

MISSION

PDAP IS A NON-PROFIT ORGANIZATION IN HIDALGO COUNTY PROVIDING PROFESSIONAL & CONFIDENTIAL COUNSELING TO YOUTHS, ADULTS & THEIR FAMILIES AFFECTED BY ALCOHOL & OTHER DRUGS.



MONKEY FIST  
EARNED AFTER 30 DAYS OF  
CONTINUOUS SOBRIETY



PARENT'S HEART  
EARNED AFTER 30 DAYS OF ACTIVE  
PARTICIPATION IN THE FAMILY GROUP

“LIFE IS TOO PRECIOUS TO WASTE. TAKING THE FIRST STEP TO SEEK HELP IS DIFFICULT BUT THE ALTERNATIVE IS EVEN MORE PAINFUL. EVERY DAY AND HOUR THAT YOU WAIT THE PROBLEM GETS WORSE. DO NOT WAIT.”  
CALL NOW FOR HELP!

OUR COMMUNITY NEEDS PDAP, & PDAP NEEDS YOU!  
ONLY WITH YOUR SUPPORT CAN PDAP CONTINUE TO PROVIDE FREE SERVICES TO YOUTHS, ADULTS AND FAMILIES IN NEED.



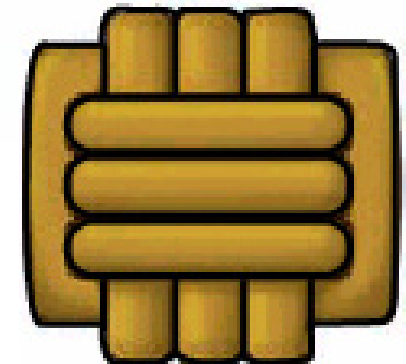
PALMER DRUG ABUSE  
PROGRAM - McALLEN



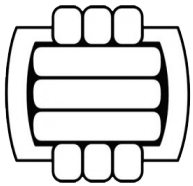
United Way of South Texas  
Serving Hidalgo & Starr Counties

FOR MORE INFO E-MAIL  
PDAPMCALLEN1988@GMAIL.COM

# PALMER DRUG ABUSE PROGRAM



115 N 9TH STREET McALLEN TX 78501  
PH (956) 687 7714 FX (956) 687 7714  
WWW.PDAPMCALLEN.ORG



### WHAT IS PDAP?

PALMER DRUG ABUSE PROGRAM IS A FREE 12 STEP PROGRAM THAT HAS BEEN IN EXISTANCE SINCE 1988 IN THE HIDALGO COUNTY AND PROVIDES HELP FOR YOUTH, ADULTS AND THEIR FAMILIES. PDAP REACHES OUT TO THE POTENTIAL DRUG USER & THEIR FAMILY.

### PDAP SERVICES

YOUNG PEOPLE TODAY ARE FACED WITH AN INCREASING AMOUNT OF OPPORTUNITIES TO ABUSE ALCOHOL AND/OR DRUGS BUT WITH FEWER OPPORTUNITIES FOR DRUG-FREE SOCIAL INTERACTIONS. PDAP PROVIDES A POSITIVE, SAFE PLACE WHERE TEENAGERS CAN FEEL THEY BELONG, SHARE THEIR STRUGGLES, LEARN 12 STEP RECOVERY, & TALK TO LICENSED SUBSTANCE ABUSE COUNSELORS. TEENAGERS & YOUNG ADULTS ARE ENCOURAGED TO COME TO PDAP WHEN THEY ARE NOT IN SCHOOL OR WORK. WHILE AT PDAP, THEY CAN SHOOT POOL, PLAY CARDS, VIDEO GAMES, BASKETBALL OR SIMPLY HANG OUT. MOST IMPORTANTLY, THEY CAN SOCIALIZE IN A NON-THREATENING, SOBER ENVIROMENT.

PDAP OFFERS FREE:  
INDIVIDUAL COUNSELING  
FAMILY COUNSELING  
SUPPORT GROUP MEETINGS  
SOCIAL ACIVITIES (DRUG FREE)

#### ORGANIZED ACTIVITIES

THERE ARE ACTIVITIES OFFERED ALL YEAR ROUND FRIDAYS AND SATURDAYS FROM 6-10 P.M.

THERE ARE ALSO ACTIVITIES DURING THE SUMMER SUCH AS SOFTBALL, VOLLEYBALL, COOKOUTS AND TRIPS TO THE BEACH.

#### SUPPORT GROUP MEETINGS

MON	6:30- 7:30 P.M. YOUNG ADULTS (18-25) & ADULTS (26 +)
TUE	6:30- 7:30 P.M. TEENS (12-17) & FAMILY MEMBERS
WED	6:30- 7:30 P.M. YOUNG ADULTS (18-25) ADULTS (26 +)
THUR	6:30- 7:30 P.M. TEENS (12-17) & FAMILY MEMBERS
FRI	6:30- 7:30 P.M. BILINGUAL YOUNG ADULTS (18-25) ADULTS (26 +)
SAT	6:30- 7:30 P.M. ALL GROUPS

### How Does it Work?

PDAP USES A PROVEN METHOD OF REHABILITATION WITH A DEEP FOUNDATION IN A 12 STEP RECOVERY PROGRAM THAT STRESSES TOTAL ABSTINENCE FROM DRIGS AND ALCOHOL. WITH THE SUPPORT OF COUNSELORS & RECOVERY PEER GROUPS, THE DRUG ABUSER LEARNS COPING SKILLS NEEDED TO DEAL WITH AND ENJOY LIFE WITHOUT THE USE OF ALCOHOL OR OTHER DRUGS.

### How Do I Know?

SOME OF THE SIGNS WE LOOK FOR ARE LISTED BELOW. AS YOU READ THEM BE HONEST WITH YOURSELF. ABUSE OR ADDICTION DOES NOT GO AWAY BY ITSELF, IT CAN ONLY CHANGE WHEN YOU MAKE THE CHANGE.

#### COMMON SIGNS:

- ◆ DROP IN PERFORMANCE/ATTENDANCE AT SCHOOL OR WORK.
- ◆ NEW FRIENDS YOU'VE NEVER MET
- ◆ MOOD SWINGS
- ◆ WITHDRAWAL FROM THE FAMILY
- ◆ BROKEN PROMISES/LYING
- ◆ SECRETIVE PHONE CALLS OR MESSAGES
- ◆ CHANGES IN APPEARANCE OR IN CLOTHING
- ◆ DECREASED CONCERN ABOUT PERSONAL HYGIENE
- ◆ DRUGS OR ALCOHOL FOUND IN HOME
- ◆ MONEY OR PERSONAL ITEMS MISSING
- ◆ VAGUE STATEMENTS AS TO WHERE THEY ARE GOING
- ◆ ANGRY OUTBURSTS

\*NOT ALL DRUG AND ALCOHOL ABUSERS SHOW ALL OF THESE SIGNS, BUT EVEN IF YOU HAVE SEEN ONLY ONE OR TWO YOU NEED TO GET MORE INFORMATION AND HELP.