ABOUT S T R A I G H T .....

STRAIGHT, INC. IS: "KIDS HELPING KIDS", "PARENTS HELPING PARENTS"

"FAMILIES HELPING FAMILIES"

STRAIGHT, INC. IS A SELF-HELP PROGRAM WITH TRAINED LEADERS.

THE MAIN OBJECTIVE OF THE THERAPEUTIC PROCESS IS....REVITALIZATION OF THE FAMILY SYSTEM

THE NUTS AND BOLTS THERAPEUTIC TOOLS INCLUDE A MODIFIED VERSION OF ALCOHOLICS ANONYMOUS' STEPS AND SIGNS, COMBINED WITH RATIONAL-EMOTIVE AND REALITY THERAPY.

THE STRAIGHT PROGRAM USES A COMBINATION OF INTENSIVE THERAPY, THAT IS, TWELVE HOURS A DAY OF THERAPY AND A STRUCTURED, PROGRESSIVE APPROACH WHERE YOUNG PEOPLE EARN THEIR WAY THROUGH FIVE PHASES OF THE PROGRAM TO GRADUATION.

PHASES:

First Phase is the period immediately after the young person enters the program. It lasts for a minimum of 14 days. The young person is working on "self". This involves developing honesty about one's past as a "druggie" and about one's "process" (thoughts and feelings). The youth lives with a more advanced person on the program, who is his Oldcomer, and is in the building from 9 a.m. to 9 p.m. Monday through Saturday and seven hours on Sunday.

Second Phase is the exciting moment when the youth "comes home." Now he lives at home instead of the host home, and adds working on the family relationship to working on self. He is in the building 12 hours daily, Monday through Saturday and seven hours on Sunday.

Third Phase has to do with working on achievement through school or a job while continuing to work on self and family. This phase also represents the first time a youth faces "do drugs" peer pressure again. He has to face old friends at school and say "no". The young person goes to school or work on weekdays, then into the program in the afternoon and evening. He is in the building all day on Saturday and Sunday.

Fourth Phase is the time when the young person begins staged withdrawal from active involvement in the program. He comes to the building after school 3 weekdays and one of two weekend days. He is working on constructive use of leisure time and on creative friendships. He is permitted, on a written permission basis, to go places for recreational activities with family/or friends in the program.

Finally, Fifth Phase means only three days in the building, more personal freedom, and working on service to others. Fifth Phasers assist the staff in working with the Group. Graduation is called "Seventh Stepping" (from the 7 Steps)

The program takes 6 to 24 months to complete. Most young people complete it in 10 to 14 months. The program also has an emphasis on family participation for both parents and siblings, offering a variety of services, including Raps for parents and siblings, individual counseling, and family conjoint counseling. The program is staffed by adult professionals who supervise young staff members who have been through the program and have subsequently been trained as counselors.

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OUR COPY

MEDICAL STATEMENT

The STRAIGHT program has an agreement with Dr. Joseph Puglise and his associates to provide medical consultations for the program. This includes an initial physical examination to be performed by Dr. Puglise. The family is responsible for the minimum charge covering this physical. We are required to have this physical exam performed. Additionally, the family needs to be aware that should the doctor decide any further tests are indicated, the family is responsible for these charges, and the statement shall be sent to the child's home address.

In the past, too many of our families assumed additional laboratory work, etc. was covered by the physical examination fee. This is not the case. Therefore, should you receive a bill from Dr. Puglise or any other type of medical bill, please be sure it is taken care of. If you child is away from home, we shall try to let you know that he/she has to go to the doctor.

Your signature below indicates that you have received a copy and agree to the above policy.

_____

Parent's signature

_____

Date

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Only #2 applies to out-of-town parents

BOOSTER CLUB

FIRST PHASE AND OUT-OF-TOWN PARENTS' RESPONSIBILITIES

Obtain a copy of the "Dear Friends Letter" from your assigned oldcomer

Bring supplies or baked goods or sandwiches for sale at open meetings, as assigned. (Out-of-town parents automatically bring food when you are in town.)

Take turns answering the telephone in the front office after first pha

Volunteer to work the concession stand before and/or after open meetin

Volunteer for BOOSTER CLUB activities whenever the situation arises.

Take an active part in BOOSTER CLUB affairs and team meetings. Voice your opinion.

Immediately after 1st phase you may be assigned to the parking lot.

DO NOT WAIT TO BE ASKED TO HELP OUT.

By the conclusion of mandatory new parents raps you will receive a call from assigned oldcomer parents.

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Motels/Hotels - 'STRAIGHT' DISCOUNT

FRIENDSHIP INN - 703-451-4000
(Formerly Howard Johnson's)

	Reg.	STRAIGHT
sgl.		$ 24.- + tax
dbl.	$ 35 / 37.10 TAX	28 + tax
Weekly		$ 150 - + tax

Commerce St. off Keene Mill Rd.
or Backlick Rd. near Springfield Plaza

5 min. from Straight; Contact - Sandy Turton; No kitchenettes

---

HOLIDAY INN - SPRINGFIELD - 703-569-3333
6401 Brandon Ave.
(Right off Keene Mill Rd.)

	REG.	STRAIGHT
sgl.	$ 43	$ 37 + TAX
dbl.	47	- 43 - up to 4 (adults/child.)

5 min. From Straight; Contact: Peggy Herra, GEN. MGR.

NO KITCHENETTES

IMPERIAL 400 - 703-354-4400
East side of I-395 at Edsall Rd.
Next to 24 HR's DENNY's REST.

	REG.	STRAIGHT
sgl.	$ 40	- $ 35 +
dbl.	$ 45	$ 40 +

Special FRI-SAT RATE - $ 32 +

5 MIN. FROM STRAIGHT; CONTACT - INEZ PULLEN

NO KITCHENETTES

DAVIS -

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RULES FOR NEW PARENTS

1. Honesty.
2. What you see here, what you hear here, what you do here, remains here.
3. No breaking anyone's anonymity.
4. No talking behind anyone's back—Staff, families, or clients—by name or by inference neither positive, negative, nor neutral comments.

OPEN MEETINGS:

5. Attendance at Open Meetings is mandatory for all parents.
   A. Every Monday and Friday at 6:15 p.m. during Phases I, II, and III.
   B. Every Monday or Friday as assigned during Phases IV and V.
   C. You are required to arrive on time and stay during the whole meeting.
   D. In a dire emergency, you may be late or excused from a meeting with Staff permission.
6. If parents come to Open Meeting under the influence of alcohol or drugs, they will not be permitted to attend the Open Meeting or enter the building.
7. No cameras, recorders, or writing during Open Meetings.
8. No smoking, eating, or drinking in Open Meetings.
9. Dress shall be sedate and respectful. No thongs, white T-shirts, muscle shirts, T-shirts with pictures or writing, see-through blouses, overalls, shorts, or low-cut dresses or blouses. Bras and shoes shall be worn.
10. Parents will be seated at discretion of Staff and remain seated throughout the meeting.
11. During your child's first fourteen (14) days, sit on the fourth (4th) row or behind.
12. No talking during the Open Meeting.
13. No eye games with your child.
14. When talking on the microphone:
    A. Talk about your feelings.
    B. No lecturing.
    C. No reference to friends, pets, "want list," news, gossip, or progress report.
    D. No "Heavies" - meaning sad or shocking personal news like a death, divorce, serious illness, etc. Please let Staff handle "heavies."
    E. No talking to other children without prior staff permission.

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RULES FOR NEW PARENTS - CONT.

15. Each parent must sign his her own name on the "Sign In" sheet separately.

16. No siblings or guests during your child's first fourteen (14) days.

17. Parents should leave promptly after Open Meetings and raps. No parking lot gossip.

18. Parents wishing to bring a guest must call for clearance 48 hours in advance.

PARENT RAPS:

19. All parents must attend six (6) consecutive "New Parent Raps" beginning your first Monday Open Meeting. New Parent Raps occur Monday and Friday after Open Meeting.

20. All parents must attend "First through Third Phase Parent Raps" on Monday Open Meetings after completion of New Parent Raps.

21. Fourth (4th) and Fifth (5th) Phase parents attend Parent Raps with their child one Thursday night each month.

SIBLINGS:

22. All siblings and other family members in the household must be interviewed by Staff after the first fourteen (14) days on the program. An appointment is necessary.

23. Siblings (8 and up) are encouraged to attend Saturday sibling raps from ~~9:00 a.m. to 12 noon.~~ 10.00 1pm

GENERAL:

24. While child is on Phase I of the program, there is no contact with the temporary host home.

25. Host parents are not to discuss who is a temporary host child in their home with anyone.

26. Program participants are not to have any money or I.D. while on Phase I.

27. The program will contact schools regarding your child entering STRAIGHT.

28. During Phases I, II, and III, clients are not to leave the house or stop anywhere going to or from the program. He/she may not receive telephone calls, letters, cards, or gifts during this time.

29. Complete medical information must be obtained at the time of the interview. Any medical attention required is the responsibility of the parents. Upon entering the program, your child will receive a complete physical. The charge to the parents for this is $30.00.

30. Parents will check before Open Meeting to see if their child has a "Want List."

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RULES FOR NEW PARENTS - CONT.

31. All medication must be checked out by Staff.

32. Please do not call Staff in reference to your child's progress. Staff will provide progress reports from fourteen (14) days to thirty (30) days.

33. Families shall not take vacations or leave town while their child is on the program. Family emergency trips out of town shall be approved by Staff.

34. Parents who are from out of town or out of state should not say "Good-bye" or mention their leaving over the microphone.

35. Parents may not drop or settle court-ordered issues that concern clients without consent of Staff. No tampering with records.

36. Clients may not have bank accounts until Third Phase. Then two (2) signatures are needed on the account and two (2) signatures to withdraw.

37. No guests or visitors to Open Meeting until child is on Third Phase. Call 48 hours ahead for permission.

38. Do not enter lobby dressed in shorts bachings suits, (male and female), mid-drifts, and tennis dresses. Note: Rule 9.

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FEELING WORDS

distant
close
submissive
dependent
independent
talkative
quiet
angry
evasive
embarrassed
deferential
cooperative
contemptuous
firm
aggressive
self-assured
anxious
seductive
open
happy
sad
fearful
guilty
enraged
panicky
grief stricken
calm
confident
timid
two-faced
dishonest
abcessed

warm
nauseated
dead eyed
choked up
itchy
irritated
excited
breathless
locked in
belligerant
soft
relaxed
vacant
appealing
hard
dull
soft
cold
determined
defiant
surprised
horrified
ecstatic
joyful
depressed
immobilized
paralyzed
uptight
tense
stretched
taut
defeated

bushed
strong
affectionate
light
airy
grateful
compassionate
sympathetic
empathetic
lonely
proud
humble
alarmed
threatened
hopeful
loving
tolerant
beaten
burdened
weepy
resentful
envious
carefree
edgy
grumpy
confused
respectful
powerful
hopeless
inadequate
impatient
abused

Descarte's 6 primitive emotions

admiration
love
hate
desire
joy
sadness

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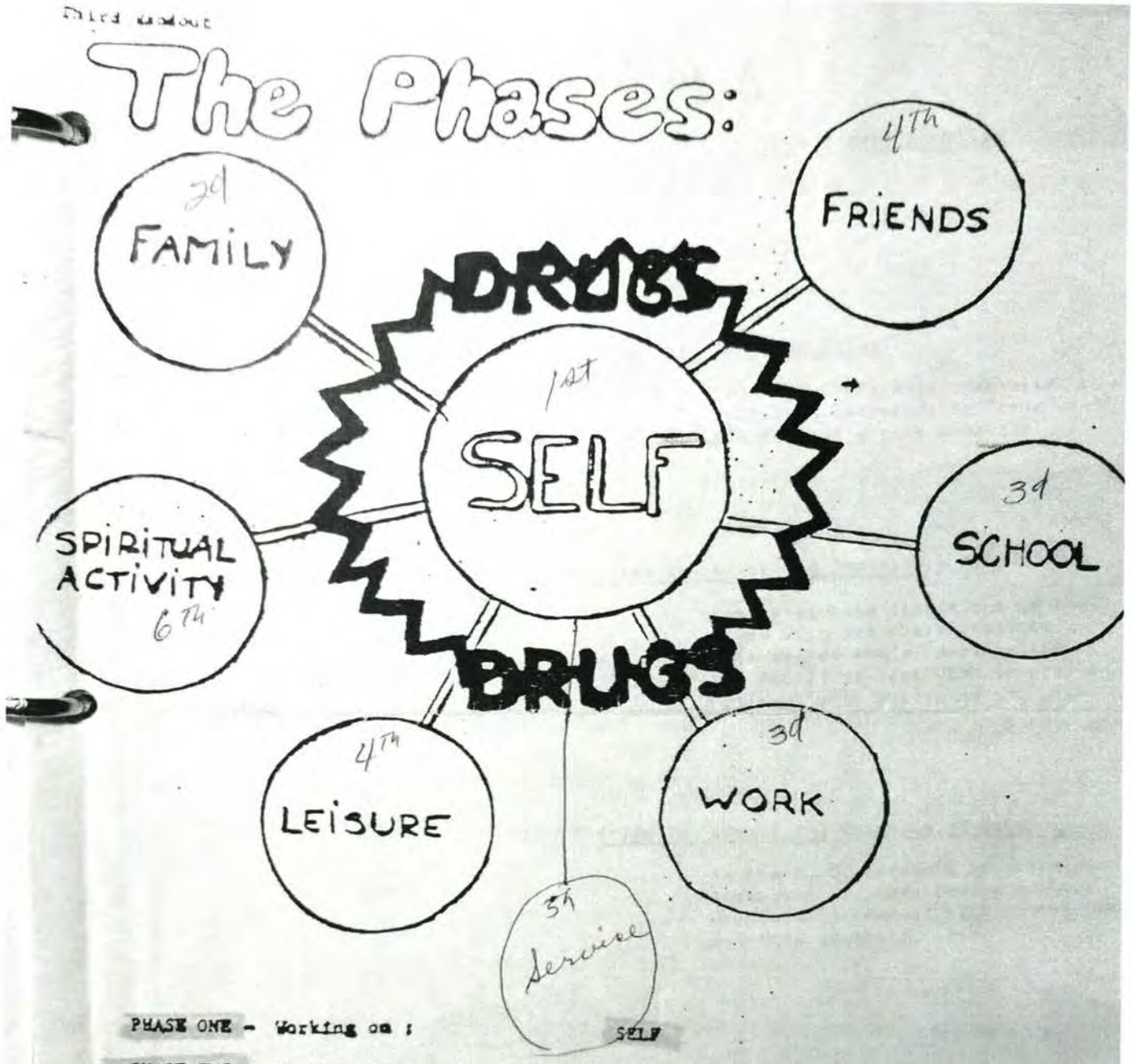
The Phases:



PHASE ONE - Working on : SELF

PHASE TWO - Working on: SELF and FAMILY

PHASE THREE - Working on: SELF, FAMILY, and ACHIEVEMENT (school and/or work

PHASE FOUR - Working on: SELF, FAMILY, ACHIEVEMENT, LEISURE TIME FRIENDSHIPS

PHASE FIVE - Working on: SELF, FAMILY, ACHIEVEMENT, LEISURE TIME and SERVICE

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C. D. FAMILY DISEASE

C. D. PERSON	OTHER FAMILY MEMBERS
Stage 1: Learning the Mood Swing	(No effect)
Stage 2: Seeking the Mood Swing	Stage 1: Learning Roles Family members experimentally try different behaviors to "cope" with the druggie's sick behavior.
	Stage 2: Adopt and Practice a Role Family members select one of the roles with its characteristic behavior as their "persona" in the family to deal with druggie's progressively worsening problem.
Stage 3: Preoccupation with the Mood Swing	
	Stage 3: Compulsive Practice of Role As the C. D. person's behavior and situation worsens, family members desperately respond with compulsive practice of their roles.
Stage 4: Use to Feel Normal	Stage 4: Escape All efforts have failed so now family members flee by divorce, 'leaving', becoming chemically dependent, or suicide.

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TIPS ON LETTER WRITING

1. Keep the letter SHORT, rarely more than one page. Type if you can, or write legibly.

2. Write it in YOUR OWN WORDS and include your own thoughts.

3. Show your familiarity with the subject (carefully study the summary of recommendations of the task force on drunk driving and the statistics). This will indicate that you are serious about the issue, unlike the casual, uninformed correspondents who produce the bulk of constituent mail.

4. BE SPECIFIC about what you want your legislator to do, i.e. suggest that he propose legislation that you feel particularly strong about, and that he support all of the recommendations of the task force.

5. Give reasons for your position BRIEFLY. Cite your own experience and observation, i.e. if you know of someone who was killed or injured by a drunk driver, relate that fact briefly or state your concern for the safety of your loved ones on our highways.

6. Ask your legislator a DIRECT QUESTION about his position on this subject. You want to receive a clear answer, not a form letter. Ask for a reply.

7. You need not mention your membership in MADD or any other organization. The individual citizen's letter is what counts.

8. Be courteous. DO NOT THREATEN. You can best show your genuine concern by providing information on the subject, such as statistics.

9. Address letters to your legislator at his home address (see attached list). WHEN THE LEGISLATURE IS IN SESSION (mid-JANUARY to mid-MARCH 1984) address letters to all legislators to: Honorable (name), General Assembly Bldg. 910 Capitol St., Richmond, VA 23219. Richmond phone numbers of legislators will be provided at a later date (when the legislature is in session).

10. Finally, remember -- ANY LETTER is BETTER THAN NO LETTER!! Post cards are second-best. It's hard to get enough information on them. You may also write a letter and have others co-sign with you (including their addresses).

OR you may prefer to phone your legislator. Do not hesitate to do so. Organize your thoughts; be brief; ask a direct question; convey the same message as you would in a letter; get a clear reply.

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WASHINGTON POST--JAN 12, 1984

NORTHERN VIRGINIA LEGISLATORS

SENATE

29th District
CHARLES J. COLGAN
Democrat
Telephone:
368-0300
In Richmond:
(804) 786-6987

30th District
WILEY F. MITCHELL JR.
Republican
Telephone:
628-2207
In Richmond:
(804) 786-6074

31st District
EDWARD M. HOLLAND
Democrat
Telephone:
528-4505
In Richmond:
(804) 786-6882

32nd District
CLIVE L. DUVAL II
Democrat
Telephone:
356-3094
In Richmond:
(804) 786-7187

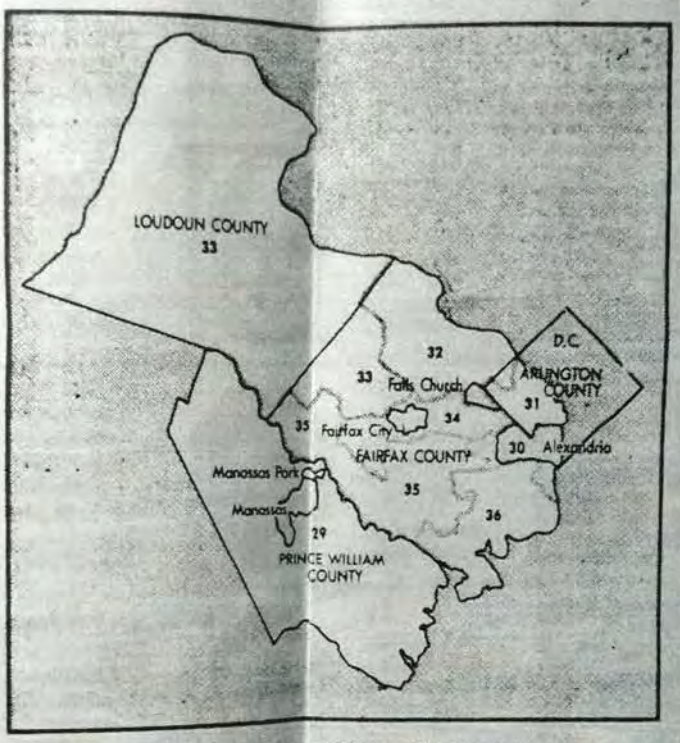
33rd District
CHARLES L. WADDELL
Democrat
Telephone:
430-2466
In Richmond:
(804) 786-6881

34th District
JOHN W. RUSSELL
Republican
Telephone:
273-0145
In Richmond:
(804) 786-7396

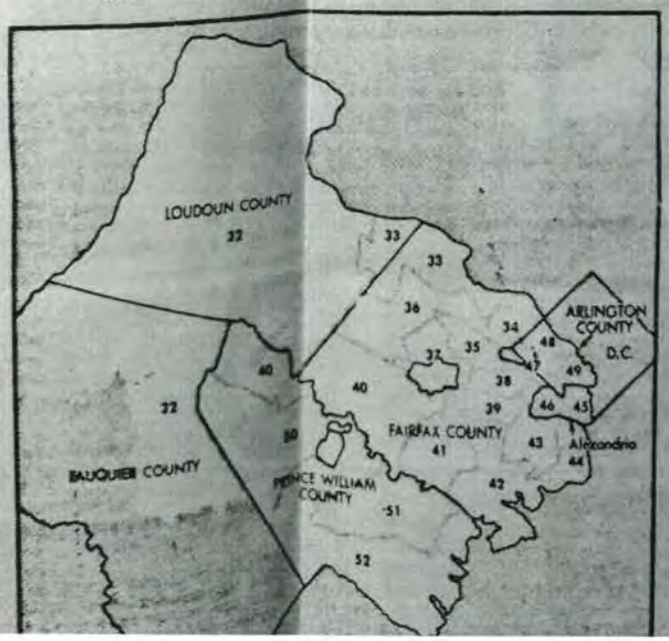
35th District
RICHARD L. SASLAW
Democrat
Telephone:
941-1292
In Richmond:
(804) 786-7391

36th District
JOSEPH V. GARTLAN JR.
Democrat

Northern Virginia's representatives to the General Assembly, eight senators and 21 delegates, will spend most of the next 60 days in Richmond. In this guide are telephone numbers at which they can be contacted during the session, as well as local numbers. Letters can be sent to: General Assembly Building, 910 Capitol St., Richmond, Va. 23219.



Senate districts, above, and House districts, below.



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32nd District
KENNETH B. ROLLINS
Republican
Telephone:
(703) 777-1191
In Richmond:
(804) 786-6993

39th District
VIVIAN E. WATTS
Democrat
Telephone:
978-2989
In Richmond:
(804)786-6707

46th District
BERNARD S. COHEN
Democrat
Telephone:
836-0075
In Richmond:
(804)786-7253

33rd District
ROBERT T. ANDREWS
Republican
Telephone:
442-8838
In Richmond:
(804) 786-6892

40th District
ROBERT E. HARRIS
Republican
Telephone:
323-8312
In Richmond:
(804)786-7203

47th District
JAMES F. ALMAND
Democrat
Telephone:
524-9700
In Richmond:
(804)786-6893

34th District
VINCENT F. CALLAHAN JR.
Republican
Telephone:
356-1925
In Richmond:
(804)786-6991

41st District
JAMES H. DILLARD II
Republican
Telephone:
323-7354
In Richmond:
(804)786-7103

48th District
MARY A. MARSHALL
Democrat
Telephone:
528-1710
In Richmond:
(804)786-6894

35th District
DOROTHY S. McDIARMID
Democrat
Telephone:
938-2700
In Richmond:
(804)786-6505

42nd District
ROBERT K. CUNNINGHAM
Republican
Telephone:
451-5470
In Richmond:
(804)786-6804

49th District
WARREN G. STAMBAUGH
Democrat
Telephone:
276-8015
In Richmond:
(804)786-7206

36th District
KENNETH R. PLUM
Democrat
Telephone:
893-1090
In Richmond:
(804)786-7200

43rd District
GLADYS B. KEATING
Democrat
Telephone:
971-3571
In Richmond:
(804)786-7294

50th District
HARRY G. PARRISH
Republican
Telephone:
368-3121
In Richmond:
(804)786-7201

37th District
STEPHEN E. GORDY
Republican
Telephone:
273-2573
In Richmond:
(804)786-6504

44th District
FRANK MEDICO
Republican
Telephone:
780-3798
In Richmond:
(804)786-6719

51st District
DAVID G. BRICKLEY
Democrat
Telephone:
680-2750
In Richmond:
(804)786-6994

38th District
GWENDALYN F. CODY
Republican
Telephone:

45th District
MARIAN VAN LANDINGHAM
Democrat
Telephone:
549-2511

52nd District
FLOYD C. BAGLEY
Democrat
Telephone:
221-2168

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SAMPLE HOUSE RULES

1. PRIORITIES:

M.I. is first priority - no exceptions! (20-30 mins. to write, 20 minutes to review)

Showers: Limited to 3-5 minutes
Pick up after yourself and remove hairs from shower dra:

Snacks: Do your own dishes
Nobody in refrig without permission
Leave kitchen area clean

Clothes for next day: Get them out before going to bed

2. CLEANING DUTIES AROUND HOUSE:

(Guys and gals alternate Wednesdays and Sundays)

Bathroom: Scrub tub, mop floor, windex mirror, clean sink and pot

Sleeping Rooms: Vacuum, dust, put in order, change sheets weekly
Beds made, things in order daily before leaving in a.m.

TELEPHONE USE:

Telephone can be used only with parent permission and/or sign-up sheet

No calling dime therapy past 11:30 p.m. unless absolute emergency and with parents permission.

Friendship calls limited to 10 minutes. To extend, get parent's permission.

Planned use of phone will be coordinated with parents immediately upon arrival at home (Use sign-up sheet)

4. LAUNDRY:

Boys place all dirty laundry in hamper in bathroom
Girls place all dirty laundry in laundry room
All dirty clothes must be right side out or it won't be washed (socks especially!)
Last minute emergency laundry needs must be approved by parents

Mending and ironing needs to be done by oldcomers or as arranged with parent

5. MEAL PREPARATIONS:

Time permitting, volunteers are encouraged - m om will direct.

6. PERMISSION SLIPS:

3,4,5 phasers will discuss and obtain parents signatures for permissions prior to going to bed. No last minute efforts in the morning!

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7. DROP-OFFS:

Plans for drop-offs will be discussed and agreed upon by parents prior to finalizing

8. TALKS WITH PARENTS:

Goal - Talk with parents each night
Anytime the need exists, parents will be available for talk

9. GENERAL RULES:

No smoking

No wearing each others clothing unless you have none of your own with you

No boys/girls outside bedrooms/baths improperly attired

No feeding dog

Vulgar, obscene language will not be tolerated in the house or car

Oldcomers are responsible to set alarm and get up on time

Guys/Gals will coordinate schedule needs (who eats first, etc.)

Oldcomers will assure that sleeping rooms are secured at bedtime

Use of TV/Radio by 3-5 phasers only with parent permission
No newcomer/2 phaser will be subject to noise of TV or Radio

Shoes should be removed in foyer upon entering home

NO FOOD OR DRINK OUTSIDE KITCHEN (Ice water may be taken to bedrooms)

Give parents plenty of warning as 4 and 5 phaser days off plans

No cracking Knuckles - Old Druggie Habit!!!!!

Oldcomers responsible for preparation of brown-bag lunches for themselves and their newcomer(s)

CONSEQUENCES: Violation or abuse of the above rules will mean automatic consequences. Violations by newcomers will be discussed between oldcomers and parents when necessary to determine appropriate consequences. Violations by oldcomers will receive consequences determined by parents.

WE WANT YOU TO HAVE A HAPPY STAY IN OUR HOME BECAUSE - WE LOVE YOU!

SECOND PHASE PARENT RULES

. Honesty.

. What you see here, what you hear here, what you do here, remains here.

. No breaking anyone's anonymity.

. No talking behind anyone's back, staff, families, or clients by name or by inference, neither positive, negative, nor neutral comments.

EN MEETING

. Attendance at Open Meetings is mandatory for all parents.

A. Every Monday and Friday at 6:15 during phases, I, II, & III.

B. Every Monday or Friday as assigned during phase IV & V.

C. You are required to arrive on time and stay during the whole meeting.

D. In a dire emergency you may be late or excused from a meeting with staff permission.

5. If parents come to Open Meeting under the influence of alcohol or drugs, they will not be permitted to attend the Open Meeting or enter the building.

7. No cameras, recorders, or writing during Open Meetings.

3. No smoking, eating, or drinking in Open Meeting.

9. Dress shall be sedate and respectful. No thongs, white tee-shirts, muscle shirts, tee-shirts with pictures or writing, see-through blouses, overalls, shorts or low-cut dresses or blouses. Bras and shoes shall be worn.

0. Parents will be seated at discretion of staff and remain seated throughout the meeting.

1. No talking during the Open Meeting.

2. No eye games with your child.

3. No talking to other children over the microphone without prior staff permission.

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14. Each parent must sign his/her own name on the "sign-in" sheet separately.

15. Parents should leave promptly after Open Meetings and raps. No parking-lot gossip.

16. Parents wishing to bring a guest must call for clearance 48 hours in advance.

17. Parents who are from out-of-town or out-of-state, should not say or mention their leaving over the microphone.

PARENT RAPS:

18. All parents must attend the "Coming Home" (2nd Phase) Rap three times beginning the night their child comes home.

19. All parents must attend "First through Third Phase Parent Raps" on Monday Open Meetings after completion of "New Parent" Raps.

AT HOME:

Your child will be living at home attending Straight from 9:00 a.m. to 9:00 p.m., Monday through Saturday. Sunday from 2:00 p.m. to 9:00 p.m.

20. During Phase I & II, client is not to leave the house or stop anywhere going to or from the program. He may not receive telephone calls, letters, cards, or gifts during this time.

21. All medication (including vitamins) must be checked out by staff. At home at night, aspirin may be given for fever of 102° before checking with Staff.

22. Families shall not take vacations or leave town while their child is on the program. Family emergency trips out-of-town shall be approved by Staff.

23. The child is not permitted visitors, nor are the parents or siblings to have visitors while the child is in the home. (Parents are many times over-anxious and tend to break this rule when their child first comes home.) (IMPORTANT!!!)

24. The responsibility is now for the parents to get their child to and from Straight promptly at the designated times (getting the child to the program by 8:45 a.m., Monday through Saturday and Sunday at 1:45 p.m., and must be at the building for pick-up at 9:00 p.m. — Sat 10:00 pm

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25. Dime Theraphy has four uses:

A. A child has a problem at night and asks for Dime Theraphy.

B. Child has a problem, and you as a parent cannot help and insist on Dime Theraphy.

C. Child wants to talk to someone to feel closer to the Group. (5-10 minutes)

D. Parents need help on a problem, such as split, medical emergency, etc.

The child will have three (3) or more phone numbers of kids on Phase 4 or 5 of the program, which he/she can use for an emergency problem that might arise in the home. Parent must dial the phone number and get the other child on the phone before letting their child talk.

26. Child is responsible each night for:

A. Doing his/her M.I. (may not lie down while writing it).

B. Taking a bath or shower.

C. Spending time talking and sharing with family.

D. Getting himself/herself to bed and cleaning the bedroom.

27. Child must stay inside the house. OFF-LIMITS: Garage, screened Florida room, yard, pool, and external utility room.

28. Parents should provide breakfast and a modest snack at night.

29. Parents must lock-up alcoholic beverages, medications, bathroom products (which contain alcohol, and/or are in glass or aerosol containers) and chemical cleaning products.

30. Parents should review his/her child's M.I. at irregular times.

31. Parents should report to Staff first time, every time and immediately:

A. Problems in the child's M.I.

B. Child's slacking off in responsibilities.

C. Child's breaking of Straight or parent's rules.

D. Gut instincts about the child.

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32. "No playing off Staff" - Parent should not "shop for" Staff Member for answers they want.

33. Games are permitted and encouraged when they do not interfere with the child's responsibilities or family communication (no weight-lifting until 3rd Phase).

34. The child must take care of drop-offs and car pools, not the parents.

35. Parents should set house rules as long as these rules do not conflict with Straight's rules.

NEWCOMERS

Some time on 2nd Phase, at Staff's discretion, your child will receive a Newcomer.

36. Your child is in charge of the Newcomer. Do not interfere with his/her Oldcomer authority. Newcomer must ask Oldcomer's permission for everything.

37. Make the Newcomer a real part of your family.

38. No breaking anyone's anonymity. Host parents are not to discuss who is a temporary host child in their home with anyone.

39. If your child is late, he/she has to make up a day for himself/herself and for each Newcomer. when she reaches 4th Phase.

40. No Newcomers talking to Newcomers.

41. Parents when in doubt - use your COMMON SENSE and then report to Staff about the situation.

SIBLINGS:

42. All siblings and other family members in the household must be interviewed by Staff after the first fourteen (14) days on the program and before your child may come home.

43. Siblings (8 and up) are encouraged to attend Saturday sibling raps from 9:00 a.m. to 12:00 non.

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I. ADMIT THAT I AM POWERLESS OVER DRUGS AND COME TO BELIEVE THAT A POWER GREA THAN MYSELF CAN RESTORE ME TO SANITY.

TODAY I WAS POWERLESS OVER

II. MAKE A DECISION TO TURN MY WILL AND MY LIFE OVER TO THE CARE OF GOD AS I UNDERSTAND HIM.

(SPECIFIC THINGS TO CHANGE) I CHOSE TO

II. MAKE A SEARCHING AND FEARLESS MORAL INVENTORY OF MYSELF DAILY.

(IS THIS REALLY ALL THAT IS GOING ON WITH ME? RE-EXAMINE.)

ADMIT TO GOD, MYSELF, AND ANOTHER HUMAN BEING THE EXACT NATURE OF MY WRONGS IMMEDIATELY.

I'M TALKING TO _____ ABOUT THIS.

V. MAKE DIRECT AMENDS TO SUCH PEOPLE WHEREVER POSSIBLE EXCEPT WHEN TO DO SO WOULD INJURE THEM, MYSELF, OR OTHERS.

(I'M CHANGING THIS AND NOT LETTING IT HAPPEN AGAIN!)I MAKE AMENDS TO MYSELF AND ALSO TO _____.

VI. SEEK THROUGH PRAYER AND MEDITATION TO IMPROVE MY CONSCIOUS CONTACT WITH GOD AS I UNDERSTAND HIM, PRAYING ONLY FOR KNOWLEDGE OF HIS WILL FOR ME AND THE POWER TO CARRY THAT OUT.

(HOW IS THIS PROBLEM AFFECTING ALL THE OTHER AREAS OF MY LIFE--FAMILY, SCHOOL, WORK, ETC.?) (AN OVERALL VIEW OF THE PROBLEM)

HAVING RECEIVED THE GIFT OF AWARENESS, I WILL PRACTICE THESE PRINCIPALS IN ALL MY DAILY AFFAIRS AND CARRY THE MESSAGE TO ALL I CAN HELP.

I'M APPLYING THIS EVERY DAY BY: (over)

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GOALS

SHORT-TERM (TOMORROW)

1. (DIRECTLY RELATES TO TODAY'S PROBLEM)

2.

LONG-TERM (3-6 MONTHS)

1.

GOOD POINTS

1. I KNOW THAT I AM A GOOD PERSON BECAUSE I AM PROUD OF SOMETHING I DID TODAY, WHICH WAS...

2.

BLESSINGS

I KNOW THAT GOD WAS WATCHING OVER ME TODAY BECAUSE I FELT LIGHT-AT-HEART SEVERAL TIMES TODAY, AND I THANK GOD FOR THESE SPECIFIC TIMES THAT HE REACHED INTO MY LIFE AND BLESSED ME.

1.

2.

3.

4.

5.

6.

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TEAM LEADER'S PHILOSOPHY

The following are PROPOSALS. I would feel comfortable operating with these guidelines, but I can adjust if this does not suit the majority of the team. Please be ready to share your thoughts and feelings about these items at our November team meeting.

- Team Leader will hand out agenda several days in advance; please read it before the meeting and be ready to discuss the items. If you want to have an item on the preprinted agenda, please contact the Team Leader at least a week in advance. Of course, you may also add items at the meeting itself.

- Team Leader will delegate responsibilities as much as possible. For example, he will ask for volunteers to be Project Leaders to schedule volunteers and coordinate activities for parking lot duties, food table duties, fund-raising projects, etc.

- When you volunteer for a job (e.g. helping with the parking lot, the food table, etc.) you are expected to be there on time. Also, if you can't make it, you are expected to arrange for your own substitute and then inform the Project Leader (or the team leader, if you cannot contact the Project Leader) who your substitute will be.

- When a family reaches third phase (or higher), their oldcomer parents will no longer be shown on the team roster, and they, themselves, can be assigned to be oldcomer parents. Also, parents who have been on third phase or higher can be oldcomer parents, even if their client goes back on an earlier phase. Oldcomer parents are assigned on the basis of geographical location (in-town, semi-in-town, or out-of-town), sex of client, and workload (how many newcomers they already have).

ITEMS OF INTEREST FROM THE BOOSTER CLUB BOARD MEETING

- The Booster Club Board Secratary will clean up the Booster Club bulletin board in the carpet room and establish rules for its use.

- The Board's Secretary will start a newsletter.

- The Board will investigate the desirability of having an out of town parent attend the Booster Club Board meetings so that information can flow back to the out-of-town parents at their mandatory rap on the third Saturday of each month.

- The Board suggested a format for team meetings. (QUESTION TO TEAM 1 MEMBERS FROM THE TEAM LEADER: Would you prefer this format to the one used for our November meeting?)
  - -- Spend time getting to know team members
  - -- Revise roster, telephone tree
  - -- Administrative Questions
  - -- Applying the Program
  - -- Booster Club Business
    - --- Fund Raising
    - --- Service Projects
  - -- Comments/Questions

- Scheduled fund-raising activities are:
  - -- Barbershop Chorus Program, Feb. 1985 (Team 1 assigned to coordinate.)
  - -- Entertainment '85 booklets, Nov/Dec 1984 (Team 4)
  - -- Turkey Sale, Nov 1984 (Team 3)
  - -- Sibling Horse Show, July 1985 (Team not yet assigned)

  Proposed but not scheduled:
  - -- Celebrity Auction (write celebrities, ask them to donate some personal item, then auction these items to the public)
  - -- Sell candy
  - -- Raffle of Redskins Tickets

- [illegible] last August raised $161,340.44.

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AGENDA FOR TEAM 1 MEETING
NOVEMBER 20, 1984

Call to Order (7:00 p.m.)

Introduce ourselves — NOTE: During the introductions, please tell your name, whether your client is a son or daughter, and your client's name and phase.
ALSO: Please tell us any corrections to the team roster and phone tree (enclosed with this agenda).

Reading of Minutes — Attached is a copy of last meeting's minutes.
QUESTION: Do you want the secretary to read the minutes at each meeting, or do you want to discuss only changes ?

Reports from Committee Chairpersons and Project Leaders: None today.

Old Business: None today

New Business:

- Share thoughts and feelings about Team Leader's philosophy (See back of this agenda.)

- Need a volunteer to coordinate staffing for the food table, December 24 - January 4.

- Need 3 couples to work at the food table at each meeting: two 1st phase with one 2nd phase or higher to cover during "talk".
  Monday, December 24
  Friday, December 28
  Monday, December 31
  Friday, January 4

- Review Items from Booster Club Board Meeting (See back of this agenda)

- Barbershop Quartet Concert (Fund-Raiser; see attached sheet.)

  -- Need a volunteer (any phase) to be in charge of coordinating the effort. (We will have help from the other teams, too.)

  -- The coordinator will need two other Team 1 volunteers to help.

- To get to know each other better, especially our our out-of-town team members, should we identify a location in the carpet room where we can meet for informal socialiaing before Open Meetings?

Applying the Program (May be omitted if time runs short)

- Help for newcomer parents:

  -- When to call oldcomers

  -- When to call other members of Team 1 or other dime therapy numbers.

  -- When to speak up in Parent Raps (to ask for help, etc.)

Announcements:

- When using the phone tree, use common sense. For example, you don't need to call out-of-town parents for items that are of interest only to in-town or semi-in-town parents, such as late opening or early closing of the building due to a blizzard.

- Next meeting will be on Tuesday, December 18, 1984.

- Team 3 needs us to all of us to help with the turkey sales.
  NOTE: Team 3 is also getting coupons for other foods.

- Please make sure the team roster includes a phone number where you can be reached during the day. With winter and its snowstorms coming, we may need to use the phone tree for

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I AM NOT A DUCK

by John Foster

I may look like a duck and walk like duck and quack like a duck and drink like a duck---
But I am NOT a duck. I'm an eagle in disguise.

If you could prove to me that it's respectable to be a duck, I might consider being one.
But don't waste your time--my mind is made up.
I think it's shameful to be a duck. I won't be a duck.

It's so lonely here among all these ducks. I'm so out of place here.
But for some reason, none of the other eagles will have anything to do with me.
Why are eagles so cruel?
Some of the ducks are quite nice. It's too bad I'm an eagle.

No, it isn't! I'm glad I'm an eagle.
Even if I WERE a duck, I wouldn't stay a duck. I'd become an eagle.
I can be anything I want to be and I owe it to myself to be an eagle.
Ducks are terrible. I HATE ducks.

I keep trying to swoop down and grab a rabbit in my claws. But, I can't do it.
I have webbed feet.
It's all GOD'S fault. Why would he make an eagle with webbed feet?
If I starve to death, God will have only himself to blame.
I do my part--why doesn't he do his?

The ducks all want to help me. But how can they? What does a duck know about an eagle's problems? Why can't they mind their own business?
Why don't the eagles offer to help? Someday I'll get even with those eagles. I HATE them
I'm beginning to like ducks better than I do eagles.

Being an eagle is killing me.
Not being a duck is killing me.
I don't know what's killing me.
I just know I'm dying.
Help me, God.
God, help me.

Guess what, God!
I am a duck. . .whether I like it or not. . .I'm a duck.
(Why didn't you tell me?)
I've forgotten how to act.
Show me, God, how to be a duck.
Help me.

Help me be a good duck.

Ducks are the best people in the world.
I love ducks.
I'm grateful to be a duck.

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