

**NARCONON**<sup>®</sup>  
*Fresh Start*



*Drug Rehabilitation and Prevention Programs*

**TEXAS LONESTAR VICTORY RANCH**



***PROGRAM OVERVIEW***

# OVERVIEW & GUIDE

## TABLE OF CONTENTS

- I. Center Description
- II. True Rehabilitation
- III. Overview of the Program
- IV. Details of the Program
- V. Family Contact and Visits
- VI. Obstacles to Overcome
- VII. Positive Results
- VIII. History of Narconon Fresh Start
- IX. Center Contact Information





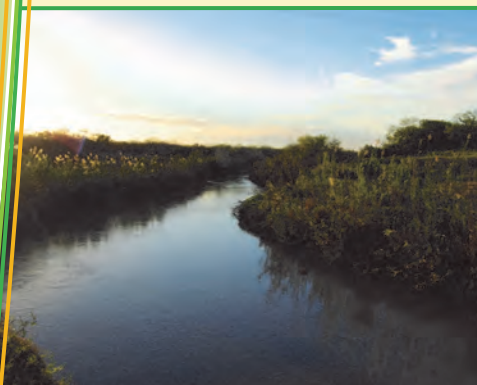
## I. CENTER DESCRIPTION

*Texas Lone Star Victory Ranch* rests in the heart of the majestic Rio Grande Valley about thirty miles from the Gulf of Mexico. Surrounded by farmland, this center offers the peace and quiet so conducive to the recovery journey. Resting on 17 acres of land, the center provides a sanctuary from the hectic and often dangerous environment found in the substance abuse culture.

Our long term treatment program, as further described in this guide, provides complete physical, mental and emotional recovery from substance abuse, which is one of the most difficult, and ultimately most rewarding, endeavors that one will accomplish in life. Therefore, we understand the importance in having a center that provides those components necessary to complete this process, while also ensuring our clients have a distraction free, comfortable environment.

Walks or jogs around the ranch & pond, or fishing in the little river that borders the property, provide a tranquil change of environment for our clients. Other recreational and physical fitness opportunities are available too, such as volleyball, basketball, and fitness workouts. Also, there are plenty of outdoor areas amid the natural landscape of grass fields, trees and ponds, offering a relaxing place for breaks.

Please read further for more details on the program.





## II. TRUE REHABILITATION

Taking individuals from a life of alcohol, drugs and chaos, to a life of direction, purpose and integrity, is not easy. Fortunately, our cognitive behavioral modification model has a 76% success rate in accomplishing true rehabilitation and has a proven record of success in doing so for over 45 years.

Our rehabilitation philosophy is not based on the disease model, which dictates that someone with an addiction will always be an addict with an incurable disease that they cannot overcome, but which they can only learn to cope with for the rest of their lives. Our educational rehabilitation philosophy is based on confronting and locating the many causes of addiction and the many behaviors associated with it and resolving them. Our clients may enter our program as addicts or alcoholics, but they become students through our educational Life Skills program, and they graduate our program truly rehabilitated without the need to use the labels of “addict” or “alcoholic”.

We accomplish true rehabilitation through the use of our *New Life Detoxification Program*, which removes the physical cravings and compulsions that are caused by the drug residual build up within the body, and from the application of our *Life Skills Courses*, which help achieve the cognitive behavioral modification that is needed to restore our clients back into happy, drug free, productive members of society.

Our proven rehabilitation program has many components, is very structured and it is laid out in a specific step by step sequence to obtain the best results. This road to true recovery is intense, but with the proper guidance and with our correct rehabilitation technology it can be accomplished.

**Please see the rest of this guide for more detailed information on our program and how it works.**





### III. OVERVIEW OF THE PROGRAM

**Location** - Texas Lone Star Victory Ranch is located in Harlingen, TX near the beautiful beaches of the Texas Gulf Coast and is surrounded by rich farmland, offering a serene environment for recovery.

**Program Length** - The program is supervised 24 hours a day and the program duration is dependent upon the participant's successful completion of all of the program steps, rather than a set time period and generally takes 3 to 4 months to complete. Before each participant is qualified to graduate, each step of their program is reviewed by their case supervisor and the application of their newly acquired life skills must be demonstrated to ensure that they will be responsible, drug and alcohol free members of society.

**Success Rate and Guarantee** – The program has a 76% success rate and our positive results are backed by a 6 month guarantee, which states that a graduate having difficulties can return for free within 6 months of their graduation.

**Secular Program** – Although the program is secular (non-religious), program participants' religious beliefs are respected and transportation is provided to their respective local churches on days of worship, when possible.

**Holistic Approach** - The program is completely drug-free and provides a holistic approach to recovery. Vitamin supplements are available daily and nutritious, delicious meals are provided three times a day.

**Relief from Drug and Alcohol Cravings** - Drug and alcohol residuals (metabolites) are stored in the fat cells of the organs and tissues of the body. They can become released from these cells during times of stress and spread into the blood stream, where they can cause cravings, withdrawal symptoms, anxiety, or even depression. Our New



Life Detoxification Program (Sauna Detox Therapy) accelerates the body's natural elimination process removing these metabolites. Once free from the physical compulsions and cravings, participants are now prepared to address the mental aspects and life repair portions of the program.



**Cognitive Behavior Modification Therapy** - Through a series of educational Life Skills Courses, case supervising and counseling techniques, program participants are guided to have their own cognitions (realizations) concerning their behavior. They are educated to become self-determined in modifying their behavior, so as to enhance their survival. The program focuses on honesty, responsibility and accountability for one's own actions, which creates productive individuals with a tremendous amount of integrity guiding their decisions.

**Social Interaction** - Although program participants go through a lot of individual hard work on their way to recovery, they also learn to interact socially with their peers in the program by helping each other through various courses of the program. This allows them to learn how to become good productive team members and how to build constructive relationships.



**Activities** – Participants are encouraged to take part in healthy recreational & fitness activities and the following is provides at this facility: walking, jogging, fishing , volleyball, basketball, and a fitness area.

**Legal Liaison Services** - Any information on current or pending legal matters should be relayed to our Legal Liaison Officer (LLO), who will assist in their handling during the program. The center has specific staff with many years of experience in dealing with probation requirements and other court related issues. Court costs, legal representation, fees and travel expenses are the responsibility of the program participants and are not covered by the cost of the program.

**Medical Liaison Services** – Our Medical Liaison Officer (MLO) will arrange and transport participants to local doctors or dentists to handle any current or pending medical or dental conditions that may arise during their program. A medical physical exam is covered by the program cost, but all other medical and dental expenses are the responsibility of the program participants and are not covered by the cost of the program.



## IV. DETAILS OF THE PROGRAM

We do not refer to our program participants as addicts, but rather as students because they are about to learn how to handle life without the use of drugs or alcohol.

**Withdrawal** – Trained specialists supervise newly arriving program participants 24 hours per day and assist them with the physical symptoms of withdrawal. A calm, therapeutic environment with special withdrawal therapies, nutritious meals, vitamin supplementation and plenty of rest, assist in achieving a successful drug free withdrawal.



**Life Skills Courses** – Through a series of educational courses, students have realizations that enable them to modify their behavior. Each student becomes aware of the sources of their problems and they learn how to formulate solutions so that they are no longer being adversely affected. Each student's progress is constantly monitored by their course supervisors and their case supervisor to ensure that their individual program needs are met.

**Communications Course** – Training routines (TRs) are communication drills that are used to increase the student's ability to comfortably confront themselves and others with good communication. These skills are needed for the student to address the issues that he has been avoiding through drug and/or alcohol use and which he will now be handling in the program.

**New Life Detoxification Program** – Removes the drug residuals from the cells of the body, thereby eliminating the urge for drugs on a physical level. This process takes several weeks and it will help eliminate the drug or alcohol cravings, so the student can focus on finding and confronting the source of his problems during the remainder of the program.



**Learning Improvement Course** – Many participants entering the program have never really learned how to study correctly and have just "gotten by" by memorizing and regurgitating information. This course teaches the student to recognize and overcome universal barriers to study, allowing the student to fully understand and practically apply subjects they are learning. This course is useful both during and after the program.

**Communication & Perception Course** – Part A of this course is a higher gradient series of communication training routines (TRs). Part B is a series of objective exercises or drills that rehabilitate a person's awareness and ability to control themselves, others and the things in their environment, while also bringing their attention back from the past and into present time so they can move forward.



**Ups and Downs in Life Course** – Describes in-depth traits of social and antisocial personalities, so that the student can differentiate between people who are either constructive or destructive to the student’s survival. Through this course, they learn that it is vital to recognize and handle the antisocial people and situations in their life in order to create an environment for successful recovery. Although the counselors & course supervisors guide each student, the course is designed to get the students to decide for themselves to no longer associate with people who are harmful influences to them.



**Personal Values and Integrity Course** – Enables the student to take responsibility for the destructive acts they have committed in the past with a procedure that also unburdens them from the blame, guilt and regret associated with those past acts. Through this course, they regain their personal ethics, morals and integrity, which makes it much easier for the student to feel good about themselves without the use of drugs or alcohol.

**Changing Conditions in Life Course** – Educates the student on the various states of existence or conditions in life. It shows the student how to raise their condition, through the application of formulas for each condition they find themselves in and includes the steps needed to repair relationships, which have been damaged by their addiction. These formulas can be followed after the program to help one regain their status at work, at home, with friends and with society at large.



**Way to Happiness Course** – This course contains 21 precepts of a common sense moral code that, when followed, will put one on the road to happiness, such as precept 19, *The Golden Rule*, which states “Try not to do things to others that you would not like them to do to you”.

**Battle Plan** – This is a step by step plan that the students write up, which allows them to apply the data that they have learned on the program to give them the maximum potential for success after completing the program. The plan is reviewed by both the course supervisor and the case supervisor to ensure that the correct course of action is applied.

**Aftercare Options** - There are several different aftercare options offered to graduates, such as living in a sober living home, volunteering, or entering our internship program, which is the most popular and most successful. Please check with your intake counselor for more details.

**Internship Program** – Graduates can enroll in the aftercare program internship, in which they pay a fee to stay for 3 months, receive room & board and train as an intern in rehabilitation services. The internship can reestablish a good work ethic, lead to a successful career in rehabilitation services or prepare them for a successful career back at home.



## V. FAMILY CONTACT AND VISITS

This program overview contains guidelines and suggestions, based on the successful actions of the past. We suggest that our clients' families apply these simple guidelines at their discretion and call us with any concerns or questions they may have.

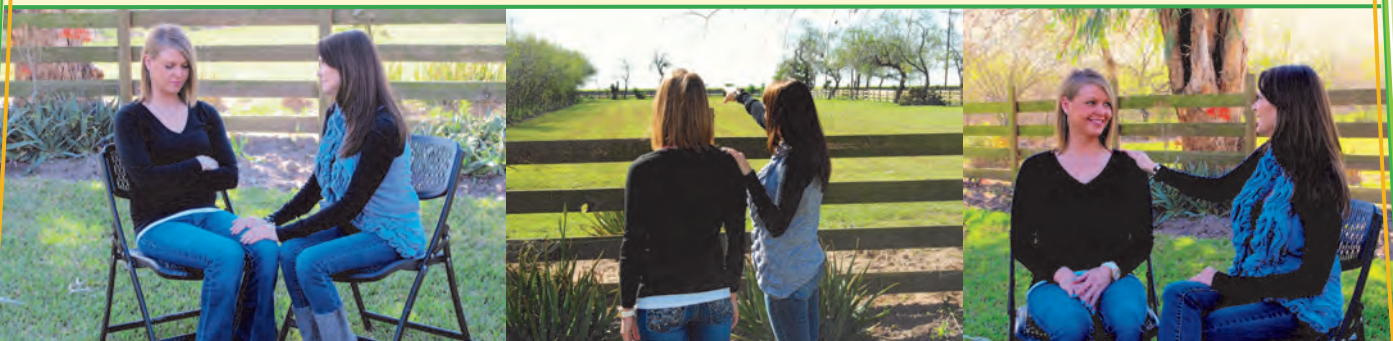


The staff at our centers are trained to detect drug “restimulation” and they know what to do to get students settled down and “destimulated” so they can continue working through the program successfully. Therefore, our center’s staff should be consulted regularly during the program.

During the withdrawal portion of the program, we do not allow our clients to make or receive phone calls because they are adjusting to the program and they may be experiencing withdrawal symptoms. Therefore, we ask that our clients’ family members or friends speak with our Director of Consultation or Family Consultant for progress reports. Withdrawal usually lasts anywhere from 2 to 10 days. Once out of withdrawal, our clients are allowed to make and receive phone calls. We suggest that communication to them is kept upbeat and supportive.

Family members may notice an improvement in their loved one’s attitude within a short time of starting the program and may want to visit them. It is strongly suggested that our clients do not receive visitors until the New Life Detoxification sauna program is complete, usually 4-6 weeks after arriving into the program. We recommend that our clients do not leave the program for visits either. It is best to allow them to complete the entire program without interruption, so they can be prepared for any situations that they may encounter, when finally returning home.

## VI. OBSTACLES TO OVERCOME



During the program, there will be many hurdles and obstacles, which may be difficult to overcome and program participants can become easily irritated or even irrational during these times. If this occurs, we encourage their family members to be patient with them and to refer them back to our staff for assistance. We also advise families to call our center’s Director of Consultation or Family Consultant to alert them of any difficulties that program participants may be having, so they can be handled successfully.

## PARTS OF THE PROGRAM THAT MAY REQUIRE ATTENTION:

**Withdrawal:** At this time, addiction is still in full effect and it is still controlling the addict, therefore the addict may not totally agree with treatment and may find any number of apparent excuses to leave. These excuses cannot be given credence and the addict in withdrawal should be encouraged to work things out and continue with their program.

**The Communication Course:** At the beginning, participants do not see the point in the communication training routines (TRs), as the training drills take practice before any results are achieved. An understanding of the usefulness of TRs is only gained through drilling them repetitively, which is when one acquires the ability to confront and control other people and oneself.

**New Life Detoxification Program (Sauna Detox Therapy):** During this process, drug residuals are being flushed out of the body and the student can become affected by them. This can cause severe mood swings. As their sauna program progresses, they will start to feel markedly better and improvements will be very noticeable in skin tone, sleep pattern and overall wellbeing.

**Communication and Perception Course:** These exercises can seem monotonous because they take many hours to run before the student realizes the end results. The drills are very challenging, but the abilities that are gained, after completion, last a lifetime.

**The Ups and Downs of Life Course:** Overcoming antisocial people and situations can be difficult, but the completion of this step will lead to confidence and safeguard students from relapse.

## VII. POSITIVE RESULTS



Hundreds of students graduate our program every year, becoming productive members of society. Our program graduates no longer refer to themselves as addicts, are not required to attend meetings and are empowered with the knowledge that they have gained in the program. They have learned much more than how to abstain from drugs and alcohol; they have acquired the ability to communicate, to be comfortable with themselves, to control themselves, to be honest, to be responsible for their actions, to choose the right friends and to confront and overcome problems. They are not only rehabilitated from substance abuse, they are now equipped with the tools necessary to be successful in the many other aspects of life.



## VIII. HISTORY OF NARCONON FRESH START

The very first Narconon® (meaning “no drugs”) program was founded in 1966 by William Benitez, after being inspired by the practical betterment philosophy of author and humanitarian L. Ron Hubbard in the book, *The Fundamentals of Thought*.

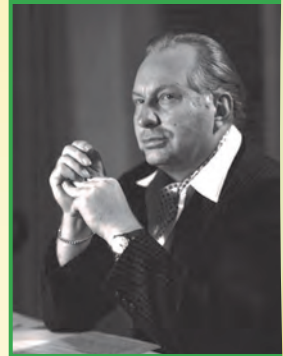
Actually, Mr. Benitez was an inmate in the Arizona prison system when he first discovered this new and innovative rehabilitation technology. He used it to reform himself and decided to establish the Narconon Program for other fellow inmates. Early in the development of the Narconon Program, it was found that Mr. Benitez’s original sentence was in error and that he could be released with time served. Instead of requesting release, he opted for a reduced sentence of 16 additional months to continue helping inmates and developing the program.

After completing his reduced sentence, Mr. Benitez established the first Narconon Program outside of the prison system, Narconon Los Angeles (founded in 1971), which eventually grew into the largest, most successful Narconon group, Narconon Fresh Start.

Mr. Benitez turned his life around so thoroughly, that many years after establishing the Narconon Program for the general public, he was hired by the Arizona Department of Corrections and served as Hearing Officer on inmate complaints until his death in 1999.



**William Benitez**



**L. Ron Hubbard**

## IX. CENTER CONTACT INFORMATION



### TEXAS LONESTAR VICTORY RANCH

17697 ABD Road, Harlingen, TX 78552

**PHONE:** 956-423-2853 / 866-938-3927

**FAX:** 956-365-3022

**NARCONON**<sup>®</sup>  
*Fresh Start*



*Drug Rehabilitation and Prevention Programs*

*225 W. Broadway, Suite 400, Glendale, CA 91204*

*Tel: 855-734-2223 Fax: 818-243-7956*

**WWW.DRUGREHAB.COM**

©Copyright 2013 Narconon Fresh Start. All rights reserved. Narconon and the Narconon logo are trademarks and service marks owned by the Association for Better Living and Education International and are used with its permission.