


CUSTOMER:	ASPEN FAMILY COUNSELING	PROOF TIME	7/11/2011 10:06:20 PM
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**ASPEN  
Answers**  
by Kay Spicer, BA, CSAC,  
ICS, SAP, IDP-AT

**THE RECOVERY  
PROCESS**

Those addicted to alcohol and drugs can often refer back to a point in time when they made their decision to take positive, concrete steps that would help them come to terms with their problems. While this decision may be identified as a turning point of sorts, recovery from alcohol/substance abuse is more of a continuing process.

Recognition of this fact helps to place recovering individuals in a vigilant mindset that recognizes that there is more to recovery than mere avoidance.

Those in recovery are also encouraged to enlist the help of individual, group, and family counseling, which serves to remind them of the benefits that accrue to those choosing to live up to their potential.

Recovery is a process that is difficult, but those who have made the decision for health report rewards in multiple aspects of their lives. Support is one of the key ingredients of those who have been successful.

We can support you with compassion, confidence, and connections that will help you to choose the healthy path. We are located at 2639 New Pinery Road, Suite 1 in Portage.

*P.S. In as few as three days of heroin use, individuals can experience significant withdrawal symptoms.*

**ASPEN**  
Family Counseling  
[www.aspenfamilycounseling.com](http://www.aspenfamilycounseling.com)