

TEN REASONS TO CHOOSE DRINKCHOICE.™

1. It can help you eliminate drinking problems and get on with your life.
2. It gives you the power to choose your own goal: abstinence or moderation.
3. You'll feel great about yourself.
4. Eliminating drinking problems now will prevent more serious problems later.
5. DrinkChoice is based on the latest research.
6. It is administered by trained and licensed professionals.
7. Our clients average a \$1,000 savings in the first year, by spending less on alcohol.
8. It is brief and confidential.
9. You'll feel better and improve your health.
10. DrinkChoice is affordable.

IF YOU OR A LOVED ONE IS
DRINKING TOO MUCH

CALL TODAY

805.966.5100

Visit: www.fullspectrumrecovery.com

ABOUT US

Full Spectrum Recovery has a respectful, non-judgemental approach to alcohol and drug problems, that works with the client "where they're at" and not where others think they should be.

Our full spectrum of research based treatment choices provides an array of programs and resources to help substance abusers select their most appropriate treatment goal.

If it appears our clients initial goals cannot be met, we support rapid movement towards a more appropriate goal that reduces harm. We encourage participation in 12-step programs such as Alcoholics Anonymous, Narcotics Anonymous, or a variety of structured treatment programs, if more support is needed.

We bring over 50 years of experience with in-patient and out-patient treatment, with specific focus on substance abuse and dependency, family crisis interventions, relapse prevention, spirituality, and long-term after care.

We stress progress not perfection on the journey towards successful recovery.

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Drinking too much?

You can learn to cut down to a safe, healthy level or quit completely. It's your choice.

FULL SPECTRUM
RECOVERY'S

DrinkChoice™

Sensible

Healthy

Confidential



805.966.5100

California Licensed Provider

LEARN TO CUT DOWN ON YOUR DRINKING.

DrinkChoice is a brief educational program which will help you to eliminate drinking problems. You will learn proven techniques to cut down your drinking to a safe level, or to cut it out completely. The choice is yours. DrinkChoice is based on 20 years of scientific research which has identified a new and effective way of eliminating drinking problems. DrinkChoice is offered in an economical group format, or in private, flexible, individual sessions. Sessions are offered at convenient locations or by telephone.

QUICK RESULTS.

DrinkChoice consists of a 1-hour professional assessment, followed by:

- Five 50 minute private sessions, or
- Five 50 minute telephone sessions.

DRINKCHOICE™ IS FOR PROBLEM DRINKERS.

MODERATE DRINKERS

PROBLEM DRINKERS

ALCOHOLICS

SELF TEST IS DRINKCHOICE™ RIGHT FOR ME?

Please answer each question	Yes	No
Have you ever felt you should cut down on your drinking?		
Have people annoyed you by criticizing or complaining about your drinking?		
Have you ever felt bad or guilty about your drinking?		
Have you ever had a drink in the morning (eye opener) to steady your nerves or to get rid of a hangover?		
Has a physician ever told you to cut down or quit use of alcohol?		
Has your drinking caused family, job or legal problems?		
When drinking have you ever had a memory loss (blackout)?		
Do you just drink too much?		
Do you drink every day?		

If you've answered yes to more than one question, DrinkChoice may be the right choice for you.



Call 805.966.5100
for an appointment

I THOUGHT IF YOU HAD A DRINKING PROBLEM YOU HAD TO GO TO AA AND QUIT DRINKING FOREVER.

That's true for people whose drinking problems have progressed to a severe stage (alcoholism). DrinkChoice is not for them. But new research has shown that many people have less severe problems which can be eliminated through a brief, educational intervention. If excessive drinking is causing problems at home, at work, or with your health, and you believe you can learn to drink responsibly, DrinkChoice may be for you. Trained and licensed counselors will help you decide whether DrinkChoice, or another approach, is right for you.

WHAT SHOULD I DO NEXT?

Call 805.966.5100 now. Trained counselors are available days, evenings and weekends. Start on your way to a healthier, more enjoyable lifestyle today. All inquiries are handled with complete confidentiality and there is no obligation.

COSTS.

DrinkChoice costs just a small fraction of what traditional alcohol treatment programs do. The fee includes a private, professional assessment, a comprehensive workbook, all other materials and the training. Full Spectrum Recovery accepts cash, checks, VISA and MasterCard.