



Welcome to the AIM Outpatient Program

If you're reading this, you've already made a move that matters. You might not feel like it yet, but picking up this info, considering this program, or even just showing up... that takes guts. It means something. It means part of you wants more out of life, even if you're not sure what that looks like yet.

This program isn't just about quitting substances. It's about rebuilding your life, reconnecting with who you are underneath it all, and giving yourself a real shot at peace, purpose, and maybe even happiness. I'm not here to judge you or fix you. I'm here to walk alongside you—as someone who's been there and knows how hard this shit can be.

A Bit About Me

My name's Craig. I'm a certified addictions counselor through CACCF and CCPCP—but honestly, the more important credential is that I've lived this. I got sober at 23. I'm 42 now. That's 19 years without alcohol. But that doesn't mean everything is perfect. Far from it.

I still deal with my own stuff—mental health, addictive behaviors, life stress, parenting, relationships... you name it. Life didn't magically become easy when I got sober, but it sure got *possible*. Alcohol was shutting every damn door in my life. Sobriety opened them back up.

Getting sober didn't fix me. It gave me a shot to *work* on myself, to grow, to show up, and to keep going. And now, this is what I do—I help other people get their shot too. You don't have to be perfect to do this. You just have to be willing to put in the effort to get well.

Some Hard Truths

- Quitting the substance? That might be the easy part. Changing the behaviors and mindset that come with it—that's the real work.
- Life won't instantly get better just because you stop using.
- Sobriety won't fix everything.
- If you're here, it's probably because substance use has become a problem. You don't end up in an outpatient program by accident.
- If you don't put in the work, you won't stay sober. And if you somehow do stay sober without doing the work, you'll probably be miserable and white-knuckling it the whole way.

You've already worked *hard* at using. Seriously—think about the effort that went into it. That same energy, when redirected toward recovery, can change your life.

Some Encouraging Truths

- Most people don't care that you don't drink or use. And if someone does? That says more about them than it does about you.
 - I've never met anyone who said their life was worse sober than it was in active addiction. Not one.
 - It's okay that not everyone uses like you do.
 - No matter what you've been through, you can stop. You can hit pause and give yourself time to figure out what's next.
 - You are *worth* the effort. You *deserve* a better life.
-

About the Program

This AIM Outpatient Program is something I've built from my own journey, my education, the wisdom of mentors, and from watching people fight like hell to change their lives.

It's not a magic fix. It's a commitment. You've got to show up. You've got to be honest. And yeah—you've got to make time for this. Please don't half-ass this. I mean that. I know how easy it is to flake, delay, or say "later." But this could be life or death. If you've got one foot in and one foot out, you'll fall through the cracks.

This program runs 1-2 times a week—75-minute sessions over 8-16 weeks. We'll make the schedule work for you. No one's looking for perfection here. Just *effort*. And if you put that in, you'll see the shift.

What You Can Expect

You don't have to be perfect. You just need to keep showing up. Here's what we'll do together:

1. **Commit to Sobriety**

Each week we'll focus on tools, strategies, and exercises that build a real foundation—not just for now, but for the long haul.

2. **Solutions Over Problems**

This isn't just about digging into the past. We're here to build a future. Expect action steps, practical tools, and a no-BS approach to getting things done.

3. **Support That Matters**

In addition to one-on-one sessions, there's a Recovery Support Group where you can connect with people who *get it*. Real people. Real support.

4. **Scheduling That Works for You**

Life doesn't stop for recovery. That's why we'll build this around your responsibilities—so you don't have to choose between getting better and keeping your life running.

The H.O.W. of Recovery

Recovery is built on three big things: Honesty. Open-mindedness. Willingness.

- Honesty means facing the truth—even when it’s uncomfortable.
- Open-mindedness means trying something different, even if it feels weird or unfamiliar.
- Willingness means taking action, even when it’s the last thing you want to do.

You lean into those three, and everything else starts to move.

The Voice of Addiction

Addiction is sneaky. It’s the voice that tells you, “You’re fine,” or “This time will be different.” It hides in shame, silence, and isolation. It whispers lies like:

- “You’ll stop tomorrow.”
- “You deserve this.”
- “One more time won’t hurt.”
- “You’re too far gone anyway.”
- “It will make you feel so much better”

Addiction makes promises it never keeps. It steals your time, your energy, your relationships—until you’re left feeling empty, hiding in bathrooms, garages, or wherever you go to get your fix. But here’s the truth: addiction is NOT you. It’s not your identity. It’s just a part of your story—and not the whole story.

What Is Addiction, really?

To me? It’s the *dark side*. The part of you that feeds on shame, guilt, pain, and disconnection. It tells you that substances are the only way to cope. It’s persistent, manipulative, and doesn’t give a damn about your dreams or your future.

Scientifically, addiction hijacks the brain’s reward system. Substances flood your brain with dopamine. It feels good—until it doesn’t. Eventually, your brain stops enjoying the simple stuff—family dinners, a sunny day, a good laugh—because it’s waiting for that next hit. That next drink. That next escape.

The good news? You can *retrain* your brain. It takes work, but it’s 100% possible. Addiction is something you’re *going through*, not something you *are*.

Let's Talk About Shame & Stigma

Maybe you've told yourself you "should have this under control by now." Maybe others have made you feel like a failure. There's so much shame wrapped up in addiction, mental health, and even just asking for help.

But let me say this loud and clear:

1. I don't give a shit what your past looks like.
2. I care that you're here, now, trying to change.

Recovery is NOT about being perfect. It's about being *real*. And being willing. You are NOT broken. You are *human*. And humans need support. Full stop.

One Last Thing

This isn't just a program—it's a shot at something better.

You're going to have rough days. That's part of it. But you're also going to surprise yourself. You'll start to feel proud of who you are again. You'll build something new. One step at a time.

I'll be here through it all—calling you out when needed, cheering you on when you deserve it, and reminding you of who you *really* are under all the mess.

Let's get to work.

With hope and unwavering belief in you,



Craig Renfrew, CCAC, CIAC, CCPCPr, MATS