14 Rules

You must never break when dealing with addiction.
Fourteen Rules You Must Never Break when Dealing with Addiction

When a loved one is addicted, unfortunately, one’s usual patterns of thinking and behaving may not succeed in helping that person achieve sobriety. Dealing with a person’s addiction requires a different attitude that does not come naturally to many people. Addicted persons take advantage of this to manipulate family members so they can continue drug use without interference.

The tragedy is that when the drug abuse and manipulation continue for years, the family may have no resources left with which to save the addicted person’s life. It’s very common for tens or even hundreds of thousands of dollars to be spent cleaning up the problems that result from addiction.

To prevent this tragedy from occurring, here are fourteen rules you must never break when someone you care about is addicted to drugs like alcohol, crack or powder cocaine, marijuana, methamphetamine, or opiates like heroin or OxyContin.
Ban naïveté

Naïveté – the quality of being too innocent and trusting – is a fatal flaw when it comes to addiction.

The only safe action when dealing with possible drug abuse or addiction is to eliminate naïveté entirely, no matter how much it hurts. A naïve person is too willing to believe that a loved one is telling the truth, even when the evidence strongly suggests otherwise. Families get caught in this trap because the loved one was always able to be trusted before. When the effects of alcoholism, drug abuse or addiction begin to show their faces, and until a person completes a rehab program that really gets through to him, all bets are off. Being naïve about alcohol or drug abuse can be – and too often is – a fatal mistake.

How to do it wrong
A high school student’s grades fall. He drops out of a number of clubs or activities. His friends change. When his parents question him, he claims that he was tired of those activities and his teachers are picking on him. He’s always been so trustworthy that the family buys these stories and leaves him alone till much later when the damage is much harder to repair.

How to do it right
Parents question him about the changes. They refuse to be naïve about this matter because they know that these signs commonly mean drug abuse. They talk to teachers and some of the former friends. They hear about more symptoms that might mean drug use. They escort their son to the family doctor and ask for a drug test. The positive drug test gives them real evidence that lets them know that further action is needed.
Don’t be an ‘enabler’

‘Enablers’ might believe they are helping when, in fact, they are contributing to a person’s self-destruction.

As hard as it might be for some people to accept, an enabler actually makes it possible for a person to continue to abuse drugs or alcohol. Enabling can come in an infinite number of variations. Instead of insisting a person get professional help, an enabler might let a drug-using person who is falling out the bottom live in the home, may help him find a job, lend him a car (which he uses to go get drugs), or bring food over to his house day after day.

Financing is a major way enablers allow drug abuse to continue. When the addicted person has lost all sources of income, if the family continues to support the person financially, that person can drive himself straight down a self-destructive path. It can take quite a feat of self-discipline to stop enabling because helping a person in trouble comes naturally to a loving family. A small loan, helping him find a new car after he wrecks the last one, calling around to help him find a job – all these acts of kindness may simply be prolonging the drug abuse.

How to do it wrong
Young woman comes home and asks her parents for $500 for rent. They ask why she can’t pay her rent. She says she lost her wallet and she had all her rent money in it. Although she was short on her rent the month before and she has been sick a lot lately, the parents don’t ask any more questions. They get her the cash and she leaves.

How to do it right
Young woman asks for rent money. Parents question why she can’t pay rent and note that she asked for $100 to complete her rent payment just three weeks before. She makes the claim about the lost wallet. Instead of enabling, dad says the loan depends on his being able to see her records of recent expenses and paycheck stubs. They can log into her bank account or run over to her apartment and get the records. She can’t support her lies and the family does not enable her drug abuse by giving her money that will just go directly to her dealer. They can now work on her real problem.
Reject the lies and manipulation

When there are signs of being addicted, expect the lies and manipulation to occur, and you will not be caught off-guard when they do.

When a person becomes addicted, it’s almost as though there is a special skill set that goes along with it. The mind becomes the servant of the drugs. He becomes expert at lying his way out of tough situations. He also learns how to turn the tables on someone trying to save his life, making it their fault that he is abusing drugs.

Grasp these two facts:

1. Along with drug abuse comes a moral and ethical decay.

2. Cravings for more drugs or alcohol can be so overwhelming that the user feels crazy. He feels totally justified in saying or doing anything necessary to get people to leave him alone so he can continue to abuse drugs. It feels as essential as breathing for him to do this.

So you don’t need to be surprised when the lies come. You will need to sharpen your detective skills, verify the stories, and refuse to let yourself be manipulated. You don’t deserve it.
How to do it wrong
A wife notes that her husband is not leaving for work and has a new dent in his truck. She asks what happened. The husband replies that at work, a delivery truck backed into him and when he asked for compensation, he got fired. He was tired of that job anyway and he’s going to take some time off from working. The wife notes that because there seems to be money missing out of the budget each month, many bills are already past due. She objects to his taking time off when there are bills that need to be paid. Her husband turns on her, accusing her of not being supportive of his need for some time off. After all, she took two years off after the babies were born. He berates her and belittles her until she yields and tells him to do whatever he wants to do.

How to do it right
This example presents a difficult situation that simply may require outside help. The support of other family members, family doctor or minister or an interventionist may be required to fully cut off the husband’s attempts at intimidation or manipulation. Addiction is a powerful and clever enemy. A helpless spouse, a middle-aged divorced mother, or ailing father, or worst of all perhaps, an elderly grandmother may not have the ability to hold up against this kind of direct assault. The person being lied to or manipulated needs to start by realizing that she is not the one creating this situation. She needs to find sufficient support to deal with it.

In this example, the wife hears the lies and doesn’t reply. She notes all the recent upsets, illnesses and money missing and comes to her own conclusion. She recruits the assistance of other strong, trustworthy family members. The employer is consulted and it turns out the husband was fired for dealing drugs on the work premises. Soon, the addicted person is faced by a group that demands a drug test and then rehab if the drug test is positive.
Follow the Money

This rule is as true when it comes to drug addiction as it is with as many other types of shady dealings.

The supply of drugs and alcohol is completely fueled by money. When a person becomes a heavy drinker or drug user, there are going to be financial effects. Money is going to be missing. As addiction increases, this could be lots of money, even thousands of dollars a week.

Addicts very commonly become unable to maintain steady employment, meaning that the supply of money will dry up. When income dries up, a drinker or drug user will first sell off personal valuables and then will usually steal from family and friends. Many become desperate enough to turn to crime to pay for the drug habit. Shoplifting, identity theft, car theft, pharmacy robberies, muggings, prostitution and of course drug dealing keep the habit financed.

If you see dramatic, unexplained changes in financial conditions – either disappearing money or too much money or new, valuable possessions on hand – consider the possibility of drug addiction and related crime.

How to do it wrong

A young man is away at college and calls frequently for more money. The family questions him about why he needs so much more money but he always has a story ready, always something different. Books prices are higher, his car needed a big repair, his rent went up. It seems like there is $1000 more needed every month. Since his stories always sound plausible, the family just sends more money, figuring they must have planned wrong when they sent him to college.

How to do it right

Three months in a row, the young man calls for more money, always with a plausible story. The third month, they send part of the money asked for then plan a fast trip to the college campus to see for themselves. On arrival, they can see that their son has lost weight and has sores on his face. Their money has been going to heroin. They can now address the heroin addiction.
When signs of drug use and addiction start showing up, don’t be afraid to secure your valuables. A person who has given up control of his life to drugs unfortunately loses his good judgment as well. While there are exceptions, most heavy drug users will become desperate enough to steal and rob when it looks like there are no other alternatives. If he has keys to your home, you may notice valuables like televisions, computers or tools missing. He may come in at night and take cash from a purse or wallet. One father sold all the children’s toys out from under the Christmas tree. Valuables are not safe in the hands of a person struggling with addiction.

You should not feel guilty about protecting what is yours. Store valuable items elsewhere or get a safe. Install an alarm, security doors or video surveillance. Change locks both at home and at any business locations. Change security codes, passwords and signature cards. Cancel credit or debit cards you have handed over to the drug user. Discuss protecting accounts with your banker.

This should not be a last resort when you are dealing with addiction, it should happen the moment you realize there is a problem. By protecting your property, you actually enable yourself to provide the right kind of help – effective rehab – when it is needed. An addicted family member can bankrupt a family before they have a chance to get him into treatment.

HOW TO DO IT WRONG
A woman is the manager of the family-owned restaurant. She begins using cocaine at the restaurant with a couple of the employees. Soon, the profitability of the restaurant falls off. Before long, it is not even breaking even. Her parents, the founders of the restaurant, try to find out what is happening. She claims employees are stealing things and fires a couple of people (the ones who do not use cocaine). The losses continue after the firings and she continues to offer excuses. The parents finally arrive at the restaurant, look at the books and realize they are bankrupt. The daughter takes off with the remaining cash. The parents do not have the money to find her and pay for her rehab.

HOW TO DO IT RIGHT
The family realizes the restaurant is losing profitability. The daughter provides excuses. The father heads to the restaurant and talks to the employees. A long-time employee finally tells him that the daughter has been using cocaine at the restaurant. “She said you knew and didn’t care,” he adds. Dad immediately secures all accounts, changes the locks on the restaurant, changes signature cards. The losses add up to thousands of dollars but hundreds of thousands and the value of the restaurant are saved, meaning the family can afford rehab to save their daughter’s life.
When there are mysterious problems that just won’t resolve no matter what, consider substance abuse

When a person is using drugs or drinking excessively, it is not unusual for him to hide his habits. A teenaged boy may escape at night to smoke weed or drink with his friends – or worse. He and his friends may raid family medicine chests and pool their prescription drugs. An alcoholic wife may drink while her husband is at work and do her best to hide the evidence. The drive to abuse these drugs is so strong that addicts learn how to keep others from interfering with their habits.

But substance abuse routinely leads to problems in life, such as:

• Illnesses and financial problem
• Arrests for DUI, possession of drugs or crimes committed to get the money for drugs
• Domestic or child abuse or neglect.
• Loss of jobs
• Missing possessions that were sold for drugs
• Homelessness

A family who is trying to help a loved one through problems like these may wonder why all their efforts seem ineffective. Every time they lend him money or help him find a job or get out of jail, more problems come up. In this situation, a family should consider that the root of all these problems could be substance abuse.

How to do it wrong

A married couple is facing severe financial problems and is preparing to file for bankruptcy. The wife can’t get the husband to contribute any help toward resolving the financial problem despite repeated attempts. Right in the middle of this problem, he walks out on his job and starts disappearing for days at time. He starts having mysterious physical problems and losing weight. The wife can’t understand the change in his behavior from earlier days when he was reliable. She never considers that he might be abusing drugs when he is away from home.

How to do it right

When her husband’s behavior becomes erratic and completely different from his earlier pattern, the wife realizes that something serious is interfering with his abilities. She brings in his family for help and together, they manage to track him down and find him abusing methamphetamine during those times he disappears. His addiction to this drug explains the current financial disaster and his health problems. With the correct reason for the problems, the family can seek the correct solution.
An addicted person will make every attempt to shift the blame to others – it’s just the nature of addiction.

One of the more frustrating aspects of addiction is the addicted person’s immediate effort to blame someone else for his problems. Lost jobs, broken marriages, arrests, illness, bankruptcy, injury, addiction itself – they are all someone else’s fault. Don’t get caught believing a steady stream of stories about how other people have caused the person’s problems.

On the other hand, appealing to the person’s better judgment will seldom work. That judgment is buried under months, years or decades of self-destruction and harm to others that he now cannot face. Drug and alcohol abuse lower awareness. Bringing a person back to responsibility must involve a process of gradual unburdening so as to not overwhelm a person to the point of relapse. This is the job of a good rehab program.

But for the moment, do not accept that everyone else is the cause of the addict’s problems. As soon as this pattern emerges, discover the facts for yourself. If it’s not possible, at least insist on not being sucked into the misleading tactics of the addict. There are injustices in life, but in the vast majority of cases, a person creates or at least majorly contributes to his own situation in life. And even when life hands one a low blow, it is one’s responsibility to buck up and handle it. One
thing to look for is any effort on the addict’s part to overcome his or her problems in a responsible manner. If this effort is absent, the likelihood increases that the full truth is being concealed.

**HOW TO DO IT WRONG**
A father comes home after losing a job. This occurs after several months of worsening mood and relations at home. His wife sees that he spends no time with her or the children any more and there are increasing arguments. He loudly explains how the boss is a jerk and got things all wrong and he got fired as a result. He even makes a few vaguely threatening comments about “getting him back.” The wife could make one of two mistakes at this point – either believe the whole tale and sympathize, or appeal to the better judgment of the husband and try to get him to see how he could have avoided being fired, “for the sake of the children.” The former approach is going to let the husband live a lie and will enable matters to continue to go downhill. The latter approach, no matter how accurate, could lead to a violent argument.

**HOW TO DO IT RIGHT**
The best choice here is likely to be one very similar to that presented in #3 above: Enlist the support of the extended family to get to the bottom of the problem. Especially when there are children involved, don’t try to deal with a stronger, more threatening person on your own. Also don’t let your shyness or embarrassment stand in the way of asking for help. If the first person you ask won’t help you, keep asking until you get help. When someone is struggling with addiction, it is not unusual for it to require the efforts of a group for the problem to get fully handled.
In this modern world, expect drug influences to start very young. Parents may wait until children are in their teens to start talking about drugs but many children will already have begun substance abuse by this time.

It is tragic that this rule even needs to be written. But in today’s world, waiting until the teenaged years to talk about drugs is far too late. By this age, if a youth has not started abusing drugs or drinking, he has probably seen people stoned, drunk or high and has watched drug abuse at school, parties, at home. He has seen drug and alcohol abuse in movies and on television and has heard about his sports or music heroes going to rehab. Drugs are unfortunately part of young children’s lives and this was probably not as true for today’s parents when they were the same age.

Most parents do not feel fully prepared to cover the subject thoroughly with their children. They may need to educate themselves on the types of drugs the children are being exposed to. There are many new drugs on the market and many youth also abuse prescription drugs or a combination of prescription drugs. Drinking is common among high school students as well.
How to do it wrong
Gather your children up and announce that you expect them not to use any drugs. Talk about alcohol and marijuana only. Warn them that they will be grounded for an extended period if they are found to be using any drugs and leave it at that.

How to do it right
Do your homework. Learn what drugs today’s youth are being offered or seeing other people use. You can find detailed reports on their exposure in the annual Monitoring the Future report (http://www.monitoringthefuture.org) or the National Survey on American Attitudes on Substance Abuse (http://www.casacolumbia.org/templates/publications_reports.aspx).

To learn more about the drugs they are being offered, using or seeing others use, visit the drug education resources on the Narconon International website: http://www.narconon.org/drug-information/.

Narconon drug education classes start as early as first and second grade. It is recommended that you begin to proof your children against drug abuse at this very early age. Of course you will have to scale your message to the age of the children you are talking to, keeping things very simple and basic in the early lessons.

In an age-appropriate manner, start talking to your children individually or together, as you feel would work best with their personalities. Let them know that you will help them understand the dangers involved in alcohol, nicotine, and other drugs and this will be done in short meetings held over a period of time. In each meeting, provide a short lesson on the harm that can be done by alcohol and/or other drugs. Gradually educate your children on the different drugs they will hear about and why each one is dangerous. Explain what you have learned about why people start using alcohol and drugs. Encourage them to ask questions, and if you think your children are old enough, ask them if they have ever seen anyone using that drug. Refrain from criticizing them for their observations. Try to make this a safe time to bring up things they are curious about.

For a more complete guide to talking your children about drugs, you can view an online booklet from Narconon here: http://www.narconon.org/bookstore/talking-to-kids-about-drugs.html.
When choosing a rehab program, do your own homework

There are all kinds of rehab programs available. Short-term and long-term, inpatient and outpatient. Ones that employ substitute drugs and ones that utilize nutritional supplements, yoga, massage or exercise. Wilderness programs and boot camps. Ones that are close by and ones that are far away. Programs employing animals, music or theatre in therapy and ones that teach problem-solving skills in a classroom.

It will take a little education to sort out these different types of programs. When a loved one is addicted to drugs or alcohol, every day could bring a new problem, arrest or health crisis. But a short time spent making sure that the rehab you choose is the best one for your situation may pay off with a much better result. This could mean that you avoid repeated trips to rehab.

How to do it wrong
A family finally gets the agreement of an addicted loved one to go to rehab. Because they have not looked at the different types of programs that are available, they choose one that is right around the corner. It’s a short-term program with no after-care plan. Because of the complex nature of addiction, their loved one does not have enough time or service to unravel all the addictive behavior he has learned from his years as an addict. And his drug-using friends stop by to see him in rehab, meaning that he never really gets away from the influences that helped keep him addicted. He only has 28 days of clean and sober time as a result of this program and goes back to abusing drugs as soon as he is discharged.

How to do it right
The family researches the different types of rehab, even asking a local librarian to help them find information since they are not very familiar with using the internet. They decide on a program that is hundreds of miles from home so that the person is not continually faced with the people and places associated with drug use. They choose a long-term program after asking the center for phone numbers of parents of other people who have gone through that program. Encouraged by comments from these parents, they have confidence that this program will enable their loved one to discover why he was using drugs in the first place and recover from his addictive habits.
Once the person is in rehab, don’t believe everything you hear

When you get calls from the person in rehab, listen to them when they talk about the rehabilitation facility but take their initial complaints with a grain of salt. Drugs are a powerful master and exert an overwhelming level of control over people, especially after they first arrive in rehab. The drive to get out of rehab and get more drugs will overpower many people’s desire to get sober. This is why some people try to smuggle drugs into a rehab or why they will find “vital” reasons why they “must” go home for a few days.

It’s unfortunate that some people in recovery are so driven to return to drug abuse that they will invent stories of upset, harm or danger, just to get families to come get them. Of course, you must pay attention to what they say, just in case there is some mismanagement at a facility. It is wise to build a personal relationship with someone in the center you feel you can have confidence in, just for this situation.

If you have done your homework in the beginning, you have chosen a facility you have confidence in and perhaps you have even talked to other parents of graduates from that program. When you are using your judgment in this matter, realize that the real enemy is drugs, and it may be the urge to use drugs again that is motivating the upsetting call you are having to deal with.

How to do it wrong
After many years of her heavy opiate abuse, a father sent his daughter to a rehab. Early in the program, before she found any relief from the cravings, she called her father repeatedly, crying, manipulating him, asking him how could he send her away if he loved her? He relented and let her come home. The daughter immediately returned to opiate abuse.

How to do it right
When the daughter called home from the rehab and tried to manipulate her father’s emotions, the father was too sure of his choice of rehab to fall for her lies. He knew that the rehab had a good record of helping people recover so he decided he had to stick with his original decision. If he felt like wavering, he talked to the person at the facility he felt the most comfortable with and found out that his daughter was being a source of problems at the facility, but was actually just starting to respond to the steps of the program. A few months later, she completed the program that enabled her to stay sober for the long term.
Once a person graduates from a thorough rehabilitation program, don’t act like the problem never existed. Nearly everyone who completes rehab and returns home will need a period of support from family and friends. Supporters should be sensitive to the person’s needs and either not drink in front of him or carefully ensure that it is not a problem. The recovered person should not be invited to drink, in fact, it would be wise for someone close to the recovered addict to serve as a backup, to take the person aside if it looks like they are going to give in and order a drink or begin to indulge in some other fashion. It should go without saying that family and friends should not abuse prescription drugs or use illicit drugs in their vicinity. While the amount of support needed will vary from person to person, it is much safer to assume that support is needed. Do not rely on or expect pre-addiction patterns of thinking and behavior until a proven, effective rehab program has been completed and a person has had enough time to assume control of his sober life.

**How to do it wrong**

When an adult son comes home from rehab, mom and dad throw a party to celebrate. Because his drug of choice was opiates, they feel okay about serving beer at the party. He has a few beers. His old buddies are there (his family didn’t know that they were his drug-using companions) along with an ex-girlfriend. The family then returns to their usual schedules and patterns of living, but the adult son goes out the next day and finds his old drug dealer.

**How to do it right**

When the son comes home, mom and dad sit down with him and find out what he’s ready to face and what he needs more time to prepare for. He realizes he has to step back into a normal life gradually. He’s got a job ready and just wants to go from work to home for awhile, maybe go a few places with the family. He does not want to face old drug-using associates quite yet. After he builds up a history of sober living in his home environment, he feels a little more confident about venturing out alone. When the parents leave for the weekend, another family member stops by to check on how he’s doing. Within a couple of months, he’s comfortable about resuming a normal pattern of living.
Realize that life will offer a recovered addict serious triggers to relapse, no matter how good rehab was.

Relationship breakups, professional setbacks, job losses, lawsuits, deaths of family or close friends – these can be overwhelming. Even a person who has been sober for many years may break at these moments. When you love someone who has recovered from addiction, if he encounters one of these serious stressors, give him (or her) extra help at this time. Try not to leave him alone for the first few days. Once the crisis is past, the person’s skills and training gained in rehab will be more likely to carry him through any steps that must be taken.

How to do it wrong
A man successfully completes rehab and spends many years sober, managing a successful life. When he’s out with close friends, one of them dies suddenly of a heart attack, right in front of him. Because he has been sober for a decade, the family never thinks that he would need extra support at this time. But the loss is so shocking and overwhelming that even ten years of sobriety is not enough to prevent him from relapsing into drug use. His brief escape into opiates is enough to trigger the whole pattern of addiction for him. A few weeks later, the family realizes they have lost him to addiction again.

How to do it right
When the man’s close friend dies in front of him, his brother realizes that this event could be so overwhelming that it could drive him to escape the pain with opiate abuse. He immediately goes to his brother’s side and stays there for the next few days. If he has to leave, he makes sure he is replaced with another sober family member or close friend until the crisis is over. The man’s brother realizes that this inconvenience to his life is nothing compared to the disruption that would occur if the man had to go through an entire rehab program again.
Don’t lose hope of recovery

If rehab didn’t work once, it doesn’t mean that it never will. Forty-five years of experience helping the addicted find responsible sobriety at Narconon drug rehab centers have proven that the overwhelming majority of people will respond to caring help and a proven rehab program. Only a very few will prevent themselves from ever being helped.

If completion of one rehab program does not result in lasting sobriety, you don’t have to lose hope. Your loved one may simply need more help or may need a different type of program with a different approach to repairing the damage from addiction. Your faith in the person’s recovery can be the factor that saves his (or her) life.

How to do it wrong

A young woman spent many years addicted to opiates and going through one rehab program after another. After several times through the same kind of short-term program, her family gave up on finding another rehab for her. They felt they had no choice but to just turn their backs on her.

How to do it right

Despite her half dozen trips to rehab, the young woman’s father refused to give up on her. For her seventh trip, he looked for and found a completely different type of rehab, a long-term one that would give her all the time she needed to recover from her addiction. At her graduation from this program, she told her family how much she appreciated the chance to do a program that really gave her the life skills and help she needed to get sober and expressed her gratitude to her father for not giving up on her.

By finding the right rehabilitation, you can have the person back in your life to love and laugh with again.
Realize you are not alone

Many families feel totally isolated when someone in the family is addicted. They may be ashamed of having a problem like this. Many families don’t reach out for help and advice because of this shame. Wives may feel that asking for help from other families members will make them look bad in some way or maybe they would feel terribly embarrassed. Parents may even feel that the addiction of a son or daughter is somehow their fault when they actually had little or nothing to do with it.

The truth is that more than two million Americans enter drug or alcohol rehabs each year. Many of today’s drugs are so addictive that just a few experimentations with a drug like crack cocaine, ecstasy, or prescription opiates can hook a person. Addiction is a broad social problem, and family failure may not play any significant role in the person’s drug abuse.

The most important thing is that the addicted person gets the right kind of help. Feelings of shame, failure or embarrassment need to be put on the back burner until the right rehab program is found and the person is safely on his way to sobriety.

How to do it wrong
A wife is being constantly criticized and belittled by her alcoholic husband, even slapped around. The children are terrified of their father and are often sick. The wife is too embarrassed to admit the problem or find any help from her minister, her family or her doctor. She has been convinced by her alcoholic husband that all the problems are her fault. And so the problem can continue, month after month.

How to do it right
After some months of abuse by the husband with the worsening alcohol problem, the wife sees that she and the children are getting sicker and more depressed day by day. After careful review of her options, she admits the problem to close family members and asks for help. The family supports her by protecting her and the children while insisting that the husband enter an alcohol rehab program. The family is reunited after he recovers his sobriety.
Message for Families from Narconon Arrowhead

Addiction is one of life’s most difficult situations to deal with. A family member struggling with this problem should realize that his (or her) struggle is normal. Dealing with addiction is never easy. By using the guidelines above while the problem exists, families can prevent far worse problems and losses and can arrive at a solution faster.

In more than four decades of working with addicts to fully recover, Narconon staff around the world have seen that families suffer right along with the addicts. This advice is offered to help during this critical time.

If you would like to find out more about the Narconon drug recovery program or ask for advice in your individual situation,

call Narconon Arrowhead at 1-866-331-3772 today.