



RESET YOUR LIFE,
GO SOBER

Experience life without alcohol!

WHY GO SOBER?

Most likely, it's because you're thinking a lot about drinking and you're ready to quit. You've probably quit many times before. The difficulty lies in the overwhelming urge to take another drink. The challenge is the thought of life without alcohol.

Alcohol dependence is less about willpower than it is about your brain. It is a direct result of your neurochemistry. Heavy drinking changes the normal function of specific neuroreceptors in your brain. It reduces the production of dopamine. This change makes you feel anxious, irritable and wanting something more. And then your brain tells you that you need another drink, and so eventually you take another drink.

Treatment at Go Sober is different. Our program begins by restoring the brain's healthy reward chemistry through medical intervention. In the absence of craving alcohol, you then gain a window of opportunity to begin transforming your life through Go Sober's integrated program of Counseling, Life Coaching, Nutritional Education, Physical Training and Stress Management. When you complete our 2+ month intensive outpatient program, you are in a place to thrive because you have a new foundation for your life and you're no longer thinking about drinking.

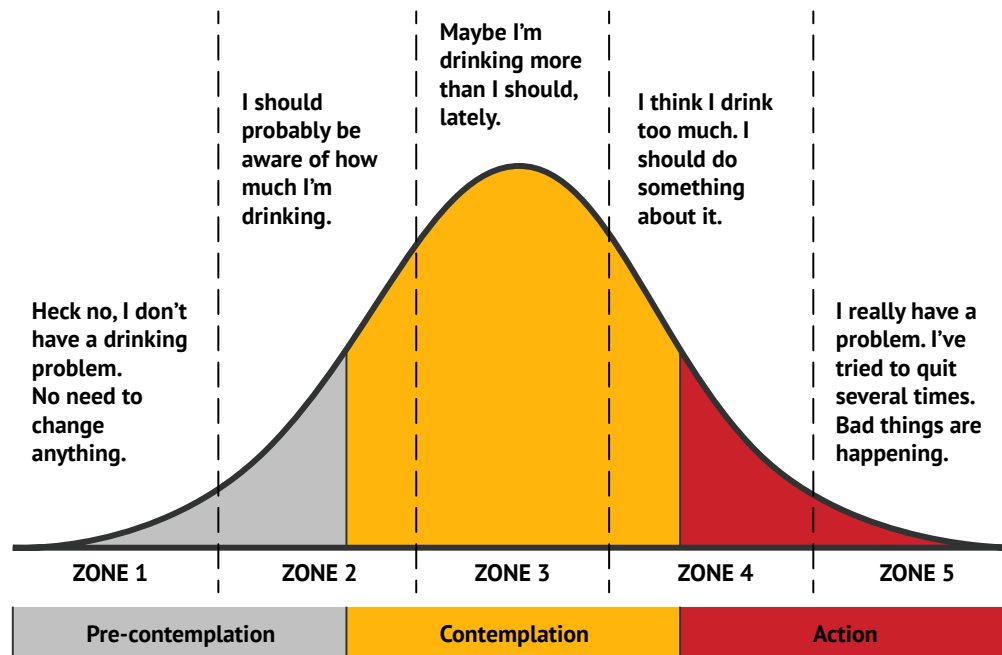


ARE YOU READY TO QUIT?

This is a difficult question for most people to answer. Quitting drinking is a big deal and it's kind of scary to consider. You know that alcohol's impacting your life. But you're probably hesitant because of your past attempts to quit and it's hard to imagine you can have any fun without it. The key is to find the right treatment when you're ready to be done...forever.

Alcohol treatment only helps when you're ready to quit. There's very high correlation between readiness and successful long term outcomes. Therefore, we want you to seriously consider whether you're ready. If you're unsure, that's okay. We're here to help you when you are and more importantly, we can help you along the way.

READINESS TO CHANGE DISTRIBUTION



THE VICIOUS CYCLE

- Years of alcohol abuse changes the responsiveness of certain neuroreceptors in the brain.
- These altered receptors fail to initiate production of sufficient reward chemistry.
- Low levels of reward chemistry (dopamine) cause irritability, anxiety and preoccupation with drinking.
- Individuals with this condition drink to feel better not because of weakness or lack of willpower.
- When left untreated, most people continue to drink in a vicious cycle.
- Go Sober restores the dopamine response allowing individuals to break the vicious cycle



THE SCIENCE BEHIND GO SOBER

“NEUROSCIENCE: PATHWAYS TO ALCOHOL DEPENDENCE”

Excerpt from NIAAA - Alcohol Alert - Number 77, April 2009

“Through neuroscience research, scientists are gaining a better understanding of how alcohol changes the brain and how those changes in turn influence certain behaviors.

The brain transmits information through a system of interconnected nerve cells known as neurons. Signals travel rapidly along chains of neurons using a combination of electrical and chemical processes. These signals cause many of alcohol’s effects on behaviors, such as tolerance, craving, and addiction.

To function normally, the brain must maintain a careful balance of chemicals called neurotransmitters—small molecules involved in the brain’s communication system that ultimately help regulate the body’s function and behavior. Under normal circumstances, the brain’s balance of neurotransmitters allows the body and brain to function unimpaired. Alcohol can cause changes that upset this balance, impairing brain function.

Other changes in the brain increase a heavy drinker’s risk for experiencing alcohol withdrawal—a collection of symptoms that can appear when a person with alcohol dependence suddenly stops drinking. Withdrawal symptoms can be severe, especially during the 48 hours immediately following a bout of drinking. Typical symptoms include profuse sweating, racing heart rate, and feelings of restlessness and anxiety. Research shows that alcohol-dependent people may continue drinking to avoid experiencing withdrawal. Feelings of anxiety associated with alcohol withdrawal can persist long after the initial withdrawal symptoms have ceased, and some researchers believe that—over the long term—this anxiety is a driving force behind alcohol-use relapse.”



**National Institute
on Alcohol Abuse
and Alcoholism**

Go Sober treats the neurophysiological cause behind this condition. We administer medication that helps restore the balance of the brain’s neurotransmitters. When cravings and anxiety stop, then lasting behavioral changes can occur to maintain that balance. Our behavioral specialists will guide you in developing new behaviors and healthy, rewarding habits.

Will the program work for *me*?

Our approach is unique because it stops the persistent “thinking about drinking” by restoring the brain’s natural reward response. This alone makes Go Sober different from any other treatment program. Getting through your day free of the persistent desire for another drink changes everything. Stopping this vicious cycle of craving and drinking alcohol creates real opportunity for change.

If you’re ready to change, we’re confident that Go Sober’s intensive outpatient treatment will enable you to regain control of your life again. You will learn through counseling, life coaching, nutritional education and physical training the strategies you need to maintain your own natural reward chemistry production. You will learn again how to derive pleasure from everyday occurrences and approach life on your own terms.

Only you know if you are really ready to take this journey and be done with alcohol...forever! If you’re ready, we are confident that this program will work for you. Now it is your turn. Instead of just talking about sobriety.... **start doing something about it.**

How much time does it take?

You have a full life, including commitments to career, family, friends and a range of other activities. We know your time is valuable, but so are you. Your health and sobriety are foundational to everything else you do. The investment you’re making in yourself will make your life much easier, more manageable and ultimately give you more time. We want to help you make that change.

The Go Sober treatment program is offered on an exclusively outpatient basis. Our program works to meet you where you are, supporting you in restructuring your life in order to reach your true potential.

While participating in the Go Sober program, you will be committing:

- Between 5 and 7 hours per week
- On at least 2 days per week
- Over 2 to 3 months

Your time will be spent in direct one-on-one with a variety of treatment specialists to begin creating a more fulfilling life. Our trained staff will assist you in developing the tools and techniques to build your mind and body so you can begin to manage life’s challenges without alcohol. By the time you transition out of the Go Sober program and begin the rest of your life, you will be well prepared.



Is the program safe?

Your health is of paramount importance and we expect you will have questions about the program. Go Sober's treatment program uses a combination of intravenous and oral medications to restore the brain's natural reward chemistry. Every medication used is FDA approved and considered safe.

Additionally, every step of the program is administered under the supervision of licensed medical staff. Every medication is delivered according to a specific protocol. Your progress is continuously monitored by our team of alcohol treatment professionals. This approach has allowed individuals from many walks of life with all sorts of different behavioral, medical and physical conditions to succeed with Go Sober.



Accountability

Monitoring for Success



Rest assured, GO SOBER has accountability built into the program. We're just like you in that we're highly invested in the successful, long term outcome of treatment for our clients. As a result we want quantifiable data that supports the efficacy of this program. That requires monitoring. Therefore, we use a portable, non-invasive device called a **BAT-Cam™** that keeps a physical record of breath alcohol content of the individual throughout the duration of the program and beyond on a voluntary basis. This data is irrefutable, incontrovertible and conclusive. It's also accepted by the Colorado court system as evidence of sobriety. If someone returns to drinking, we'll know for sure almost immediately so we can take appropriate action.

BAT-Cam™: Breath Alcohol Test - Camera

Benefits

- Establishes definitive proof of sobriety
- Helps clients recognize the "tipping point" in treatment
- Provides date and time stamp of Breath Alcohol Concentration (BrAC)
- Shows GPS location at time of each report
- Sends real time notification of missed or positive reports
- Provides historic record

Features

- Facial photo verification
- Accurate Breath Alcohol Concentration (BrAC) measurement
- Remote reporting to multiple locations via text or E-mail
- Text message test reminders
- HIPAA compliance
- Cloud based data storage and retrieval



Easy to use, reliable and inconspicuous.

Contraindications

A class of medications known as benzodiazepines cannot be taken or present while participating in the Go Sober alcohol treatment protocol. The following is a list of commonly prescribed medications in this class.

Benzodiazepines and Benzodiazepine Derivatives

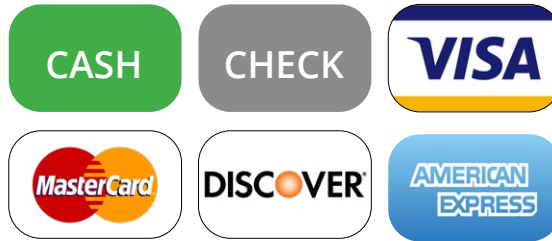
GENERIC AND BRAND NAMES

Alprazolam	Xanax, Xanor, Kalma, Tafil, Alprox, Frontal(Brazil)
Bromazepam	Lexotanil, Lexotan, Lexomil, Somalium, Bromam
Camazepam	Albego, Limpidon, and Paxor
Chlordiazepoxide	Librium, Tropium, Risolid, Klopoxid
Cinolazepam	Gerodorm
Clobazam	Frisium
Clonazepam	Klonopin, Klonapin, Rivotril
Clotiazepam	Clozan, Distensan, Trecalmo, Rize, Rizen and Veratran
Cloxazolam	Olcadil (Brazil)
Clorazepate	Tranxene
Diazepam	Valium, Apzepam, Stesolid, Vival, Apozepam, Hexalid, Valaxona, Ducene
Ethyl Loflazepate	Meilax, Ronlax, Victan
Etizolam	Etilaam, Etizola, Sedekopan, Pasaden or Depas
Estazolam	ProSom
Fludiazepam	Erispan
Flunitrazepam	Rohypnol, Fluscand, Flunipam, Hypnodorm, Ronal, Rohydorm (Brazil)
Flurazepam	Dalmadorm, Dalmane
Halazepam	Paxipam
Haloxazolam	Somelin
Ketazolam	Anxon
Loprazolam	Dormonoct
Lorazepam	Ativan, Temesta, Lorabenz
Lormetazepam	Loramet, Noctamid, Pronoctan
Medazepam	Nobrium
Mexazolam	Melex, Sedoxil
Midazolam	Dormicum, Versed, Hypnovel, Dormonid (Brazil)
Nimetazepam	Erimin
Nitrazepam	Mogadon, Alodorm, Pacisyn, Dumolid
Nordazepam	Madar, Stilny, Nordaz, Vegesan, and Calmday
Oxazepam	Seresta, Serax, Serenid, Serepax, Sobril, Oxascand, Alopam, Oxabenz, Oxapax, Murelax, Alepam, Noripam
Pinazepam	Domar
Prazepam	Centrax
Quazepam	Doral
Temazepam	Restoril, Normison, Euhypnos Nocturne, Temaze or Temtabs
Tetrazepam	Mylostan
Tofisopam	Emandaxin and Grandaxin
Triazolam	Halcion, Rilamir
Eszopiclone	Lunesta, Lunestar
Zaleplon	Sonata
Zolpidem	Ambien, Ambien CR, Edluar, Intermezzo, Zolpimist
Zopiclone	Imovane

How can I pay for Treatment?

We appreciate that not every Client readily has the financial means to change their life. That's why we offer a wide variety of payment options.

Go Sober™ accepts cash, checks and most major credit cards.



Statement of medical treatment provided to Client upon request. Health Insurance filing is the sole responsibility of the Client. Medical insurance is not accepted by Go Sober. Go Sober provides no guarantee of medical insurance reimbursement.

Go Sober™ also offers financing in partnership with eFinancing Solutions LLC.

Turns this:



\$11,900
Due on Receipt

Into this:



\$382/mo
affordable monthly
payment over 3 years

- FIXED RATE TERM LOAN AS LOW AS 9.9%
- APPROVAL FOR FICO SCORES AS LOW AS 650
- LOAN PROCEEDS PAID DIRECT TO YOU OR GO SOBER
- PROCEEDS TO PAY FOR ALL OR PART OF TREATMENT
- EASY OPTIONS FOR PAYMENT

Step 1: Apply

Get an answer within 24 hours at: <https://www.efinancing-solutions.com/solutions/appwelcome.asp?oid=14923&welcome=1> about funding your treatment.

Step 2: Accept

Complete financing online and receive funds to your account in 4-5 business days. Pay Go Sober™ from the proceeds.

Step 3: Set It and Forget It

Set up your payment plan. Get back to focusing on your recovery.

Subject to credit approval.

Sample Calendar

	WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STAGE I RESET	1				PROGRAM INTAKE PHYSICAL EXAM (2:20)	LABS (0:30)		
	2			RESET MEDS #1 (1:30)	RESET MEDS #2 (1:30)	RESET MEDS #3 (1:30)		
STAGE II BUILD & DEVELOP	3			COUNSELING (0:50)	HEALTH & WELLNESS (1:00)		LIFE COACHING (0:50)	
	4		PROGRAM CARE CHECK-IN (0:30)	COUNSELING (0:50)	HEALTH & WELLNESS (1:00)		LIFE COACHING (0:50)	
	5			COUNSELING (0:50)	HEALTH & WELLNESS (1:00)	MEDICAL CHECK-IN (0:30)	LIFE COACHING (0:50)	
	6		PROGRAM CARE CHECK-IN (0:30)	COUNSELING (0:50)	HEALTH & WELLNESS (1:00)		LIFE COACHING (0:50)	
	7			COUNSELING (0:50)	HEALTH & WELLNESS (1:00)		LIFE COACHING (0:50)	
	8		PROGRAM CARE CHECK-IN (0:30)	COUNSELING (0:50)	HEALTH & WELLNESS (1:00)		LIFE COACHING (0:50)	
	9			COUNSELING (0:50)	HEALTH & WELLNESS (1:00)		LIFE COACHING (0:50)	
	10		PROGRAM CARE CHECK-IN (0:30)	COUNSELING (0:50)	HEALTH & WELLNESS (1:00)		LIFE COACHING (0:50)	
STAGE III TRANSITION	11			MEDICAL RELEASE AND PROGRAM TRANSITION (1:30)				



www.gosober.org
(303) 827-4837

A PROVEN ALCOHOL TREATMENT PROGRAM NEAR YOU