

2009

Narconon Louisiana New Life
Retreat, Inc.



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Narconon Louisiana, New Life Retreat, Inc., "Riverbend" was started to fill an obvious need in society. It could be argued that the biggest social ailment existing today is drug usage and the attendant crime, lives and families destroyed and overload on the criminal and health systems. People are inundated daily, hourly and by the minute on every medium that the solution to any illness or discomfort in life is drugs, drugs and more drugs. It is no wonder that drug use and abuse is so prevalent in every walk of life and that addiction is rampant.

We at Narconon know that
ADDICTION IS NOT A DISEASE. IT IS A
SOLUTION TO A PROBLEM THAT HAS BECOME
"THE PROBLEM".

Narconon helps the person not only solve his addiction,
but resolve the problem behind his addiction.

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The Narconon Louisiana Program

The Narconon ® program is a very uniquely designed program, which uses a 100% holistic, drug free, and natural approach, combined with extensive life skills and educational models of treatment. Narconon is the only treatment center in the world that provides a biophysical detoxification program. This uniquely designed program gives our students an opportunity to naturally cleanse their body of drugs, alcohol toxins and poisons. They are put on a specific regiment of exercise, nutritional supplements, and induced sweating in a dry heat sauna. This step of the program greatly increases the chances of successful treatment, and remaining drug free. Being in such a healthy and alert state, our students are able to put more focus on the remaining aspects of the program, allowing them to no longer worry about physical cravings, sleeping problems and drug withdrawals. Narconon Louisiana has one of the highest success rates in the country, with seven out of ten graduates remaining drug free after two years. This long-term success is primarily due to the structured treatment methods used throughout the program. Narconon is not a traditional program, in fact, a large portion of our clients have been through previous traditionally run program, prior to entering ours. Because of this, our program is a very appealing choice to those struggling with chronic relapse.

Narconon Louisiana provides comfortable and long-term care for our clients, allowing them to truly take the time to become completely rehabilitated. Our program is located in a beautiful and distraction free environment just outside of Baton Rouge, Louisiana. With international recognition, Narconon is the best solution for all walks of life from across the globe. Narconon Louisiana provides an admission process that can happen right away, and there will be no need to be put on a long waiting list. Locating and entering a quality drug and alcohol rehabilitation center should not be a difficult process. Our intake counselors will be able to answer any questions you may have, and will provide the proper information needed to make the best choice. Within this information package, you will find all the information about the Narconon program, and how it can help save your loved ones life, and break the chains of addiction for good.

If you have any questions about our program, please call one of our counselors at any time. They will be more than happy to answer your questions.

Phone: 866-422-4650

Website: www.drugabusesolution.com



Narconon Louisiana Program Description

Individuals who are participating in the Narconon program are referred to as students because they are learning how to live a drug-free life.

Phase 1 – Withdrawal (drug-free)

Narconon Louisiana offers an onsite drug-free withdrawal, which will allow our students to overcome the immediate drug cravings and withdrawals without experiencing the usual agony of withdrawal. Prior to entering the drug-free withdrawal program, the person first goes through a medical qualification process with their intake counselor over the phone to determine if medical detox is necessary.

The Narconon program is 100% drug-free, and does not replace one drug with another drug. During their stay in the withdrawal program, professionally trained withdrawal specialists monitor the students 24 hours a day, seven days a week.

There are several techniques used by trained Narconon withdrawal staff, which relieve most, if not all, withdrawal symptoms. One of these techniques is providing supplements of calcium and magnesium (in a special formula for muscle and bone aches) and vitamin supplements. There are also special procedures used to help reduce or eliminate much of the pain.

Therapeutic Training Routines (Book 1)

Training routines: a precise training action putting a student through laid out practical drills step by step, to teach a student to apply with certainty what he or she has learned

This particular module of the program is comprised of drills and other practical exercises, which enable our students to improve their ability to face situations in life, and communicate more easily in order to resolve problems through communication. The student will work in a course room environment under certified Narconon Course Supervisors whom will guide them every step of the way.

Phase 2 - Detoxification

New Life Detoxification Program (Book 2)

The New Life Detoxification Program utilized a combination of exercise, sauna sweat-out and nutritional supplements. It is 100% natural and is part of a holistic health approach to becoming drug-free. While being monitored by professionally trained sauna detoxification staff, the student gets rid of the drug residuals and toxins in his/her body and is freed from their harmful effects. Upon completion of this unique detoxification program, our students will be free of drugs, their bodies free of toxins and drug residues. They will have a clear mind and will have eliminated physical cravings for drugs or alcohol.

Experience has shown that drug residuals in the body can trigger cravings for more drugs as well as "flashbacks" and a range of unwanted drug-related conditions. *For scientific information on the New Life Detoxification Program please refer to page 22.*

Phase 3 - Life Improvement Courses

Learning Improvement Course (Book 3)

This portion of the program will give the student more abilities in studying new information, and retaining knowledge. Because the majority of the Narconon program incorporates educational models of treatment, it is important our students are able to recognize and overcome any barriers with studying and learning new information. Because of the practical drills and exercises done during this course, a student can successfully apply this information throughout the remainder of the Narconon program, and throughout the remainder of their life; always being able to successfully retain any knowledge learned.

Communication and Perception Course (Book 4A and 4B)

Typically when using drugs, an individual can become very introverted, and will sometimes choose to not communicate any problems, which are occurring with them. This can cause a drug addict to feel more shame and guilt about who they are, and the way they feel. This in-depth portion of treatment will initially put more focus on our students getting back into communication with others and the environment around them. This course will also allow a student to apply practical exercises, which will fully extrovert them, taking attention off themselves, and putting more focus on their present time environment. This treatment

approach will greatly raise a student's perception and ability to handle problems within their life, giving them more control, and making them more aware of where they are.

Under the supervision of professionally trained Narconon course supervisors, the students will also help one another through these practical exercises. This will allow an individual to increase their level of responsibility, and also take responsibility for helping another.

Ups and Downs in Life Course (Book 5)

During the time an individual is using drugs, they can become associated with negative or anti-social people. These anti-social persons can sometimes have a very destructive influence on a drug users life. Because when using drugs, an individual will typically only associate with other drug users, it can be difficult to disconnect from these potentially anti-social people.

This very specific module of the program will handle the above problem with drug addiction. It will give the student the ability to honestly spot and handle or disconnect from negative influences in their life. This is particularly important during recovery; because these potential trouble sources can cause a former addict to revert back to using drugs. The reason for this is the negative effect of an anti-social person or a destructive environment can have on a recovering addict. More specifically, the student will learn actual traits of social and anti-social personalities, which will give them more control over their decisions of who they choose to associate with in their life. Gaining this knowledge will allow a person to become less susceptible to negative influences, and will prevent our students from putting themselves back into a destructive environment, with destructive people.

Personal Values and Integrity Course (Book 6)

Normally a person not using drugs will not commit the harmful acts against themselves and others that a drug-user will. Unfortunately with drug use, contra-survival behavior is very common, and does cause a person using drugs to struggle with their own personal values and integrity.

Through very specific application in this course, individuals will re-discover their own personal morals, ethics, honesty, values, and integrity. This will truly reassure them without a doubt they are a good person. This course will go even further, and help a person eliminate the guilt and remorse caused from committing past harmful acts against themselves and others. Finally, the student will apply extensive information to all aspects of their life. This information will give them the knowledge and control of how one dishonest

act towards one area of life can have a negative effect on another area of life. It will further show a student how to prevent these problems from occurring, and how to always be honest and straight with themselves and others. Completing this module of the program will give the student a greater outlook and awareness towards life, making them capable of living an honest and ethical lifestyle.

Changing Conditions in Life Course (Book 7)

Throughout an individual's life, problems are encountered, choices and decisions made, and life is lived. Sometimes the solutions and decisions are not the right ones for the individual. Sometimes those decisions spin his life out of control for him, resulting in more and more non-survival decisions, with his life becoming more and more out of control. With the information learned in the Personal Values and Integrity Course, our students are now in a position to take responsibility for their choices and actions in life. This course will give the students practical and workable solutions to help them take responsibility for choices made, understand why it happened, and how to prevent it from occurring again. Applying these problem-solving solutions will allow a person to discover insight into their personal abilities, making them more comfortable and confident in handling problems and taking responsibility for their actions. This course will further allow a student to go throughout their past, and repair past non-survival situations. This means they are giving themselves a second chance to truly make up damages done, get their lives under control and not be bound by past problems, where consequences occurred and no responsibility was taken. After completing this course, our students can successfully apply workable solutions to handle any of life's road bumps, and to comfortably handle life's new challenges.

The Way To Happiness Course (Book 8)

Being able to live a happy life does not have to be a challenging experience. This particular course will help guide our students onto the road of true happiness, and will show them how to stay on that road. Provided in this course is a common sense based moral code, which will show them practical and applicable ways to live a happy life. Using real life examples from their own life, the students are able to see how each of the twenty-one precepts of the book can apply to them. This will give them an increased ability and awareness, to remain drug-free and live a happy life.

Phase 4 - Discharge Plan/ Society Re-Entry Program

Planning for the student's discharge and return to society as a productive member of that group is done from the time the student arrives at the program. The intention of the staff is to assist the student to complete each step of his or her program so that their goals are achieved. Once the student has completed all steps of the program, a full review is done to verify that every step was thoroughly done and all matters of concern have been addressed.

The student will then meet with a professionally trained Graduate Counselor. This particular counselor goes through a very detailed assessment, which can include the following:

- Program assessment
- Individual assessment
 - Immediate plans
 - Drug cravings
 - Personal health
- Housing assessment/recommendations
- Financial assessment/recommendations
- Assessment of personal relationships with immediate family, children, significant other, etc. Going over expectations, and finding out what is needed and wanted from these people.
- Professional/work assessment

The Graduate Counselor will have a specific follow-up plan set with the student covering a two-year period. This follow up plan could of course change, based on the personal needs of the student. Upon the student's completion of the Narconon program, the Graduate Counselor makes himself or herself available to the students and their families; this is to make sure the graduates are successfully applying the tools they have learned, and they are making a comfortable transition into society.



Narconon Louisiana Graduate Success Stories

This is a success story from one of our graduates. Students are encouraged to write a success story when they have any kind of wins on the program.

I really cannot truly put my overall success at Narconon into words. I have made a complete transformation during my time in this program. I started my time here as a true shell of the man I was prior to my longtime drug abuse. I was a skeptical, unwilling, dishonest, and most of the time foolish person. I went through numerous ups and downs in the beginning of my time here all of which truly molded the man I am now.

When I began doing communication drills I looked for any way to escape them - reason being I truly was not ready to confront myself, let alone any others in my life. The staff was patient and caring, helping me through that time and as I began to accomplish things in the course room I built a true foundation for success. When I began the sauna, again, I was skeptical. I thought of that part as a little far-fetched, but again it proved to be an amazing experience. I finished sauna and I was refreshed, gaining energy and stamina I had lost, not to mention I felt pure again. I had another part of the puzzle. I had started to truly gain a lot of my old qualities of greatness back and was feeling great, yet I still thought "Can I stay away from drugs for the rest of my life?" Then came objective exercises, which for me was the turning point of my life. During this I was able to regain confidence in myself, self-control, take true responsibility for myself, gain an understanding of my mental and physical abilities. I reached the point where I knew drugs were done in my life forever.

It was like I finally turned a corner I had been trying to turn for literally, years. I then learned to understand what I needed to do for myself and for those around me on an ethical and good moral level. I was able to take responsibility for myself and my actions again. Ever since then I have been eager to pick up all the technology and tools I could for success. I have been able to regain my life and that is true beauty to me.

This may have been a place I was sent to get off drugs but it is so much more than that. This truly is a family, all of whom are there to help you at every point along the way. I have regained the respect of my family [at home], which I will continue to build upon. I have learned to live my life in the fashion I need and I will do so. I want to thank every staff member here for everything they have done to help me, you truly are the greatest people in the world and I love you all more than I could tell you. I want to thank the students and friends I have gained here. I love you all as well. I will live the clean and sober life for myself but you all will share a part in that every day of my life. I promise you that.

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What to Bring for the Program?

Our Narconon center provides a very casual environment for our clients. Here, we have provided a list of what you can bring for your stay with us. We encourage you to include some personal items from home (family pictures, etc.)

- Casual clothes (shorts, jeans, t-shirts, sweats/track pants, sweat shirts)
- Running shoes, shower slides (flip-flops)
- Towels, washcloths, for personal use
- Personal hygiene products (Shampoo, soap, razors, etc.) Please avoid bringing any personal hygiene products that contain alcohol.
- MP3 player, Discman, or small radio/I-pod docking station
- Alarm clock
- Personal reading material
- Paper, envelopes, stamps
- Swimsuits for the sauna. (2)
- Seasonal clothes strongly suggested
- Picture ID, medical or insurance card
- Bedding material/pillows (if desired)
- Musical instrument (if desired)

Students who enroll onto the Narconon program will be able to send and receive mail/care packages. We also provide phones with free long distance. You are not allowed to carry money on your person during your stay with us. You will have a temporary account set up where you can deposit money into. This will allow you to put together a shopping list once a week of things needed, and the staff will do the shopping for you at the local grocery store. In order to get the best result out of the program, and to eliminate the number of suitcases, these are the items that are forbidden:

- Cell phone (you may bring one, but it will be locked in security until you graduate)
- Lap top computer
- Mini DVD player/TV
- Digital camera/recording devices, or pager
- Dangerous tools
- Hygienic products containing alcohol
- Aspirin, Tylenol, over the counter drugs (unless prescribed by a doctor)
- Pets
- Automobile
- Pornographic materials or items



Typical Day at Narconon Louisiana

The daily schedule for the students while they stay with us, is different from day to day, yet to give an example of a typical day at Narconon Louisiana, here is a basic schedule:

Monday to Saturday - Sunday is an optional day for courses; students who have completed all their duties for that week have the option to skip course. Course rooms are open for any students who want to advance.

9:00 am to 9:30 am	Cafeteria is open for breakfast
9:30 am	Roll Call in the cafeteria
9:30 am to 10:00 am	Cleaning Stations
10:00 am to 12:00 pm	Course
12:00 pm to 1:00 pm	Lunch
1:00 pm to 3:15 pm	Course
3:15 pm to 4:00 pm	Break
4:00 pm to 6:00 pm	Course
6:00 pm to 7:00 pm	Dinner
7:00 pm to 9:00 pm	Course
9:00 pm to 11:00 pm	Free time
11:30 pm	All students in their respective rooms

Narconon Louisiana provides many recreational activities for students on the program, such as volley-ball, basketball, ping pong table, pool table, pool. For personal fitness, we provide a basic weight room with cable machine, free weights, punching bag, and cardio equipment. The cafeteria is also used as a social area, and there is a separate T.V. room in the women's house. Smoking is permitted on the premises in designated smoking areas.

Narconon Louisiana Photo Album



Lodge (course rooms, male quarters, and offices)



Lodging



Lodging



Course Room



Swimming Pool



Student Lounge



Front Lawn



Weight Area

Information about Drug Addiction

Drug Addiction

No one wants to become a drug addict or an alcoholic, but this doesn't stop people from getting addicted. The most commonly asked question is: How does it happen? How could my son, daughter, mother, father, sister, or brother become a liar, a thief, and someone who cannot be trusted? How could this happen? An why won't they stop? The first thing you must understand about addiction is, alcohol and addictive drugs are basically painkillers. They chemically kill physical and emotional pain, and also alter the mind's perception of reality. Drugs can also make people feel numb. For drugs to be attractive to a person there must first be some underlying unhappiness, sense of hopelessness, or physical pain.

The Cycle of Addiction

It begins with a problem, discomfort, or some form of emotional or physical pain a person experiences, and they will find this pain very difficult to deal with.

We start off with an individual who, like most people in our society is basically good. This person encounters a problem or discomfort they do not know how to resolve, or cannot face. This could include problems such as, difficulty fitting in as a child or teenager, anxiety due to peer pressure, work expectations, identity problems or divorce. It can also include physical and mental abuse, personal loss, unresolved unhappiness, and physical discomfort, such as an injury or chronic pain. These problems are real to the individual, and the person is unable to develop any real solution to solve them. Everyone has experienced this in his or her life to a greater or lesser degree. The difference between an addict and the non-addict is, the addict chooses drugs or alcohol as a solution to the unwanted problem, or discomfort.

A person tries drugs or alcohol, and the drugs or alcohol appear to solve their problem. Automatically the individual feels better. Because they now seem better able to deal with life, the drugs or alcohol become valuable to them. The person looks on drugs or alcohol as a cure for unwanted feelings. The painkilling effects of drugs or alcohol become a solution to their discomfort. Inadvertently the drugs or alcohol now become valuable because it helped them feel better. This release is the main reason a person uses drugs or alcohol multiple times. The result of continual use will lead to a potentially life threatening addiction.

The use of drugs or alcohol becomes obsessive. The addicted person is trapped, and whatever problem they were initially trying to solve by using drugs or alcohol, has now faded from memory. At this point, all they can think about is buying and using drugs. They lose the ability to control their usage, and completely disregard all the consequences of their actions.

The Drug Personality

There is such a thing as a drug personality, it's artificial and created by drugs. Drugs can change the attitude of a person from their original personality to one secretly harboring hostilities and hatreds he or she does not permit to show on the surface. This establishes a link between drugs and increasing difficulties with crime, production, and the modern breakdown of social and industrial culture.

In the beginning, a drug user will attempt to withhold the fact of their drug use from friends and family. They will begin to suffer the effects of their own dishonesty and guilt. They may become withdrawn, and difficult to reason with. They may also behave strangely. The more they use drugs or alcohol, the guiltier they will feel, and the more depressed they will become. They will sacrifice their personal integrity, relationships with friends and family, jobs, money, and anything else they may have in an attempt to acquire more drugs. The drugs are now the most important thing in their life.

The drug personality includes such characteristics as:

- Mood swings
- Unreliability
- Unable to finish projects
- Unexpressed resentment and secret hate
- Dishonesty towards family, friends, and employers
- Withdraws from those they love and care for
- Emotional isolation
- May appear chronically depressed
- May seem very anxious
- May begin stealing from family and friends

Psychological and Physiological Effects

Drug addiction can have many different effects psychologically with a person, but always damaging the person's mind. The mind is our most important tool. With our mind, we solve the problems we face in life. Drugs do several things that harm one's ability to think,

or to be fully aware of the present surroundings. These symptoms continue long after the effects of the drugs appear to have worn off. Addictive drugs activate the brain's reward systems. The promise of reward is very intense causing the individual to crave the drug, and to focus their activities around taking the drug. Addictive drugs have the ability to strongly activate a reward mechanism, also they have the ability to chemically alter the normal functions of the body's systems, this can produce an addiction. Drugs also reduce a person's level of consciousness, harming the ability to think, or to be fully aware of present surroundings. Because of the effects of drugs on the mind, a person with a history of drug use isn't always necessarily in the here and now. The drug user is not moving in the same series of events as others. This can be slight, wherein the person is seen to make occasional mistakes, or it can be as serious as total insanity, where the events apparent to him are completely different from those apparent to anyone else. It isn't that the drug user doesn't know what's going on; it is that they perceive something different. Instead of the actual series of events, which are happening around them.

In addition to the psychological stress created by unethical behavior, the addict's body has also adapted to the presence of the drugs. They will experience an overwhelming obsession with using drugs, and will do anything to avoid the pain of withdrawing from them. This is when the newly created drug addict begins to experience drug cravings. They will now seek drugs both for the reward of the pleasure they give, and also to avoid the psychological and physical horrors of withdrawal. Ironically, the addict's ability to get high from the alcohol or drugs gradually decreases as their body adapts to the presence of foreign chemicals. They must take more and more, not just to get an effect, but often just to function at all. At this point, the addict is stuck in a vicious dwindling spiral. The drugs being abused have changed the person both physically and psychologically. They have now become a drug addict and/or alcoholic.

The Difficulties of Stopping a Drug Addiction

Addicts cannot stop using drugs for two reasons:

1. Mental and physical cravings caused by drug residues which remain in the body.
2. The biochemical personality that drugs cause, and the means the person takes to acquire more drugs.

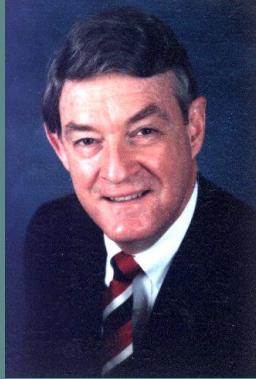
When an addict initially tries to quit using drugs; cells in the brain, which have become used to large amounts of these drugs, are now forced to deal with a much decreased amount of the drug. Even as the withdrawal symptoms subside, the brain demands the addict give it more of their particular drug. This is called a drug craving. Cravings are an extremely powerful urge, and can cause a person to create many reasons why they should

continue using drugs or alcohol. He is now trapped in an endless cycle of trying to quit, combined with cravings, relapse, and fear of withdrawal.

When a person drinks or uses drugs over a period of time, the body becomes unable to completely eliminate all of the toxins left behind. The drug metabolites, (the substances the body converts drug or alcohol into) although removed rapidly from the blood stream, become trapped in the fatty tissues of the body. The fatty tissue of our body is oil soluble, and it is the oil residues from these metabolites, which become stored in the fat cells. There are various types of tissues, which are high in fat content, causing drug residues to remain there for years. At times of stress, and when the body is exerting energy, the stored drug metabolites are re-released back into the blood stream, causing the body and the brain to react. The former addict now experiences a drug restimulation, or flahback, combined with physical drug cravings. This is common in the months, or even years, after an addict stops using drugs or alcohol.

Drug metabolites throughout the body are the end result of drug use. Because these deposits of drug or alcohol metabolites will release back into the bloodstream from the fatty tissues, it will cause many problems during periods of clean time. This will cause physical and mental cravings, and relapse will remain a cause for concern. Left unhandled, the presence of metabolites even in microscopic amounts cause the brain to react as if the addict had again actually taken the drug, and can set up cravings and relapse, even after years of sobriety.

In-Depth Information About the Detoxification Program



Dr. Forest Tennant
M.D. P.H.

For a scientific/medical look at the purpose of detoxification, please click on the link below, or type it into your web browser. The following is a key note address from the Conference on Human Detoxification, and was presented by Dr. Forest Tennant M.D. PH. A national leader in the field of drug rehabilitation, Dr. Tennant is the author of more than 200 scientific papers, books and videos on the subjects of neurochemistry and Drug dependence.

<http://www.atlantarecoverycenter.com/tennant.htm>

International Academy of Detoxification Specialists

The link below is an informative web site offering information and education regarding the use of detoxification to address the human consequences of chemical contamination and drug abuse.

This information has been provided by environmental and occupational health professionals, rehabilitation specialists, and government officials throughout several continents. It will give an in-depth look into how all of the professionals have been involved in working with the detoxification method developed by L. Ron Hubbard.

Please click on the following link, or type it into your web browser

<http://www.detoxacademy.org/detox.htm>



Townsend Letter: The Examiner of Alternative Medicine.

The following is a real life article talking about the rescue workers involved in the September 11th terrorist attacks, and how the health of the rescue workers improved after completing the detoxification

program.

http://www.narconon.org/Hubbard_Sauna_Detox_with_rescue_workers.pdf

Professional Endorsements



Dr. Alfonso Paredes

Dr. Paredes is Professor Emeritus of Psychiatry and Biobehavioral Science at UCLA. He has pursued a long career in research and administration in academic alcohol and other substance abuse treatment and research programs.

For a scientific/medical look at the Narconon program presented by Dr. Alfonso Paredes, please click on the following link, or type it into your web browser.

http://www.narconon.org/Narconon_program_overview_DrParedes.pdf

"As a medical doctor who has examined many Narconon clients over the years, I have had a unique opportunity to observe the workability of this program. Several of these former clients have continued to see me as their personal physician, so I have been able to regularly monitor their conditions over the years since the completion of their treatments. I can state without reservation that the Narconon program offers the best chance to full recovery for those who have abused drugs or alcohol. The totally drug-free approach and use of sauna and nutritional supplements to detoxify the person from tissue accumulation of drugs and toxins make the program unique in its field. I urge that continuing support be given to this most worthwhile rehabilitation service."

-Paul Jaconello, M.D. - Canada



"My professional background covers research and treatment aspects of alcohol and drug dependence. More than one hundred publications in scientific journals as author or co-author document my contributions. I also have had administrative research responsibilities and responsibility for treatment programs at the institutional and statewide levels. Incidentally, I have done research and have interest in the cultural aspects of the use of alcohol and psychoactive substances. The Narconon program has several features, which in my opinion justify the implementation of the program. An important aspect is the systematic application of techniques to improve communication and interpersonal skills in persons dependent on alcohol and/or drugs."

-Shelley Beckmann Ph.D.

From The Founder of Narconon...



William Benitez

On August 2, 1965, William Benitez, an inmate at Arizona State Prison jumped down from his double bunk in the old cellblock where he was housed and made the following notation on his wall calendar: "Decision to set up Narcotic Foundation." He also circled the 18th of the same month, his target date to approach prison officials to request permission to set up a drug rehabilitation program inside the prison walls.

Officials denied permission for the following six months. Mr. Benitez's request to start a program consisting of twenty

convicted drug addicts caused concern to officials who feared such a program might pose a security problem (such programs were rare in prisons during that decade). Officials had little reason to believe that the request of a habitual drug addict and repeatedly convicted felon would result in one of the nation's most successful rehabilitation programs for substance abusers.

Mr. Benitez persisted and finally assured officials the program was needed and would not pose a threat to the safe and orderly operation of the prison. After being allowed to start the program on a trial basis, he founded the NARCONON program (NARCOTics-NONe) on February 19, 1966.

Today, the Narconon program has spread from that one program in Arizona State Prison to include community programs in many states and countries such as Denmark, Italy, Holland, Germany, France, Sweden, Spain, Canada, Russia, Ukraine, Kazakhstan, Mexico, Colombia, Switzerland, New Zealand, South Africa, Ghana, the United Kingdom, Australia, Indonesia, Taiwan, Argentina, and Brazil.

Until he died from a sudden illness in 1999, Mr. Benitez was a Hearing Officer with the Arizona Department of Corrections, the same system which once kept him under lock and key. Below, he tells his own story:

I started smoking pot in 1947, when I was thirteen. Then I went on to injecting opium and other drugs when I was about fifteen. I started to get into trouble and was arrested for various crimes, so I decided to join the Marines to see if I could get away from drugs. Instead, I ended up getting arrested on drug charges during the Korean conflict, received a military court martial and was discharged as undesirable.

In the following years, I kept trying to stay away from drugs. Sometimes I could stay clean for a short while, then I would go right back on the needle again. I carried the monkey for about eighteen years, and it cost me thirteen calendar years of being locked up. In addition to doing time in the Marines, I did a Federal prison term and also was convicted three times in Arizona state courts.

On my last trip to prison, I pled guilty on December 22, 1964 to possession of narcotics. Because I was being sentenced as a habitual offender, the sentence called for a mandatory fifteen years, and up to life. I remember speaking to one court official and telling him how I was still going to leave drugs alone and maybe even start a drug program. I remember his words so well: "The best thing to do with guys like you, after the first time, is take you behind a building and do you and everyone else a favor and put you out of your misery."

My attorney arranged for me to go before the judge just before Christmas, feeling that the spirit of the holiday might be in my favor. It may have worked. I made my plea to the judge telling him of all the attempts I had made over the years to stop using drugs, such as joining the Marines, committing myself to hospitals for psychiatric care and therapy on several occasions, isolating myself in mining towns in a personal attempt to kick the habit, and even how two marriages had not helped me straighten up. I told him that in spite of all those failures, I was still going to make it and was going to find a solution to my problem, that I had not yet quit. He must have believed there was still a spark of hope for me. He sentenced me to the mandatory fifteen years, but instead of running it to life, he made the term fifteen to sixteen years.

*After arriving at prison, a friend of mine gave me some reading material to keep me occupied while I was in the Orientation Cellblock pending transfer to general population. Among the material was an old, tattered book, *Fundamentals of Thought*, by L. Ron Hubbard. I had heard of his writings when I previously served a ten-year sentence at Arizona State Prison, but had never read them. I had always been an avid reader of books dealing with human behavior. Yet, this small book impressed me more than anything else I had ever read before. I read it over and over and then purchased additional books by Mr. Hubbard and studied them very carefully during the following year, even into the late hours of the night in my cell.*

The material identified human abilities and their development. I was amazed I had never run across such workability within a multitude of other works I had studied over the years. I'm not a gullible person when it comes to accepting new or different approaches or ideas. If they work, fine. Otherwise, throw them out the window. They either work or they don't. I was tired of experimenting with so many ideas and philosophies, many having credence only because some "authority" had written them.

What impressed me the most about [Hubbard's] materials was that they concentrated not only on identifying abilities, but also on methods (practical exercises) by which to develop them. I realized that drug addiction was nothing more than a "disability," resulting when a person ceases to use abilities essential to constructive survival.

I found that if a person rehabilitated and applied certain abilities, that person could persevere toward goals set, confront life, isolate problems and resolve them, communicate with life, be responsible and set ethical standards, and function within the band of certainty.

I finally realized I had developed the essential abilities needed to overcome my drug problem. Feeling myself on safe ground, I knew I had to make this technology available to other addicts in the prison. I thought back over the years of all the junkies I had shot up with, and remembered their most treasured conversation, "One of these days I'm going to quit." I had found the means and was going to share it with them. That's when I made the decision real by writing it down on my calendar page in my cell.

So effective was the technology I had learned, that I experienced a freedom long lost to me. The tall prison walls became only temporary barriers. I realized that my 6x8 foot cell was all that I needed as a command post. Even back then, I knew Narconon would reach international proportions, and even wrote an article on it in 1967, "The Purpose of Narconon."

The program was sanctioned by the warden, and it soon began to expand from its original twenty members. I then started to get requests from non-addict inmates who wanted to get into Narconon. They told me they were impressed with what Narconon students had told them about the program and what the technology taught. I approached the Administration for permission to include non-addicts. At first it resisted, saying that non-addict members didn't need the services of Narconon, and that they might disrupt the program.



First Narconon students

I demonstrated to officials that any person, inmate or otherwise, could benefit from Narconon because its attention was on increasing abilities, that we had an ethics mechanism built into the program, and that the responsibility and involvement required of a member would soon dissuade anyone not serious about improvement. I convinced the prison officials. The program met its expectations so well that seven months after the beginning of Narconon, I was asked to start another program for young offenders housed in the annex outside the prison walls.

I then wrote to Mr. Hubbard about Narconon. He and his organizations supported our program by donating books, tapes and course materials. We received hundreds of letters from throughout the world validating our efforts to make drug addiction and criminal or illegal behavior a thing of the past in our lives.

Shortly after founding the Narconon program, William Benitez researched his court conviction and discovered he had been tried under the wrong statute and was sentenced in excess of that prescribed by law. Upon return to court, Mr. Benitez was advised that he could conceivably be re-sentenced to time served and be released based on his eighteen months already served because of the miscarriage of justice.

The Narconon program was only a few months old at that time and Mr. Benitez believed the program would collapse if he didn't return to complete it. Rather than petitioning for his immediate release, he requested a smaller sentence which would allow him to fully implement Narconon program development. The Court re-sentenced him to four to six years, leaving him sixteen months to serve. Mr. Benitez returned to prison and developed the program to its full capacity. As he states, "It was the best, but toughest decision I ever made in my life. I would have loved to walk away from that court a free man."

The Narconon program subsequently came to the attention of the public when reporters from the Arizona Daily Star secured permission from the warden to interview the inmate who requested to be returned to the walls. The Star printed a two-part series on the Narconon program in August 1966. TV Channel 10 News from Phoenix also took its cameras to the prison to interview Mr. Benitez and members of the Narconon program and to observe its functions.

Mr. Benitez completed his prison term and was released in October 1967. He moved to California to expand the Narconon organization and to make it available to persons in need. Mr. Hubbard and his organizations supported the effort, resulting in worldwide expansion.

Years later, Mr. Benitez returned to Arizona and was hired as Inmate Liaison by former Arizona Department of Corrections Director, Ellis McDougall, in 1981. Until his death in 1999, he served as a Hearing Officer on inmate complaints for the Corrections Director at Central Headquarters.