

A “Day in the Life” of an Evening Intensive Outpatient Client at WRA

I am a grateful graduate of WRA’s evening outpatient program. I now have 4 months sober because of the support and education I received at WRA’s evening outpatient program and the fellowship of AA.. I’d like to share some of my experiences in the evening outpatient program to help you decide if this program is a match for you.

The clients of WRA’s evening outpatient program represent a diverse population of women. I’m a full time working mother of two small children. I found support, courage and strength among the other clients at WRA. They were working mothers of young and adult children, mothers working at home, young and mature women in school, and young and mature women exploring job opportunities and new careers.

We all had the support of our counselors. The counselors taught us the “tools” of recovery. Some of these counselors were in recovery and understood the challenges we faced. They were knowledgeable, professional, firm and caring women.

In the evening program you will attend groups at the center 3 times a week on Monday, Tuesday, and Thursday evenings from 6-9:15. The first half of **Monday’s** program is educational and I learned a lot about addiction and alcoholism. The second half of Monday’s program was dedicated to our process group. In “process” we shared out problems, challenges, strengths, and knowledge. On **Tuesday**, we learned about the twelve steps of Alcoholics Anonymous and we wrote and shared out Drug and Alcohol histories and our steps one, two and three. On Tuesdays, we also had acupuncture and relaxation class. On Thursday evenings, we had education about relapse prevention and ended the evening with another process group.

Also included in the evening outpatient program are individual sessions with your counselor. Together we identified problems, goals and plans. We met according to a designated schedule.

I formed an “outside” support group with other clients from WRA.. We attend AA meetings, alcohol and drug free social settings, and spiritual groups in our community. This support group continues to grow. Most importantly WRA helped me learn about the strength and fellowship of AA.

I wish you good luck in deciding your treatment plan. Remember sobriety is a journey and not a destination. May your higher power guide you on this journey of recovery.

Sincerely,

One of the first Evening Outpatient Clients