

Criteria

Inclusion criteria for the admission of clients into Project Adapt are that he/she:

- Has an alcohol, alcohol-related, or substance abuse problem
- Is a resident of the Bay Area
- Is at least 18 years of age
- May be monolingual or have limited English proficiency

For intake information, contact Comprehensive Outreach Project for Pacific Islander and Asian Substance Abusers (COPPASA) of AARS Inc. at (415) 541-9285 ext. 238.

RESPECT

We are not fighting for the right to be like you. We respect ourselves too much for that.

- John Oliver Killens



**ASIAN AMERICAN
RECOVERY SERVICES, INC.**

Asian American Recovery Services, Inc. is a non-profit, community-based organization our mission is to reduce the impact of substance abuse in the Asian and Pacific Islander Communities of the San Francisco Bay Area. Asian American Recovery Services offers a continuum of prevention, intervention treatment and research services, in San Francisco, San Mateo and Santa Clara Counties.

Project Adapt
is a program of Asian American Recovery Services, Inc. (AARS.Inc.)

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Underwritten by Bo Yoshimura

Project Adapt

CENTER FOR HEALING

COMPASSION

One must love oneself, honor oneself, show compassion and forgiveness for oneself.

- Anonymous

Project Adapt

is a San Francisco substance abuse outpatient treatment program for Asians and Pacific Islanders that emphasizes a holistic approach by promoting the development of a healthy body, mind, and spirit. Project Adapt believes that recovery from substance abuse happens when the whole person is provided with opportunities for growth.

By fostering supportive relationships and an encouraging community, Project Adapt strives to create a process of belonging and connection in a person's life. Staff work with each individual as a seeker of health rather than a damaged, problematic person.

PATIENCE

Our patience will achieve more than our force.

- Edmund Burke

Concept

Project Adapt bases its program on the concept that addiction is a disease of disconnection from one's own self.

This disconnection of **mind, body, and spirit** results in a fragmented individual who is isolated from the world, the environment, and themselves. We heal by reconnecting the mind, body, and spirit.

Project Adapt utilizes traditional Asian practices to promote healing. We encourage the expression of feeling and emotion through verbal and non-verbal ways.

With each person as an important member of our community, we build an environment of healing and nourishment that will help people reconnect with themselves.

ACCEPTANCE

Acceptance of ourselves-our looks, our behaviors and our beliefs-brings inner peace.

- Anonymous

Values

Project Adapt embraces five values that we strive to live by:

- **Compassion**
- **Patience**
- **Acceptance**
- **Kindness**
- **Respect**

We begin to heal when we allow these five values to be a part of our own lives. It is then possible to also treat others this way.

KINDNESS

As self confidence and self healing begin to develop, we start to show real kindness to ourselves and others.

- Tarthang Tulku
Tibetan Buddhist Monk