. A few examples are listed below, reflecting the personalized treatment that is a hallmark of St. Joseph Institute.

### STEPHEN (Production Manager)

- An alcoholic with frequent relapses.
- Wanted to save his career and his marriage.
- His program included the development of strategies to manage stress, a restructuring of family life (through counseling with his wife), and the resolution of self-worth issues related to childhood abuse. Stephen is managing his recovery “one-day-at-a-time,” using his new skills and avoiding the behavior patterns that he learned to recognize as the warning signs of relapse.

### KAREN (Teacher)

- Used drugs to manage the challenges of life.
- She realized the importance of establishing clear boundaries, appropriately asserting herself, and learning to reach out rather than isolate.
- Today she is happy again, enjoying her three children and her job as a teacher.

### KEN (Engineer)

- Loved to party and failed to realize the impact of his drinking on friends and family.
- Recognized that he has a disease that controlled his life and was destroying everything important to him.
- Learned how to live life differently and establish the supports that are helping to keep him sober.

### CRAIG (Trainee)

- Promising sports career when an injury occurred.
- Led to an addiction to pain killers and chronic depression.
- Working with the Institute’s pain team he was able to resolve the pain, address the grief and disappointment, and establish a new sense of purpose.

### JOHN (Doctor)

- A surgeon who managed the stress of a busy practice with medications.
- Learned to accept his weaknesses, and make important life changes to support his sobriety.
- Step by step, using newly acquired skills and awareness, he is rebuilding his marriage and his career, with aftercare support from other healthcare professionals in recovery.

### CHRISTIE (Student)

- A sophomore in college when she began using drugs.
- By her senior year addiction was controlling her life and destroying her dreams.
- Using a combination of therapies, she learned how to manage her impulsive behavior, facing problems rather than always seeking escape.
- She is back at school working on her degree.

### KATIE (Housewife)

- Began using drugs when she was 12.
- Was rushed to the hospital following an over dose.
- Had to learn that she has a disease and how to cope when cravings arose.
- She now realizes that breaking free from addiction is a life-time task, and has come to rely on her church group and a re-discovered faith when times get tough.

### ALBERT (Store Manager)

- Addicted to drugs since high school
- Enabled by a family that could not say “no”
- Needed to take responsibility for his life and acknowledged the consequences of his addiction.
- He is back at work, has a healthier relationship with his family, and is helping other addicts enter recovery.