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**January 15th 2015: St Jude Retreats: A Non-12 Step Program that Works**

After the Christmas tree is down and the new has rubbed off of most of the gifts, after most people have returned to "business as usual" or "life as normal" some are still suffering and trying to recover. Holidays can be very challenging for the alcoholic who has promised himself he'd stay sober but just couldn't do it or the addict who succumbed to the stress and went back to his addiction of choice to make it through. For some of them it will be a slow return. Today we are going to talk about an alcohol and addiction program that has an unusually high success rate and greatly benefits those

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### Featured Guest



#### Michelle Dunbar

Michelle Dunbar is the Executive Director of the Saint Jude Retreats which offers an innovative and successful non-12-step, non-treatment approach to help people overcome addiction problems. She studied psychology at the State University of New York College at Cortland and at Empire State College. She has more than 20 years experience in behavioral research and helping people overcome substance use problems. Dunbar developed the Saint Jude Family Program and was the sole facilitator of this 2 day immersive program working with spouses, parents, friends, and family members of guests attending the Saint Jude Residential Program.

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