

ROADS TO RECOVERY NEWSLETTER

Created by Dual Recovery at Ascend Mental Wellness
to support individuals in recovery

*A newsletter for you
and about you*



SPOTLIGHT TOPIC

Making Good Friendships

BY GINGER MILLER



In general, we all want and need friends. So why is it so difficult for some people to make friends? Where can we meet new people that have the potential to be good friends? How do we build quality friendships? How do we keep good friends? Let's take a look at these questions.

Why so difficult? Many people experience some degree of anxiety when meeting new people. This anxiety often stems from a fear of being rejected or judged by others. It takes courage to step out of your comfort zone and take a chance. For many, we guard our trust. As adults we're more aware of our surroundings which means we're more fearful of the risks. We recognize that friendship means investing mentally and emotionally in another person – that can be scary. Another huge reason why it is difficult for many of us is because of how busy we are; families, education, homes and vehicles to maintain, etc. Finding or making the time for making friends or maintaining friendships can be challenging.

Where to meet people: Think about activities that you enjoy the most, reading, hiking, cooking, being with animals, exercising, etc. Then look for where you can go to do them. Maybe join a reading club, plan regular hikes at different hiking locations, volunteer at an animal shelter, sign-up for a cooking class, join a gym, or look into some community centers like a senior center, recovery center, or maybe a religious group. This can help make breaking the ice and starting a conversation easier since you already know you have something in common. Tap into your community to see what events are happening. If you can't think of where to find an activity you enjoy you can check out MeetUp.com whatever kind of group activity interests you, you'll likely be able to find it there!

Building quality friendships: Keep in mind that building quality friendships takes time. Typically, people become *acquaintances* first– you recognize the person, maybe share a friendly greeting, or friend of a friend type of relationship. This is the first layer. The next level in building relationships is the *casual friends*. In this phase you get to know more about each other's personality, likes, dislikes, hobbies, etc. Maybe through sharing a cup of coffee, lunch, or attending a function together. The third level of friendship is *close friends*. At this level you've gotten to know enough about each other and recognize a kinship, have meaningful affection for, and care about each other's well-being. Trust, acceptance, and supporting each other are being built in this stage. You've probably both

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Making Good Friendships (Con't)

been vulnerable and shared some private beliefs and feelings. *Intimate friends or best friends* (the goal in this article) are the people you have built a two-way street with. You trust, accept, and support each other, there is a deeper sense of connection between you. Time spent together may include trying new things that the other person likes, be curious and willing to try something new. With intimate friends, very few topics are off-limits; you feel like you're able to talk about anything and everything. You feel safe with these people, maybe even an uncanny familiarity.

We usually have friends on all these different levels. Not everyone becomes our best friends and that's ok. We need these different levels of friendships; they all serve a purpose in our life as we do theirs. Most of us are lucky if we have more than just a couple of best friends. So, if you've gotten to the point of close friends or best friends, you'll surely want to keep such a special and rare relationship healthy and growing.

How to keep friendships: The first thing that comes to mind is time. One of the initial barriers, right? Making time, even when you're too busy, is a way of showing each other that you are valued and respected. Making time is a good building block for friendships and a must have to maintain them. One of the ways I do this that works very well is to have a regular commitment, schedule time together whether it be once a month or once a week, to spend time together. By the way, this is wonderful self-care as well! Then when you are together be present. Turn the TV off or lower the music if you are talking. Don't let every phone call and text distract you from your valued friend. Another must have, in any relationship that we value is communication. Communication is such a huge part of building relationships and learning about each other so of course it will remain essential in maintaining them. Close friends and best friends want to be there for each other and will go out of their way willingly to make it happen when something is very important to their friend. Another thing I have learned is that friendship isn't linear, meaning at different times in life one individual may move around to those different levels of friendship depending on how things evolve and change in life.

Example: Mary & I met at a book club (acquaintance), over time we recognized we both love the same genre of writing and several of the same authors (acquaintance to casual). We decided to spend more time together doing other things, shopping, lunch, movies, etc. and the friendship continues to grow (casual to close). Mary experiences some hardship that I can relate to, and I am supportive through it and our friendship grows even more (close to best). Mary has a baby and has a very full plate; we aren't able to spend as much time together and our interests are changing (best to close). My husband got a job out of state, so I moved. We stayed in touch a lot at first, but distance and life changes made it more challenging, and we gradually lost touch (close to acquaintance). Several years go by and Mary goes through a divorce, my parents are aging and need more support, so I move back to the area she and my parents live in. We reconnect, reminisce about the old days, and start spending more time together (acquaintance to close). It is a fact of life that friendships evolve and life changes, there wasn't any falling-out or intentional hurt inflicted – keep a positive outlook, don't burn bridges because change is difficult and we're sad or angry because of the changes. That friendship cycle could have stopped at any one of those spots, there was no guarantee of growth or reconnection, especially without intention and effort.



I know with my depression there have been times when my symptoms were active that I've felt "is it really worth all the effort"? I've learned that the lack of social connection can put me at risk for reoccurrences with mental health symptoms, could put my sobriety at risk, and can lead to a sedentary life which can become physically unhealthy. Here are some more things I've learned as to why it is important to have friends and that yes, working on and building friendships is worth it. Good friends help relieve stress or depression, provide comfort, give us joy, can help improve our mood, and help keep us from getting lonely or isolating. Friends can help you reach your goals by boosting your willpower or help change your outlook which helps increase your chances of success. Friends can help support you through tough times and changes in life. Friendships have a huge impact on our mental and emotional health, happiness, and overall well-being. Being a friend can help build your self-worth, help you feel needed, and add purpose to your life. Want a friend? Be a friend!



UNDERSTANDING THE DIAGNOSIS

Neurocognitive Disorders (NCD)

BY GINGER MILLER

The DSM-5 (Diagnostic and Statistical Manual of Mental Disorders) has 3 categories for cognitive disorders: delirium, mild neurocognitive disorder (NCD), and major NCD. The diagnosis of delirium is an exclusion criterion for patients with other NCDs. The *Mayo Clinic* describes delirium as a serious change in mental abilities. It results in confused thinking and a lack of awareness of someone's surroundings. The disorder usually comes on fast — within hours or a few days. Delirium can often be traced to one or more factors that may include a severe or long illness or an imbalance in the body, such as low sodium. The disorder also may be caused by certain medicines, infection, surgery, alcohol or drug use or withdrawal from alcohol or drugs.

Symptoms of delirium are sometimes confused with symptoms of dementia. Health care providers may rely on input from a family member or caregiver to diagnose the disorder.

Psychology Today explains Neurocognitive Disorders, mild and major, include a group of conditions which were once all grouped under the umbrella term “dementia.” The conditions involve similar cognitive impairments and decline, and most often affect the elderly. The primary symptoms across the conditions involve declines in cognitive performance in areas including attention, executive function*, learning and memory, language, motor skills, or social cognition**. Since cognition is so critical to daily human functioning, these disorders can be extremely debilitating and lead to severe reductions in individuals’ quality of life. The primary recognized neurocognitive disorders include:

- Alzheimer’s Disease
- Frontotemporal Degeneration
- Huntington’s Disease
- Lewy Body Disease
- Traumatic Brain Injury (TBI)
- Parkinson’s Disease
- Prion Disease, such as Creutzfeldt-Jakob Disease or Bovine Spongiform Encephalopathy (“mad cow disease”)
- Dementia issues due to HIV infection
- Vascular Dementia

* Executive function is the capacity to plan ahead and meet goals, display self-control, follow multiple-step directions even when interrupted, and stay focused despite distractions, among others.

** Social cognition is the way in which people process, remember, and use information in social contexts to explain and predict their own behavior and that of others.

Most of these conditions are more prevalent in people over 65, and gradually progress over many years, but early onset is not rare, and some, such as HIV, will affect younger as well as older people, while others, specifically traumatic brain injury, can affect anyone, including children. When symptoms emerge among younger people, they are relatively easy to detect and diagnose; when they emerge very late in life, they may go unnoticed.



Alzheimer's disease accounts for the majority of cases of neurocognitive disorders (NCDs); it affects more than 5 million Americans. It, along with several of the other recognized disorders, affects memory, thinking, and reasoning; some, like Parkinson's disease and Lewy body disease, also affect the motor system. These disorders can be categorized and diagnosed as either major or mild (also known as slight cognitive impairment), depending on the severity of the symptoms; generally, a neurocognitive disorder is considered mild if it does not affect a person's ability to live independently.

Major cognitive disorder is estimated to affect 1 to 2 percent of people by age 65 and as much as 30 percent of the population by age 85; the prevalence of minor cognitive disorders is harder to estimate, but they are believed to affect between 2 and 10 percent of 65-year-olds, and as many as 25 percent of 85-year-olds.



HEALTH & WELLNESS

What You Should Know About Dehydration

BY GINGER MILLER

What exactly is dehydration? Why is staying hydrated so important? Are you aware of the wide range of symptoms dehydration has? Let's take a look so that we can better prevent dehydration and stay healthier.

Here's some fun trivia type information! According to the *Cleveland Clinic*, up to 78% of your body is made of water. Your brain is made up of 73% water, and so is your heart. Your bones are 31% water, your muscles and kidneys are 79%, and your skin is 64%. A whopping 83% of water makes up your lungs. No wonder staying hydrated is so important!!!

Water is important to your body, especially in warm weather. It keeps your body from overheating. When you exercise, your muscles generate heat. To keep it from burning up, your body needs to get rid of that heat. The main way your body discards heat in warm weather is through sweat. As sweat evaporates, it cools the tissues beneath. Lots of sweating reduces your body's water level, and this loss of fluid affects normal bodily functions.

Did you know that thirst isn't always a reliable early indicator of the body's need for water? Many people don't feel thirsty until they're already dehydrated. That's why it's important to increase water intake during hot weather or when you're ill.

The *Cleveland Clinic* lists these signs of dehydration for children:

- Dry tongue and dry lips.
- No tears when crying.
- Fewer than six wet diapers per day (for infants), and no wet diapers or urination for eight hours (in toddlers).
- Sunken soft spot on your infant's head.
- Sunken eyes.
- Dry, wrinkled skin.
- Deep, rapid breathing.
- Cool, blotchy hands and feet.

Some other noteworthy things the *Cleveland Clinic* states about dehydration to be aware of are:

Dehydration doesn't typically lead to fever. But many diseases and disorders that cause fever can also cause dehydration.

Dehydration can actually make your blood pressure drop to dangerously low levels. When this happens, your body goes to work to try to correct it. But in doing so, your body can overcorrect and make your blood pressure skyrocket.

Water helps:

- **Aid digestion and get rid of waste.**
- **Your joints work. Water lubricates them.**
- **Make saliva (which you need to eat).**
- **Balance your body's chemicals. Your brain needs it to create hormones and neurotransmitters.**
- **Deliver oxygen all over your body.**
- **Cushion your bones.**
- **Regulate your body temperature.**
- **Act as a shock absorber for your brain, your spinal cord and, if you're pregnant, the fetus**

And these signs of dehydration for adults:

- Headache, delirium and confusion.
- Tiredness (fatigue).
- Dizziness, weakness and lightheadedness.
- Dry mouth and/or a dry cough.
- High heart rate but low blood pressure.
- Loss of appetite but maybe craving sugar.
- Flushed (red) skin.
- Swollen feet.
- Muscle cramps.
- Heat intolerance or chills.
- Constipation.
- Dark-colored pee (urine). Your pee should be a pale, clear color.



What You Should Know About Dehydration (Con't)

Dehydration does not cause diarrhea, but diarrhea can cause dehydration. Severe diarrhea causes a loss of fluids in your body. Dehydration can lead to disorientation and dehydration headaches. One of the symptoms of these headaches is nausea and vomiting.

The *Mayo Clinic* states you should call your family doctor if you or a loved one:

- Has had diarrhea for 24 hours or more
- Is irritable or disoriented and much sleepier or less active than usual
- Can't keep down fluids
- Has bloody or black stool



The *Cleveland Clinic* states if you think your symptoms of dehydration are severe, don't hesitate to seek help. Dehydration can contribute to kidney stones, kidney failure and heatstroke — all life-threatening illnesses. Call 911, your local emergency services number or go to the emergency room right away if you have symptoms of severe dehydration or heatstroke:

- A fever of 103 degrees Fahrenheit (39.4 degrees Celsius) or higher.
- Muscle twitching.
- Red, hot and dry skin.
- Nausea.
- Rapid pulse.
- Seizures.
- Lack of sweating.
- Confusion, altered mental state and/or slurred speech.
- Dizziness.
- Fainting or loss of consciousness.
- Hallucinations.



Peer Perspective

BY GINGER MILLER



This section needs YOU! Send us your questions and concerns,

Dear Peer,

One of the reasons I stopped using was so my family would let me be around them more. It has gotten better but I still feel like they are hesitant to invite me to gatherings, I think because some of them still drink. When I am invited I sense that some of them are still walking on eggshells because I'm there. I'm 9 months sober and doing a lot better. How long will it take before they accept me again? I'm heartbroken and I'm not sure what to do.

~ Heartbroken

Dear Heartbroken,

Congratulations on your 9 months! That is a fantastic accomplishment you can be very proud of! What you are going through is very common for people in early recovery. There are a few things I can think of that may be helpful for you. First, try to keep a positive attitude about all of it. Maybe it isn't that they aren't accepting you, could it be that they see you doing well and don't want to risk causing you to struggle because they love you? Keep in mind too, if you were using for a long period of time, your changing is a big change for them too. They will need time to adjust to the new you and perhaps some time for trust to be rebuilt. Another part of recovery is building our communication skills and managing our feelings. If you are recognizing your feelings, understanding where they come from, and managing them it can make communicating quite a bit easier. Then having an honest conversation with your family members about how you are feeling and how you would like to be treated could be very helpful in building those relationships. Be sure to hear what they are saying as well. Be patient with yourself and them. Keep up the great work!

To submit a question you can leave it in the mail box in the Peer Pod (behind the door) at East Side Center, mail it to ASCEND Mental Wellness - Dual Recovery, 230 Maple St., Glens Falls, NY 12801, email it to gmillar@ascendmw.org, or text it to 518-401-5991.



IS THIS MEETING FOR YOU?

Celebrate Recovery

BY GINGER MILLER

Celebrate Recovery describes itself as a biblically balanced approach to help bring sustainable recovery and healing to their hurts. It guides people toward new healthy truths and life-giving habits as they repair their broken relationships. We all deal with life's hurts, hang-ups, and habits. Celebrate Recovery believes no one has the ability, nor should they attempt to face their hurts on their own. They describe their program as a beautiful community of strugglers that courageously enter the safe and beautiful space of Celebrate Recovery to get honest about their pain, and the negative ways people may see themselves, God and others. In this process people can come to accept that some of the habits they may have developed to escape their pain has caused destruction in their life and for those close to them.

I attended a few Celebrate Recovery meetings to observe. This is a 12-Step program that links Bible scriptures with each step. The meetings I attended were about 1 1/2hr long. The first half hour of the meeting began with a few songs of praise, the lyrics were displayed on a large screen so you could easily sing along if you choose. There would be a testimony either by a local participant or a recorded one they would play on the large screen. Then there was a brief discussion about one of the steps from the 12-step program. When there was a large enough attendance, it would break out into smaller groups so everyone could participate and interact for the remaining hour. The groups separated males and females and addiction groups were separate also. They were very friendly and welcoming. The groups are led by individuals that have been through the entire program and go through a training process, generally they are not counselors or therapists, sometimes they are clergy members.

The in-person meetings in our area are held at 4 locations: Sunday 6pm at Pine Knolls Alliance Church in Glens Falls, Monday 6pm at New Hope Community Church in Queensbury, Wednesday 7pm at Church of the King in Queensbury, and Thursday 6pm at Pine Grove Community Church in Saratoga Springs. They also offer a zoom meeting on Wednesday that you can sign up for on their site. For more information and resources regarding Celebrate Recovery go to: <https://celebraterecovery.com>

Riddle of the Month:
What is the longest word in the dictionary?



Riddle Answer
Smiles, because there is a mile between each 's'.

INSPIRATION & MOTIVATION



My ducks absolutely are not in a row. I don't even know where some of them are. And, I'm pretty sure one of them is a pigeon!



Please understand this:
Bad chapters can still create good stories.
Wrong paths can still lead to right places.
Failed dreams can still create successful people.
Sometimes it takes losing yourself to find yourself.



Sometimes people around you won't understand your journey. They don't need to, it's not for them.

CREATIVE WRITING CORNER



Depression Is Weird

Can we just talk about how weird depression is?
 How, most days, it looks nothing like what we were taught it looks like?
 Sure, some days it looks like sleeping all day or not changing out of your pajamas.
 But some days it also looks like getting up early to go to the gym before class. Then going to class. Then work. Then sitting with people to laugh so you don't have to be alone. Then coming home and listening to lectures for your mid-term.
 It looks like doing all the right things, but still feeling alone in a room full of people.
 Functional depression is a sly being. It knows how to creep in just enough to make getting out of bed feel impossible but also not getting out of bed feel impossible.
 I've always been open about my mental health and grief in hopes that maybe one person will hear or read it and know they're not alone.
 That loneliness is brutal and I know it all too well. It seems particularly heavy these last two weeks.
 But, we are not alone.
 I can promise you that.

~Ciera Davis

My Gratitude List for Today

1. friends
2. East Side Center
3. Peace and Quiet
4. Stores near by
5. First floor apartments
6. Section 8
7. Music
8. Television
9. Air conditioning
10. Viewing the planets & moon in my telescope

~Anthony G.



The perfect summer day for me would be going to the park and taking a walk on the trail then going to the beach with a picnic lunch and relaxing. Sitting in the sun and enjoying nature makes me feel good.

~ Anonymous

In and Out/Out and In

I go in the psychiatric ward, and I come out.
 In & out/out & in
 I feel like I'm out of my mind. Nothing makes sense, nothing goes together.
 In & out/out and in
 My mind is a puzzle with some pieces missing; some pieces are bent and worn.
 in & out/ out & in
 Over forty times, my God, over forty times!
 In & out/out & in
 When will this revolving door stop? When will my mind heal?
 When will the pieces come together and be found whole?
 When will the suicidal thoughts be left in the pit and I will look down and say, "To Hell with you! I'm not going into the pit with you any more!?"

~ S. C.

When things go bad I wish for the best. That way with changes I can be more grateful towards a God like Jesus Christ who can bless me with situations that are powerful prayers energy and help me to change. For life, liberty and the pursuit of happiness which I am especially thankful for.

~ Joshua B



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? We'll provide prompts each month as an option.

- August's prompts -
1. August 9th is Book Lovers Day. What is your favorite book and why?
 2. The first Sunday in August is National Friendship Day. What does friendship mean to you? What does it look like?
 3. What does self-love mean to you? How do you show yourself love?
 4. If you were a tour guide in your home town tell us 3 places you would take people and why you would take them there.

To submit your writing please email it to gmler@ascendmw.org, mail it to ASCEND, 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

PHONE NUMBERS

Life Line Mental Health Crisis & Suicide Prevention: 24/7 support for people in emotional distress or suicidal crisis. **Call or Text 988** or visit 988lifeline.org

Mobile Crisis: Meet a clinician in an agreed-upon location. 518-741-6099

Crisis Text Line: 24/7 for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. Text 'HOME' to 741741

United Way: 24/7 Connects you to a community resource specialist who can put you in touch with local organizations that provide critical services. English and **Spanish** Dial 211

Never Use Alone Crisis Prevention Center: A toll-free nationwide overdose prevention, detection, crisis response and reversal lifeline services for people who use drugs while alone. The all volunteer peer-run call center operators are available 24-hours a day, 7 days a week, 365 days a year. No stigma. No judgment. Just love! 800-484-3731

Rose House Warm Line: 24/7 A safe place to stay or someone to talk to. 518-502-1172

National Domestic Violence Hotline: confidential support 24/7/365 **English, Spanish and 200+ languages through interpretation service** 800-799-7233 or Text 'START' to 88788

National Sexual Assault Hotline RAINN (Rape, Abuse, Incest National Network): 24/7 1-800-656-HOPE (4673) or visit online.rainn.org.

The Trevor Project: 24/7 crisis support services for LGBTQ young people. Text, chat, or call anytime to reach a trained counselor: thetrevorproject.org/hotline: 866-488-7386 or Text 'START' to 678678

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. (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

National Eating Disorders Association: 24/7 crisis support Text 'NEDA' to 741741

National Human Trafficking Hotline: Serving victims and survivors. Toll-free hotline is available from anywhere in the country, 24/7, 365 days a year at 1-888-373-7888

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 To speak to someone local call 518-463-0906

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: grasphealp.org

In The Rooms: A free online recovery tool that offers 130 weekly online meetings. We embrace multiple pathways including all 12 Step, Non-12 Step, Wellness and Mental Health modalities. Other resources available also such as news, blogs, guides, and more <https://www.intherooms.com/home/>

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

PODCASTS

Mental Illness Happy Hour: Weekly interviews with comedians, artists, friends, and the occasional doctor.; exploring mental illness, trauma, addiction and negative thinking.

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.

APPS

Addiction Apps: Twenty-Four Hours A Day (Free), Quit That! Habit Tracker (Free), NoMo (Free)

Anxiety Apps: MindShift (Free), Self-Help Anxiety Management – SAM (Free)

Bipolar Disorder Apps: IMoodJournal (\$), EMoods (Free)

Counseling Apps: TalkSpace (\$\$) BetterHelp (\$\$) Larkr (\$\$) ReGain (\$\$) TeenCounseling (\$\$)

Depression Apps: Talk Space Online Therapy (\$\$), Happify (Free), MoodTools (CBT; Free)

Eating Disorder Apps: Recovery Record (Free), Rise Up & Recovery (Free), LifeSum (Free)

General Mental Health Apps: What's Up (CBT; Free) Mood Kit (CBT; \$)

Mindfulness & Meditation Apps: Calm (\$), Serenity: Guided Meditation & Mindfulness (Free)

Obsessive Compulsive Disorder Apps: nOCD (Free), Worry Watch (\$), GG OCD (Free)

PTSD Apps: PTSD Coach (Free), Breathe2Relax (Free)

Recovery Support Meetings:

Schizophrenia Apps: UCSF Prime (Free), Schizophrenia Health Story Lines (Free)

Suicide Prevention Apps: MY3 (Free) notOK (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@ASCENDMW.ORG OR CALL 518-401-5991



ASCEND DUAL RECOVERY SUPPORT GROUPS

EVERY TUESDAY
4:00-5:00 PM OPEN DISCUSSION/RECOVERY TOPICS
HOPE & HEALING RECOVERY CENTER:
2 MAPLE STREET, HUDSON FALLS
IN PERSON OR
VIRTUALLY - ZOOM MEETING ID: 844-2214-0148

EVERY THURSDAY
4:30-5:30 PM OPEN DISCUSSION/RECOVERY TOPICS
CONIFER PARK
55 ELM STREET, GLENS FALLS

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