

Saint Jude RETREATS

The Freedom of Choice... America's Leading Non 12 Step Program

You should know that...

The Saint Jude Retreats provides a *permanent* solution to substance abuse. Over the past 2 decades we have helped thousands of individuals to overcome those personal obstacles that were stopping them from enjoying a happy and successful life.

This is probably not the first program that you have spent time researching. You may wonder how we can help you more effectively than other programs. We invite you to look over this brochure and learn more about the Saint Jude Program, about its success rate, and about the research that shows that you have the power to stop drinking or drugging, that you *do not* have a disease called addiction.

All people have the power and ability to make the right choices given the right education and care. The Saint Jude Program provides that education and care. After two decades of experience teaching people how to permanently overcome substance abuse at our retreat houses, the Saint Jude Program has proven to be the most effective model for helping people find the happiness and success they desire.

At the Saint Jude Retreat House, the answer is Yes; Yes, **you will be accepted** if you are currently drinking or drugging.* Yes, you will be accepted if you are not currently drinking or drugging. Yes, you will be accepted without insurance coverage. Yes, we will provide reports to help with legal matters, and/or job related problems. Yes, you will be treated with dignity and respect, as a guest, never as a patient or client; and **Yes**, your stay at the Retreat House will be an enjoyable experience.

And Please Remember...

In science, nothing exists that has no proof of existence. That which has no proof, but is thought to exist, exists as a matter of faith, not science. In the case of disease, meaning "a condition that results in medically significant symptoms in a human," there exists no credible evidence supporting the notion that regular excessive use of any substance is a disease. Substance abuse is a behavior problem and a choice. Visit www.baldwinresearch.com for more research information.

Testimonial from a Former Guest

Before coming to St. Jude's I had been on a destructive path, destroying almost all aspects of my life. I began to lose my family, my job, my home, and ultimately all happiness. Lucky for me, my mother had not yet given up. When she found St. Jude's I was unwilling to go into treatment once more, because of the ineffectiveness I experienced at treatment times before. When I agreed to at least speak to someone at St. Jude's, I found for the first time, someone in this world who understood my problems.

In coming to St. Jude's, I found that not only did I have an issue with crystal meth, but in all aspects of life. I had lost touch of any happiness and fulfillment. At St. Jude's I found a new love for myself and life. I found the value in life that I had been searching for. With the positive outlook on life, I was able to set long term and short term goals, and ultimately move on in life.

Today I thank St. Jude's for giving me the hope to live again. I now have found confidence in myself and life. I have an amazing life and love it. Today I couldn't imagine one day in the life I used to live. I thank St. Jude's for believing in me when I didn't!

Michelle S (August 06)

Footnote:* If your condition requires medical detoxification, these services are usually available at hospitals in your own community and should be completed before entering the Saint Jude Program. Baldwin Research Institute, Inc. offers no medical or psychological services. However, should you desire to see a psychiatrist while staying at one of our retreat houses, we would be happy to make an appointment with a local psychiatrist and provide transportation to your appointment.

The Saint Jude Twin Rivers Retreat

Built in the mid 1800's the St. Jude Retreat House in Hagaman, New York is a beautiful Victorian mansion that has been completely restored. Set in a picturesque village that is a gateway to the Adirondack Mountains, the retreat house is one of the oldest restored homes in Hagaman. It is surrounded by lush gardens and is located in a friendly small town. When not in classes guests may enjoy outdoor activities such as volleyball, bicycling, walking, softball, fishing, horseshoes or simply sitting in the gazebo chatting with friends. All guests receive a membership to The Fitness Center, a local health club, throughout their stay. The Fitness Center has a multitude of aerobic equipment; such as treadmills, stair climbers, elliptical machines and stationary bikes; and also features a variety of weight machines and free weights. There is a racquetball court and two small aerobics gyms with mats, bands, and exercise balls.

Guests at our Hagaman Retreat House have WIFI and are welcome to bring laptops, cellular phones or use one of the computers that are provided to keep in touch with friends and family. There is a larger Plasma TV where movies are shown, and a smaller parlor to watch television. Both televisions are equipped with digital cable and premium movie channels.

The Saint Jude Mountain Retreat

Built in the late 1800's the St. Jude Mountain Retreat is a restored Adirondack Hotel. Set in the heart of the Adirondack Mountains in Wells, New York, its two story porches overlook the peaceful waters of Lake Algonquin and have a great view of the mountains beyond. The quaint Town of Wells, New York is reminiscent of an earlier, simpler time in American history. When not in class guests can enjoy scenic walks along the water, a visit to the local beach, horseshoes, mountain biking, fishing, tennis and basketball all within walking distance of the retreat house. All guests receive a membership to a local private health club throughout their stay and are encouraged to participate in a variety of planned social activities.

Guests at our Mountain Retreat House have WIFI and are welcome to bring laptops or use one of the computers that are provided to keep in touch with friends and family. Cellular phones are permitted but coverage in the Adirondack region is quite limited and many service providers do not provide service to the region. There is a larger Plasma TV where movies are shown, and a smaller parlor to watch television. Both televisions are equipped with digital cable and premium movie channels.

Both retreat houses provide a comfortable, home-like atmosphere. With just over twenty guests at any given time, each house consistently offers personalized instruction and care. Professional chefs ensure the highest standards for each meal, and provide a variety of healthy and flavorful choices for meals and snacks alike. The St. Jude Retreats know that changing your life should be a pleasure, not a punishment. Call 1-888-424-2626 to get more information about our retreat houses or to schedule a tour.

The Saint Jude Executive Retreat

The Executive Retreat is equipped with a variety of services to make your stay pleasant and comfortable. Sitting on over 80 acres of forest, meadows, and private trails, and a bass pond for fishing (or ice skating in the winter months), the Saint Jude Executive Retreat is an exclusive location.

The Executive Retreat has an on site Spa and a dry sauna, located adjacent to a marble stand up water fall shower is a wonderful feature for those looking to relax from the world. A private massage therapist will be available to you on a weekly basis; you may choose from Swedish Massages, Reflexology, Hot Rocks Therapy, and Deep Tissue Massage.

Every guest has a private bedroom and/or suite with a private studio area to go over all the

practical information they will receive through the 6 week program. There are no group sessions and only one-on-one classes are provided.

Depending on your culinary needs, the Executive Chef will prepare Breakfast, Lunch, and dinner daily based on your preferences or special dietary needs.

There is always time to enjoy a movie and/or documentary in a private Home Theatre room. Every weekend you can join the Social Director on a trip into the Adirondack Mountains, a day of horseback riding, or a trip to cross country skiing area “depending on the season and weather.” However, if you prefer to relax or enjoy a nice conversation, the fireplace room will be the right place for you. All guests have access to many other activities and personalized services, such as; person concierge, outdoor heated pool (open from May-September), and hot tub (open year round). Maybe you would like to go for a walk or relax for a couple hours of fishing at the pond, or take a ride on one of the mountain bikes.

For more information on the Saint Jude Executive Retreat, Call 1-888-449-3557.

The Saint Jude Program

is a residential choice based, social/educational model for abstaining from drugs and alcohol. The program has the highest and *only independently verified* success rate in the nation. (Visit www.soberforever.org for more success rate information.) The Saint Jude Program teaches people how to have a quality of life that is so much better than the activity of drinking and/or drug using that they naturally decide to lead a sober and drug free life. Imagine for a moment, that you could abstain forever, not for just one miserable day after another. Imagine no need for counseling, group therapy sessions, or daily twelve step meetings; no more loneliness and depression. These are not idle dreams; they can become your reality. The Saint Jude Program educates and empowers you to live your dreams.

The SJP

is designed for those people who are tired of the negative treatment methods that are so popular today. It is for those people who have gone to multiple rehabilitation programs and failed to remain abstinent. It is for those who have tried self-help and 12-step programs and have not found a solution. It is for those who want the most experienced choice based curriculum in the treatment industry.

The Program

is also designed for people who want to avoid conventional rehabilitation and/or outpatient therapy because of the negative aspects of such methodologies. The Saint Jude Program has been used by many who are grateful to find a permanent solution on their first try. The Saint Jude Program opposes the concept that relapse is part of recovery. The goal of all programs should be to eliminate relapse completely. This IS the goal of the Saint Jude Program.

Responsibility

for one’s actions is the pathway to freedom from alcohol and drug problems. Rather than lamenting over an imaginary disease, the Saint Jude Program concentrates solely on the solutions to one’s problems and the responsibility of living the principles of honesty and unselfishness. The “incurable disease” concept that is so entrenched in conventional treatment does little, if anything, to help people with drug and alcohol problems. Most independent studies have shown that the disease concept is detrimental for those struggling with substance abuse problems. The Saint Jude Program teaches abstinence through responsibility, learned maturity and choice.

The Saint Jude Program

uses positive motivation based on 20 years of proven results and promotes the fact that people can and do change their lives forever. The Saint Jude Program is based on concepts and philosophies that have worked throughout time for people with drug and alcohol problems. Please read on to learn more about the Saint Jude Program which is based on time proven methods and documented independent results.

www.SoberForever.net
www.Permanent-Solution.com
www.SaintJudeExecutiveRetreat.com
www.BaldwinResearch.com

Social Program

The Saint Jude Program is a socially based program that emphasizes the process of learning through doing, experiencing, and providing positive role models. The development and acceptance of the Saint Jude Program has been a dynamic process that continues to evolve to meet the needs of its recipients. The concept of the Saint Jude Program in New York State is older than the State itself since the phenomenon of people learning through effective instruction surely dates back to the dawning of civilization. The roots of the Saint Jude Program are in mutual assistance, education and research.

The Saint Jude Program operates on the premise that experiential learning is an integral aspect of people achieving lasting happiness. The program is structured so that opportunities to experience happiness and hope are constantly displayed by the instructors and other staff members who live the lessons taught in the program on a daily basis. The program takes place in a positive, sober environment wherein the individual feels comfortable and safe. The Saint Jude Program is effective because from their first day, guests begin experiencing significant personal accomplishments, development of strong interactive social skills, individual satisfaction through individual responsibility and an increased confidence in their ability to function in the world around them.

Educational Program

Guests at the St. Jude Retreat House are educated, not rehabilitated. The Saint Jude Program employs professional educators who are not mental health professionals, but peers who understand the challenges of life from personal experience. All instructors are either certified by the New York State Department of Education or are student teaching preparing for certification.

From the beginning guests are treated with respect and dignity. The Saint Jude Program is a choice-based program. As guests are learning that they do, in fact, have the power to make their own choices, they are also learning how to make better choices. The Saint Jude Program employs a text that is in its twelfth edition. Each year the research team updates the curriculum with the newest methods that are proven to help the substance abuser find a happy, successful life.

The educational experience — is an entirely different approach from the more common counseling and therapeutic approach. The approach is remarkably simple, but profound and effective. Guests are taught how to recover using a method that they know has worked for others, and that has a 20 year track record of success. The method includes two main themes: The first theme is a thorough understanding of the guest's past problems and behavioral patterns.

The next theme immediately builds a future plan, so the past negative lifestyle is converted into a

positive future. The last three weeks of the curriculum concentrate on how to improve one's quality of life, how to set positive goals, and how to prepare for returning home. Some guests will choose to return home to their families, jobs or school as motivated, productive people. Others may choose to enroll in the Saint Jude Program Continuing Education to gain a deeper understanding of all they have learned, and to develop a much more detailed plan for their future.

Log onto the web at www.soberforever.org and read excerpts from the Saint Jude Program curriculum.

Additional Information

A typical day at the retreat house begins with a voluntary trip to a local health club at 7:00AM, followed by a continental breakfast and a social time or study time from 8:00AM to 9:00AM.

Weekdays each guest participates in 2 formalized class sessions, in the morning and afternoon. During off class daytime hours, guests are required to do homework, and have the opportunity to meet with instructors and staff one on one, and participate in a myriad of social activities.

Instruction sessions run, in 1 hour intervals, from 9:00AM to 12 noon. Lunch time and clean up is 12:00PM to 1:00PM. Upon completion of clean up at about 1:00PM, the afternoon instruction sessions begin and are completed by 5:00PM. Dinner is served from 5:00PM to 6:00PM. Most evenings a 45 minute educational seminar is conducted from 6:30PM to 7:15PM. Following the seminar, on many evenings there are planned, optional, social activities such as watching a "newly released" movie in our home theatre, playing chess, going bowling, roller-skating or to play laser tag, or one can opt to spend a quiet evening visiting with new found friends and staff. *

Things to know when coming to the retreat house

Guests should bring clothing and personal articles that they would normally bring on vacation, including appropriate clothing for hiking and going to the gym.

Guests may bring most medications prescribed by a physician, with the exception of replacement therapy medications. Guests are, of course, responsible for taking the medication according to their physician's instructions and keeping them locked in a personal lockbox provided to them. If you are unaware of what medications are permitted, please call us toll free at 1-888-424-2626.

Guests are free to smoke in designated areas.

A pay telephone is available for personal calls, and guests are allowed to bring their laptops and cell phones. WIFI is provided throughout the houses.

*Schedule may vary.

Additional program features include outbound experiences and membership at a local health club. All guests are encouraged to attend at least one of three Outbound Adventures offered during their stay. The Outbound Adventure is an integral component in the Saint Jude Program. It is a day hike on one of the many trails in the southern Adirondack region of New York State. Outbounds are designed to be challenging for guests. Many guests concur that their lives have forever changed as a direct result of their outbound experience. Additionally, professional chefs provide a variety of well-balanced meals and snacks throughout the 6-week stay. Kitchens are open and food and beverage is available to guests throughout day and evening hours.

Message from the President

I want to thank you for taking the time to look at our website. Established in 1992, The St. Jude Retreats and the Saint Jude Program have helped thousands of individuals find a permanent solution to their substance abuse problems. The Saint Jude Program is a unique substance abuse social/educational program that helps our guests build resiliency within themselves. As a philosophy, the Saint Jude Program has spent over two decades making sure individuals are resilient to the difficulties involved *after completion* of our program. It is not uncommon for a guest to return to a home atmosphere filled with peer groups and possibly even family social structures that are characterized with heavy substance abuse, and in some cases poverty and other factors that can be very challenging to the newly sober guest. With the full knowledge that our program cannot “go home” and change the guest’s respective community, peer and family structures; the philosophy has been to change the guest, and build the internal resiliency and personal strength to overcome those inherent challenges that are part of our Western society. The St. Jude Retreats have had great success in building this resistance to relapse in the face of some very harsh environmental circumstances as our independently verified post program success rate can attest.

As you visit our website, I urge you to explore the research that has helped develop the educational program we offer. The Saint Jude Program, is philosophically based on the Freedom Model, This educational approach is in direct contrast to many conventional programs that focus on illness and control rather than true choice and freedom. We do not teach our guests learned helplessness as so many of the control model programs do, but rather internal strength and resiliency. This has been proven for over 20 years to be the model of the future.

We have a professional staff reflective of the people we serve. We have a higher percentage of school teachers on staff than any comparable program in the country. Our food service professionals are recognized nationally for their excellent cuisine. Our recreational and social activities are world class.

I hope that you will give St. Jude Retreats a chance to help you change your life for the better.

Sincerely Yours,



Ryan Schwantes
President
Saint Jude Retreats