

ROADS TO RECOVERY

NEWSLETTER

Created by Dual Recovery at Warren Washington Association for Mental Health to support individuals in recovery

*A newsletter for you
and about you*

SPOTLIGHT TOPIC

Finding My Authentic Self - You Can Too!

BY GINGER MILLER

Have you ever pretended to be someone you're not to avoid judgment? Maybe you laughed at a joke you really found to be off color, agreed to watch a horror movie even though you knew it would give you nightmares, or found yourself doing something someone else encouraged you to do, even though you felt it wasn't right. I did. I've heard others state 'I feel like a fraud' when discussing their attempts to fit in with a group of peers or be a part of someone else's life for reasons like this.

At an early age I felt as though I didn't fit in but wanted very desperately to. I would say I didn't want people to 'not like me', but as an adult examining things from my past, I realize what I really was trying to do was not be judged. I became a chameleon in whatever group of people I was around, wanting to feel like I fit somewhere, to have approval from someone, maybe even find someone to love me. I was very lonely and felt no one really knew me and didn't feel like anyone really *wanted* to know who I was underneath all the masks. I slowly lost who I was. Then to add insult to injury, religion was telling me I was living a double life, being two-faced, because of those coping tools I was using. I didn't even realize that I was using those things as coping skills, didn't even know I could do or be anything else, much less how to. I became a lost soul.

Today I can see that the people in my past weren't taking into consideration mental health conditions that people might have; they didn't get to know me well enough to see that I might have mental health problems before judging me. None the less the damage was done. My self-esteem, self-respect, self-worth, and self-confidence were quietly being eroded daily; I felt that even God saw me as a disappointment. Guilt and shame would consume me at times and I would self-harm. I began not trusting my own judgement and decision making, which only fueled the very behaviors that I was being judged for. I became very co-dependent on the few people I did have in my life. The depression and anxiety that were a daily part of my life by this point intensified. I got to a point where I wanted to believe I was a good person deep down, I knew I did some good things, had good intentions, and wanted to be a better person, but felt I felt was being given evidence that I was actually bad; the little good that was there was outweighed by the bad that I was hiding – my double life, my masks, and being a chameleon. But I didn't know how else to cope or what else to do to fix me. I was trying to accept that I was broken which continued to erode what specks of self I had left. As the years passed, even decades, I began to think perhaps I was too damaged for anyone to want to help fix me.

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Finding My Authentic Self - You Can Too! (Con't)

When I hit my 40's and the few people that were in my life, my pillars, had began putting up boundaries with my co-dependent behaviors, I felt complete betrayal. Religion told me I didn't have enough faith; if I did, I could get through all of this. I felt I was giving all the faith I could, all the effort I could, to my life and now not only was I not good enough, but my efforts weren't either! More insult to injury. I became extremely depressed and couldn't believe I could feel as lonely as I did. I *physically* hurt. I couldn't comprehend why the people who loved me were pushing me away. I felt I was on the brink of mentally snapping. My response was to push them completely away. If I was going to be alone it was going to be my decision not theirs, I couldn't handle the rejection and I needed to protect myself. I didn't feel I had any purpose in life and that people wouldn't really care if I was gone. I felt I couldn't go on living the way I was. I didn't know how to deal with all those feelings; I had suicidal thoughts (another thing I was taught God would judge me for). I just wanted to escape, to numb the feelings, so drinking and smoking weed became what I turned to on a regular basis for relief. (Yup, more things God could count against me; but at this point I was already doomed so why not.) That only created more problems.

Perhaps you can relate to some of the feelings I was going through. If so, know there is hope. My life is COMPLETELY different today. I sometimes refer to all of that as my past life or a lifetime ago. I lived through it all, I thrive today... you can get there too! It's been a slow process for me and a lot of work; a lot of it was uncomfortable and not easy to do. But I did! How exactly? It was a special recipe just for me and there is a special recipe out there just for you. I'll share with you some of the ingredients that worked for me. Maybe some of them are part of your recipe also. I'm not putting them in any particular order, just putting them out there. Sometimes I'd be offered an 'ingredient' or idea that I chose to say no to; I didn't feel it applied or that I could use it. A number of times I'd find myself back at that same idea, willing to give it a try. So, if something I use doesn't sound right for you, maybe it isn't – or maybe it just isn't right now but might be later.



I recognized I had mental health struggles. I sought counseling/therapy many times throughout my life. It was usually helpful, but it never felt like it was enough. I was prescribed antidepressants, anti-anxiety medications, and mood stabilizers; tried more types than I can remember, but that didn't feel like it was enough either. Neither did there seem to be a 'cocktail' of medications to do the trick. I kept trying though because I figured a little help or relief was better than none and maybe the next one would be the answer. The first thing I remember working on was my attitude. Many people had pointed out to me that I was a negative person seeing the glass half empty. I read a LOT of self-help books and some of them had helpful points; a few of them even made some significant impact. I began recognizing more mental health issues than just depression. I had anxiety, PTSD, negative self-talk, self-sabotaging behaviors, and co-dependency just to name a few. It was actually quite overwhelming, the more I learned. Wanting to look at and try to address these types of issues required me to become more self-aware. Learning that was a lot of work! I tried things like massage, yoga, and meditation – again they helped a little. It just seemed that I'd been on a plateau for far too long though. Then I went for a different type of counseling, an out-patient clinic for substance use disorder. I wasn't sure I had a substance use disorder but again, I desperate for answers and change. This was difficult, after all, who really wants to admit they have an addiction of any kind? I started attending 12 step support meetings. I began to feel like I was around people who understood me a little and accepted me for who I was for the most part. I felt less need to try to fit in. I found a few people that I felt truly supported me. After many months of counseling and 12 step meetings my counselor asked me if I thought it was helping. When I said yes but I still wondered sometimes if maybe I didn't have an addiction, his response was: if the medication (referring to the therapy & 12 step meetings) was working than I probably had the disease; taking (literal) medication for a health problem that isn't there wouldn't improve things. That made a lot of sense and stuck with me. I did a six-week outpatient program at a mental health hospital for managing some mental health issues and learned a lot there too. One of the big things I learned was that I needed to address and manage both my mental health and substance use disorder at the same time so as not keep teetering back and forth between the two. They are intertwined so I would get a better footing if they were both being treated and supported simultaneously.

Things



Finding My Authentic Self - You Can Too! (Con't)



were improving, but it still didn't feel like enough yet. I still didn't feel 'normal'. I was reminded that it's about progress not perfection and there was a lot to be said for that. I reached a year substance free and had a recurrence. I did some more self-reflection. I started attending other types of support groups as well. I began to feel like I had found my 'tribe', my community, a place I fit into and was accepted. I looked at my habits and behaviors, particularly the ones that were contributing to my troubles, so that I could work on changing them. I came to understand that to change the habits and behaviors I'd need to change some of my thinking. These are the kind of things I try to stay aware of still today. So, just to highlight, I'll list some of those ingredients:



- Becoming self-aware. Be willing to change. (Once I recognized my negativity I worked on changing it.)
- Acceptance – that you may need help, that you may have to become vulnerable to get the right kind of help.
- Psychiatrist – not just for medication but to get an accurate diagnosis, and then medication if needed. Don't be afraid to ask questions or explain situations you are experiencing to help the doctor get the 'big' picture of you and your life.
- Counseling and therapy – look for a counselor that you feel comfortable enough to talk openly with and who can offer the type of therapy that works best for you.
- Be as honest with supports as possible. Aching for someone to understand you doesn't mean they will – I had to actually become vulnerable (which I did very slowly since that involves trust) to get help to work through some of my struggles.
- Be open to new ideas. Looking back I can see that a lot of my struggle came from the fact that I wanted help but I wanted it to be done my way. In other words, I wanted it to be easy because I didn't think I had the strength or energy to work at anything more than I already was. I needed to learn to not shoot down every thought or suggestion with "I've already tried that". Many times I hadn't tried it the way the person was suggesting, I had only tried my version of the idea. I needed to learn that I'm stronger and braver than I realized. (I'm willing to bet the same is true of you!)
- Medication – can take multiple tries to find what's right for you, which can be frustrating for sure but don't stop trying.
- If medication is prescribed - don't stop taking it without a doctor's guidance. It's easy once the correct medication is found to start feeling better and start thinking (or desperately wanting to believe) that we don't need it anymore. If the doctor agrees that we don't need it, they will help us come off of it slowly so that there is less likely to be adverse side effects from it such as withdrawal symptoms.
- Persistence and resilience – don't give up! There can be a lot of trial and error. It's ok to step back, even sit down, to regroup or re-energize for some time, but don't stop looking for answers. It's ok to get second or even third and fourth opinions before trying something new. Just don't stop trying! Our lives are like puzzles; we have to search to find the pieces that fit together.
- Life is a journey... in that journey is where I've found my authentic self. I continue to learn about myself, who I am, who I want to be, what I like and don't like, what helps me and what doesn't, and probably most importantly that I am worth working on. I am enough, I am whole, I am loved, and I love myself. Authenticity, a masterpiece in progress.



And the final key – be brave enough to be the person you truly are! Give yourself permission to take things slow when you need to. Give yourself grace. No one is perfect, and recognize that it takes time and practice to use the things we learn to help ourselves. It takes time to be able to use those skills smoothly, effectively, and confidently. Be kind to yourself!

Riddle of the Month:

Often talked of, never seen,
 Ever coming, never been,
 Daily looked for, never here,
 Still approaching, coming near.
 Thousands for it's visit wait
 But alas for their fate,
 Tho' they expect me to appear,
 They will never find me here.

What is the poem about?



UNDERSTANDING THE DIAGNOSIS

Dependent Personality Disorder (DPD)

BY GINGER MILLER

According to the Cleveland Clinic Dependent Personality Disorder (DPD) is a type of anxious personality disorder. People with DPD often feel helpless, submissive, or incapable of taking care of themselves. They may have trouble making simple decisions. But, with help, someone with a dependent personality can learn self-confidence and self-reliance.

Mental health experts describe personality as a person's way of thinking, feeling, and behaving. A personality disorder affects the way people think or act, making them behave differently over time.

Dependent personality disorder (DPD) is one of 10 types of personality disorders. Dependent personality disorder usually starts during childhood or by the age of 29. Statistics show that roughly 10% of adults have a personality disorder. Less than 1% of adults meet the criteria for DPD. More women than men tend to have DPD.

People with DPD have an overwhelming need to have others take care of them. Often, a person with DPD relies on people close to them for their emotional or physical needs. Others may describe them as needy or clingy. People with DPD may believe they can't take care of themselves. They may have trouble making everyday decisions, such as what to wear, without others' reassurance.

Mental health experts haven't figured out what causes DPD. They believe it results from a mix of genetics, environment, and development. Experts have found DPD is more likely in people with particular life experiences, including:

- Abusive relationships: People who have a history of abusive relationships have a higher risk of a DPD diagnosis.
- Childhood trauma: Children who have experienced child abuse (including verbal abuse) or neglect may develop DPD. It may also affect people who experienced a life-threatening illness during childhood.
- Family history: Someone with a family member who has DPD or another anxiety disorder may be more likely to have a DPD diagnosis.
- Certain cultural and religious or family behaviors: Some people may develop DPD due to cultural or religious practices that emphasize reliance on authority. But passivity or politeness alone is not a sign of DPD.

Someone with dependent personality disorder may have several symptoms, including:

- Avoidance of personal responsibility.
- Difficulty being alone.
- Fear of abandonment and a sense of helplessness when relationships end.
- Oversensitivity to criticism.
- Pessimism and lack of self-confidence.
- Trouble making everyday decisions.



To diagnose DPD a physician does an exam to understand if another condition could be causing symptoms. A mental health provider makes the DPD diagnosis. Your healthcare provider can help you decide if you need to see a mental health professional. Some reasons to talk about your mental health with your provider include: frequent feelings of anxiety, irritability or moodiness, loss or change in appetite, persistent negative thoughts about yourself, and trouble concentrating.

A mental health provider then discusses with the person their past mental health history. Questions may include how you feel, any other mental health concerns and any substance use problems. The provider compares the answers to factors listed in the



Dependent Personality Disorder (DPD) Con't

Diagnostic and Statistical Manual of Mental Disorders (DSM-5). If DPD is causing depression or anxiety, the provider might prescribe medication.

For a diagnosis of DPD, a provider will look for five of the DSM-5 diagnostic criteria. These factors include:

- All-consuming, unrealistic fear of being abandoned.
- Anxious or helpless feelings when alone.
- Inability to manage life responsibilities without seeking help from others.
- Problems stating an opinion out of fear of loss of support or approval.
- Strong drive to get support from others, even choosing to do unenjoyable things to get it.
- Trouble making everyday decisions without input or reassurance from others.
- Trouble starting or completing projects because of a lack of self-confidence or ability to make decisions.
- Urge to seek a new relationship to provide support and approval when a close relationship ends.

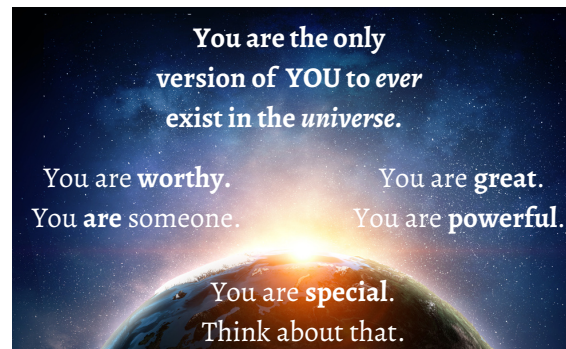


DPD can be managed with a mental health provider and support with a psychotherapist (talk therapy) such as cognitive-behavioral therapy (CBT). This care teaches you new ways to handle difficult situations. Psychotherapy and CBT can take time before you start to feel better. With psychotherapy and CBT, the provider guides the person to improve their self-confidence. Helping them to become more active and self-reliant. The provider will also talk to the patient about finding more positive relationships. A positive, meaningful relationship can build self-confidence and help the patient overcome some of the symptoms of DPD. Someone with DPD can live an emotionally healthy life if they receive treatment from a mental health provider. Learning new ways to cope with difficult situations can make a difference in their overall outlook.

People who don't get treatment may be at risk for depression and anxiety. Without treatment, a person may misuse substances and develop problems such as drug addiction or alcoholism. Without treatment, people are more likely to stay in unhealthy or abusive relationships.

If you or someone you know is in a dangerous or abusive relationship, contact the National Domestic Violence Hotline or call 1.800.799.SAFE (7233). This service offers free, confidential support. Advocates are available 24 hours a day, 365 days a year.

INSPIRATION & MOTIVATION





IS THIS MEETING FOR YOU?

CRAFT (Community Reinforcement Approach to Family Training)



BY GINGER MILLER

CRAFT – is a system for helping friends and family members change the way that they interact with someone they love who is drinking or using drugs too much. Research on CRAFT shows that nearly 70% of families who receive CRAFT are able to help their loved ones start treatment within a year. CRAFT also helps family members improve their own lives, whether their loved one ends up seeking treatment or not.

CRAFT teaches family members how to:

1. Understand why their loved one is drinking or using the way that they are... and how to use that information to encourage a new path forward.
2. Improve communication skills to more effectively express their needs and requests.
3. Improve empathetic listening skills to increase connection, collaboration, understanding, and respect.
4. Have conversations about use and treatment in a way that ultimately encourages recovery.
5. Help their loved one access effective addiction treatment resources once they express interest in treatment.
6. Notice when things are going well, even if it is just 1% or 2% change in a positive direction, and encourage their loved one to continue that small, sustainable change.
7. Discern which consequences of using or drinking they are willing to have their loved ones experience... and which ones they are not.
8. Set and maintain boundaries in ways that are both effective and kind.
9. Learn or re-learn how to take care of themselves and reconnect with their values so that, regardless of their loved one's use, they can still lead a life that is centered on their values and not their loved one's drug/alcohol use.
10. Help family members identify triggers for violence and develop plans to keep themselves (and their children) safe if violence or the potential for violence exists.

CRAFT is non-confrontational. In CRAFT, you will not learn to confront your loved one to break through their denial. Instead, you will learn how to break your *unintentional* participation in patterns related to their loved one's use. You will learn how to stop your engagement in these patterns in ways that keep you safe, set appropriate boundaries, and be consistent with the type of person you want to be. For example, a mother who often calls her son's employer to say that he is too sick to come into work, when he is actually too hungover to go work, might stop making these calls. Instead, she might calmly express that she is no longer willing to call in sick for her son and offer to help him get ready for work if he wishes to do so.

CRAFT is about learning skills to improve your relationship with yourself and with your loved one. In CRAFT, you will learn practical skills that you can tailor to your own unique situation to help disengage yourself from the pattern of your loved one's use. You will also learn ways to take back your life from your loved one's addiction and to reconnect with the things that are important to you. Although CRAFT does not teach confrontation, it does teach invitation. Family members are taught how to take advantage of windows of opportunity for having difficult conversations and how to talk about treatment in a way that is more interesting for their loved one. And if the conversation doesn't go well? We teach how to respond to that too.

There's lots of different ways to learn more about CRAFT and one size doesn't fit all! If you like books, videos, or websites, check out their *Resource* page. If attending an ongoing CRAFT-based group for support and information sounds interesting to you, check out



CRAFT (Community Reinforcement Approach to Family Training) Con't

their *Ongoing Online Groups* page. If you prefer to attend a training, workshop, or retreat (either online or in person), there's a whole list of *Events for Families*, updated multiple times a week. If you want to work with a provider one-on-one, check out their ever-expanding *Provider Directory*. And if you are interested in bringing this work into your community as a provider (family peer mentor, group facilitator, clinician, admin, etc.) please check out their support and community available for CRAFT-based providers on our *Provider Overview* page.

If you want to stay connected with *Helping Families Help*, you can subscribe to their newsletter that comes out every once in a while, and receive their free 10-week email course that touches on many common questions. There is a *Newsletter Sign Up* form at the very bottom of their web page. There is a place to contact them with questions or help with resources as well.

The website for CRAFT and their resources is: <https://helpingfamilieshelp.com/about-craft>

HEALTH & WELLNESS

Gardening In The Winter

BY KAYLEIGH WINNIE



Typically, one pictures a winter garden as stark and bleak, banked with snow and leaves. Just under the surface, however, a winter garden teems with life. Spring bulbs quietly await their blooming, sugar maples store up sap, and gardeners eagerly anticipate the more prosperous seasons ahead. As the days grow shorter in the winter months, plants will spend much less energy growing and may even go dormant. This is because when sunlight reaches less than 10 hours per day, plant growth slows nearly to a halt. So, when temperatures drop, can you still garden? The answer is a resounding yes. In fact, many garden lovers and hobby growers grow veggies year-round. When the days get shorter and the nights get colder, it doesn't mean you have to give up your gardening hobby for the winter season. With winter gardening, you can turn your agricultural hobby or desire for fresh produce into a year-round activity. Winter gardening may be easier in areas where winter weather in the United States is milder. However, with a standard greenhouse or a cold frame greenhouse, it's possible to grow a variety of root vegetables, fruits, and herbs. Be sure to check the plants' cold hardiness to be sure your crops will survive the cold winter weather in our zone, 5B.

Indoor seed starting is a great way to keep growing through the winter and plan for the upcoming growing season. There are several crops that can be grown indoors if given conditions for them to thrive. This includes 10 hours or more of light, plenty of water, and room to grow. Lettuce, spinach, herbs, and even small container tomatoes are currently growing under our lights at East Side Center.

This is also a good time to pay more attention to your indoor plants. Many houseplants require very little care. Spider plants, aloe, and cacti only require indirect light and a soaking of water once a month. Keep in mind that as the plants use very little energy in the winter, they do not require any additional nutrients and watering can be reduced to half as often.

Winter is a tough season for growing plants, especially in vegetable gardens. But you don't have to wait for the spring or summer to plant your garden. Winter gardening is easy with the right varieties and houseplants are great for bringing a bit of nature indoors! Gardening can help to keep our racing minds busy by keeping us focused on a physical task and to help us get out of the rut of being stuck inside by planning for the future.





CREATIVE WRITING CORNER



If I Were A Squirrel

View Of A Drifting Leaf

Here I am! (I'm a squirrel) My main thing to do , since I'm up from the crack of dawn, is to get some nuts, acorns, and twigs for my nest I climb to in the trees. I'm here early in the morning 'til afternoon. I am often seen scampering in the grass. Some people feed me. I enjoy people and sometimes people enjoy me, even put me in a pot. I'm almost like a raccoon - but they never make a hat from me.

I see open fresh air, plants, and trees. And the plants also have a scent. A scenic great place to relax and be yourself. I feel free as a bird and walk on paths of flowers and trees in a park. They are beautiful and pretty to look at.

~ Anonymous

~ L.D.

Comparing one's life to a flickering candle.

I Am Grateful
Family is what I am grateful for.
I am happy and so-so.



~Catherine J.

Sometimes in life you don't have a worry at all and you are healthy too. That's when the candle is bright and strong, no flickering. Then all of a sudden it starts to flicker for many differen reasons, the wind or the wick gets to small. Just like in life there are times you aren't 100%, you get sick physically or mentally. A candle is strong when you first light it and as time goes by it gets week and flickers like when you first wake up you are all rested up and as the day goes by you get tired and feel weak.

A Morning View

~ Anonymous

I open my blinds to see the sunrise and see a glow in the sky. There are beautiful birds, squirrels and an owl. Rays of light are blue and glowing.

~ L.D.



Riddle Answer

tomorrow
The poem is talking about

We would love to hear from you too! If you'd like to share a poem you've written, some creative writing you've done or a piece of your recovery story we would love to add it to our newsletter to help support or inspire our readers. Not sure what to write about? I'll provide a prompt each month as an option.

January's prompt - When I am struggling with my (addiction or mental health issues) one of the thing that helps me most is... (Some ideas could be... How does it help you? If it is a person, what do they do to help? If it is a hobby tell us about it. If it is reading a good book, what's the name of it? If it is walking, where do you like to walk and what do you see?)

Submit your writing please email it to gmilller@wwamh.org, mail it to WWAMH, Dual Recovery Department, 230 Maple St., Glens Falls, NY 12801, or drop it off to me in the Peer Pod at the East Side Center at the address above.

RECOVERY

Resources

WEBSITES

Al-Anon and Ala-teen Groups – Hope and help for families and friends of alcoholics: al-anon.org
Alcoholics Anonymous (AA) - Local group schedule and information: district13.aahmbny.org
Celebrate Recovery (CR) – Celebrate Recovery is a Christ-centered, 12-Step recovery program for anyone struggling with hurt, pain or addiction of any kind: celebraterecovery.com
Debtors Anonymous - Debtors Anonymous offers hope for people whose use of unsecured debt causes problems and suffering in their lives and the lives of others: debtorsanonymous.org
Digital Recovery Support -Online recovery support groups are available daily. They are open to anyone who is dealing with substance use, mental health conditions, and any other quality of life concerns. Meetings are led by peer recovery support specialists who have firsthand experience and understand what you're going through: www.recoveryanswers.org
Gamblers Anonymous (GA) – Online services for anyone struggling with a gambling addiction: gasteps.org
Grief Recovery After a Substance Passing (GRASP) – For those who have lost someone to substance use or addiction: grasphelp.org
In the rooms - A global online recovery community who share their strength and experience with one another daily through live meetings, discussion groups, and other tools in the rooms: intherooms.com
My Recovery – Online 12-step meetings: myrecovery.com
Narcotics Anonymous (NA) - local group schedule and information: narcotics.com
Overeaters Anonymous (OA) – Online support groups for anyone who wants to stop eating compulsively: oarecovery.com
The Phoenix – Recovery community organization offering daily live stream cross-fit, yoga and meditation every two hours through the COVID Crisis: thephoenix.org

PHONE NUMBERS

The Trevor Project - Support for youth in crisis: thetrevorproject.org/hotline: 866-488-7386
International Bipolar Association Crisis Line: 1-800-273-TALK (8255)
National Association of Anorexia Nervosa and Associated Disorders Helpline: 630-577-1330
National Center for PTSD Helpline: 1-800-273-8255
National Alliance on Mental Illness (NAMI): Hotline staff are prepared to answer any mental health questions you may have. You can also text NAMI to 741741 for free support. (800) 950-NAMI (6264)
Substance Abuse and Mental Health Services Administration (SAMHSA): Available 24/7, 365 days a year: (800) 662-HELP (4357). The professionals on the phone can provide treatment information and referrals in English and Spanish.
National Institute of Mental Health (NIMH): Available 8:30am to 5pm EST: (866) 615-6464 or (866) 415-8051 (TTY). Professionals can answer any mental health related questions in English or Spanish.
Boys Town: Specially trained counselors are available 24/7, 365 days a year to provide crisis support specifically for children and their families: (800) 448-3000
Life Line Mental Health Crisis & Suicide Prevention - 988

PODCASTS

This Naked Mind - Some of the episodes discuss alcohol withdrawals, the link between drinking and binge eating, how to deal with loneliness, and more.
Recovery Rocks - Our varied paths show listeners that there are a myriad paths to recovery and countless songs to rock out to along the way.
Mental Health - Hope and Recovery - They share inspirational true stories and a host of recovery skills. You'll learn about treatment options, coping skills, goal setting, relationships, and mindfulness.
Mental Illness Happy Hour - Weekly interviews with comedians, artists, friends, and the occasional doctor.; exploring mental illness, trauma, addiction and negative thinking.

APPS

Addiction Apps: Twenty-Four Hours A Day (Free), Quit That! Habit Tracker (Free), NoMo (Free)
Counseling Apps: TalkSpace (\$\$) BetterHelp (\$\$) Larkr (\$\$) ReGain (\$\$) TeenCounseling (\$\$)
Suicide Prevention Apps: MY3 (Free) notOK (Free)
General Mental Health Apps: What's Up (CBT; Free) Mood Kit (CBT; \$)
Anxiety Apps: MindShift (Free), Self-Help Anxiety Management – SAM (Free), CBT Thought Record Diary (Free)
Bipolar Disorder Apps: IMoodJournal (\$), EMoods (Free)
Depression Apps: Talk Space Online Therapy (\$\$), Happify (Free), MoodTools (CBT; Free)
Eating Disorder Apps: Recovery Record (Free), Rise Up & Recovery (Free), LifeSum (Free)
Obsessive Compulsive Disorder Apps: nOCD (Free), Worry Watch (\$), GG OCD (Free)
PTSD Apps: PTSD Coach (Free), Breathe2Relax (Free)
Schizophrenia Apps: UCSF Prime (Free), Schizophrenia Health Story Lines (Free)
Mindfulness & Meditation Apps: Headspace (\$), Calm (\$), Serenity: Guided Meditation & Mindfulness (Free)
Wellness: Wellness Recovery Action Plan (Goal Setting; Free)

THANKS FOR READING! :)

IF YOU WOULD LIKE TO SUBSCRIBE TO
OUR NEWSLETTERS, PLEASE EMAIL US
AT GMILLER@WWAMH.ORG
OR CALL 518-401-5991



WWAMH DUAL RECOVERY SUPPORT GROUPS

EVERY THURSDAY FROM
3:30-4:30 PM AT THE
OPEN DOOR MISSION:
226 WARREN STREET, GLENS FALLS

AND

EVERY TUESDAY FROM
4:00-5:00 PM AT THE
HOPE & HEALING
RECOVERY CENTER:
2 MAPLE STREET, HUDSON FALLS
ATTEND IN PERSON OR
VIRTUALLY - ZOOM MEETING ID:
844-2214-0148

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