

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

Are You Too Hard On Yourself?

BY GINGER MILLER

Did you know...
September is
National Recovery Month?

Everyone has probably engaged in some form of self-criticism at one time or another. I had never even looked at this concept until I was in out-patient treatment and the counselor I had told me to be kind to myself, several times. I finally asked him why he told me that so often. He said I was one of the most self-critical people he had worked with. I was a little baffled, I didn't see what he was talking about. This is was the starting point of my journey to examin my self-talk.

It is actually pretty common for a person to not recognize when they are being too critical of themselves, especially those that are perfectionists. But how is a person to recognize something that happens so automatically, so naturally? Here are some things I started watching for.

1. *Small mistakes.* We all make small mistakes that don't really carry much consequence. Perhaps spilling a glass of water or grabbing milk at the market and not realizing it is past its expiration date. Pay attention to what you say to yourself about that. If you are critical, consider 'letting go' of mistakes that cost you less than say, 10 minutes or less than \$5.00.

2. *Dumb mistakes.* We all make these too. Perhaps while rushing around to leave in the morning, you forget to tighten the top on your travel mug, go to take a drink, and end up wearing it. When you see someone else make a dumb mistake it might be easier to see it as a dumb mistake than when you're the one making the mistake. Do you belittle yourself? If this is a habit that you have perhaps try reasoning with yourself, "what would I tell someone else that this happened to?" Be understanding with yourself the same way you would with someone else.

3. *Corrected mistakes.* We've probably all called someone by the wrong name at some point, apologized, corrected ourselves, and continued our conversation. But what about later in the day, are you still scolding yourself for the mistake? You corrected the mistake so what purpose does it serve to continue to belittle yourself over it?

4. *Self-care gets ignored.* Do you find that there are a lot of times the things you need to do for yourself, annual check-ups, haircuts, picking up prescriptions, going to the gym, etc., get pushed to the back burner because you don't have the time, other things become more important? Maybe you're good at some things but not others. Keep in mind you are a priority as well, to be able to continue being there for others you need to take care of you first. It's like they tell you on the airplane, put your own mask on first so you can help others.

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Are You Too Hard On Yourself? (Con't)

5. *It's my fault.* Sometimes people that are self-critical have a habit of interpreting things that go wrong as their fault. For example: If an adult family member doesn't follow through with an appointment and gets mad at you, do you tend to think that it is your fault since they asked you to remind them? Or, someone is angry and acts rudely toward you do you start looking for what you did wrong? In these types of situations try looking at things in a more balanced light. The family member that missed their appointment, was it really entirely your responsibility to remind them? Was the angry person truly angry with you for something in particular or were they perhaps having a bad day and you were just there?

6. *I'm a failure.* Some people have trouble looking at their successes, one failed attempt disregards all their other successes. If you struggle with this perhaps try looking at yourself, your life, or situation from an outside perspective. How would other people view your accomplishments and failures. Reality is that it is probably somewhere in between your self-critics viewpoint and the outsiders.



7. *Going the extra mile.* If going the extra mile is something you do constantly you are may be depleting yourself unnecessarily. In true perfectionist fashion, do you reread a letter 5 times and still question if you're being thorough enough? Each time you catch yourself doing something repetitively, try doing it one less time. The majority of the time you will probably realize it made no difference that you didn't do it one more time. Over time this will teach your brain that being excessive isn't necessary.

Working on identifying when you are being too self-critical has many benefits. Not only will you start feeling better about yourself but it can help you waste less time, use less emotional energy, make better decisions and in turn make you a more productive and happier person.

UNDERSTANDING THE DIAGNOSIS

Understanding Addiction

BY GINGER MILLER



Addiction can happen to anyone. It is the inability to stop using a substance (alcohol, drugs, nicotine, etc.) or stop engaging in a behavior (shopping, gambling, sex, gaming, internet, etc.) despite negative consequences. Many people see addiction as solely a problem of personal weakness, the unwillingness or lack of willpower to stop, a moral failing, a choice, and purely selfish. Addiction is a common and complex problem that doesn't discriminate; it effects men and women, young and old, the physically healthy and unhealthy, educated and uneducated, wealthy and poor, all races and ethnicities. Addiction is a medical illness that is treatable.

The human brain is wired to reward us when we do something pleasurable. Exercising, eating, and other behaviors that are directly linked to our survival trigger the release of a neurotransmitter called dopamine. This not only makes us feel good, but it encourages us to keep doing what we're doing. It teaches our brains to repeat the behavior. When someone uses a substance—be it marijuana, opioids, cocaine, or other drugs—their brain releases lots of dopamine. This process tells the brain that this is a behavior that should be remembered and repeated. With addiction, the substance or activity becomes increasingly more important while previously important things become less important. An actual relationship is built with the substance or behavior. When a person reaches a point where there is a complex struggle between acting on impulse and resisting that impulse, this is when one might consider looking at it as an addiction. If you find yourself isolating more, feeling irritable when not using the substance or engaging in the behavior, or shifting your priorities in order to use or engage in the behavior, it might be time to get help in breaking the pattern. Another strong indicator that the substance or behavior might be an addiction is when using the substance or acting on the behavior begins causing problems or suffering related to health, family, work, other relationships, creates legal problems, or it interferes with other everyday life and activities. Although not everybody who consumes drugs, shops, makes bets, etc. develops an addiction, if you are already at risk, this is where the cycle of addiction might start. That's because, according to the [National Institutes on Drug Abuse \(NIDA\)](#), "large surges of dopamine 'teach' the brain to seek drugs at the expense of other, healthier goals and activities."



Understanding Addiction (Con't)

An addicted brain causes behavior changes. Brain imaging studies from people with substance use disorders show changes in areas of the brain that are critical to judgment, decision making, learning and memory, and behavior control. Scientists believe that these changes alter the way the brain works and may help explain the compulsive and destructive behaviors of addiction.

A promising student might see his grades slip. A bubbly social butterfly might suddenly have trouble getting out of bed. A trustworthy sibling might start stealing or lying. Behavioral changes like these are directly linked to a changing brain.

Also, addiction creates cravings. These cravings can be painful, constant, and distracting. What's more, withdrawal from substances is a painful, whole-body experience. Once someone is addicted, responding to cravings and avoiding withdrawal become their most important needs.

Treatment. Specialized therapies have been developed to target specific types of substance use disorders: alcohol, opiates, cocaine, and marijuana as well as specific behavioral addictions such as self-harming, gambling, sex, stealing, etc.) Treatment services have been developed to address not only addiction to substances or behaviors, but also the range of other problems that often predate, co-occur with, and are caused by substance use disorders or behavior. There are treatment facilities, hospitals, clinics, medications, therapeutic treatments, and a wide range of support group options that can help an individual begin their recovery path. If you are interested in learning about what treatment options might be good for you the first place to ask questions would be with your physician, psychiatrist, or therapist.

Hope, the belief that these challenges and conditions can be overcome, is the foundation of recovery. A person's recovery is built on his or her strengths, talents, coping abilities, resources, and inherent values. It is holistic, addresses the whole person and their community, and is supported by peers, friends, and family members. The process of recovery is highly personal and occurs through many pathways. It may include clinical treatment, medications, faith-based approaches, peer support, family support, self-care, and other approaches. Recovery is characterized by continual growth and improvement in one's health and wellness and managing setbacks. Setbacks are a natural part of life and resilience becomes a key component of recovery. For more information on recovery options and support please reach out to a peer advocate/support (we'd love your questions for the Peer Perspective article!). I am a Peer Support Specialist here at ASCEND Mental Wellness, there are Peer Advocates at Recovery Community and Outreach Centers such as Hope & Healing in Hudson Falls and Healing Springs in Saratoga, many out-patient clinics offer peer support services as well.

<https://www.health.harvard.edu/>
<https://www.shatterproof.org/>

If you are experiencing physical and/or withdrawal symptoms, please call 911 or go to your nearest emergency room.

If you are in crisis and need support call, text or chat 988 the Suicide and Crisis Lifeline.

Riddle of the Month:

I make a loud sound when I'm changing. When I do change, I get bigger but weigh less. What am I?



Riddle Answer

Popcorn!



HEALTH & WELLNESS

Self-Awareness

BY GINGER MILLER



Self-awareness is the ability to be aware of your own environment, body, and lifestyle. Also, self-awareness is about intentionally becoming aware of your own character, emotions, motives, desires, attitudes, opinions, and knowledge. In my experience self-awareness requires being honest with yourself, without judgement of right or wrong and acknowledgement of what is. What is, is there for a reason and can often be changed if you decide you don't want it. Learn to know your feelings, your physical sensations, your reactions, your habits, your behaviors, and your thoughts. The more I learn these things, it helps teach me how to manage myself and how to engage with people in a more productive and healthy way. A lot of times this requires challenging your current beliefs about yourself. For those of us with substance or mental health struggles it is a powerful tool to help us make the necessary changes to better ourselves and circumstances.

For instance, I felt like people avoided me for a very long time and I didn't understand why. I would ask people if they liked me, and most would say yes, but I noticed they still didn't want to be around me. This fed my self-defeating belief that "I'm not good enough" or that there is something wrong with me. It was very confusing, frustrating, and depressing. I was very lonely. Then I had a couple of people come into my life that were brave enough to help me see, in a kind way, that I was a very negative person. I started paying attention to other people's attitudes and realized I preferred being around more positive people. I started looking at myself more, becoming self-aware, and gradually came to see more and more of my negativity. I started recognizing how my own negativity made me feel physically and mentally, I didn't like it. That's when I started becoming more motivated to work on making changes in my attitude. It took a lot of practice and time, but I've been able to shed that negativity. Now I think positively and encourage others. I have several close friends and feel a part of my community. Until I became aware of how negative I was I couldn't change, I didn't know I needed to.

When it comes to using substances, self-awareness can help us determine if we have a problem, how much of a problem, and what fuels the problem. I had to be more willing to be more honest with myself. Knowing those kinds of things can help us change those problems.



There are several ways to develop self-awareness. Keep in mind, however, that this takes work and generally some time to develop. Here are a couple ways you could try.

The first step to becoming more self-aware is working on being more aware of your emotions. Many of us have been taught to make our decisions solely on rational thinking. We worked on shutting our feelings off or pushing them aside. Why? When we rely solely on our rational thoughts, we often make decisions to try to live up to someone else's ideals. Now consider how many times have you had that 'gut feeling' about something but ignored it. Only to realize later that listening to it would have been a better idea. I believe there should be a balance in decision making that uses reasoning that includes acknowledging feelings. When your 'gut feeling' is trying to tell you something try asking yourself, "Where is this feeling coming from?" Allow your feelings to have a voice.

The next step is to track your feelings. Usually journaling is the best and easiest way to do that. Commit to writing your most positive and most negative feelings each day for 30 days. You will notice patterns or trends that can help you identify your values, motivations, and purpose; maybe even some things that are holding you back. This is kind of like communicating with your subconscious.

Try using this same process for becoming self-aware in other aspects of your life - your daily attitudes, energy levels, specific habits (eating, sleeping, exercising, socializing, etc.), or whatever you see having the greatest impact on building the lifestyle you want.



Self-Awareness (Con't)

Another thing is to challenge your beliefs about yourself. Look at how you view yourself and how you want others to perceive you. For example, you might view yourself as punctual because you want others to view you that way, but in reality, you are often late to appointments. Practicing self-awareness, you would begin to recognize the reality of your behavior, not the story you are telling yourself...real honesty.

There are numerous websites that offer suggestions for activities that help build self-awareness. Here's one for you to start with <https://www.developgoodhabits.com/self-awareness-activities/>

Peer Perspective

BY GINGER MILLER



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



Dear Peer,

I found this newsletter at my therapist's office and really enjoyed a couple of the articles. I struggle with depression and anxiety, my counselor helps me a lot with that, we have a pretty good connection, I think.

A few of my friends suggested I start going to AA and I'm noticing some of them don't want to hang out with me as often. I realize sometimes I drink more than they do, but I don't think that makes me an alcoholic. I thought I'd prove them wrong by going to an AA meeting. I didn't like that they talked so much about when they were drinking... it made me want to go have a drink.

Part of me gets angry and says I don't need them, but we've been friends since we were in grade school. So, my question is, how do I prove to my friends that I'm not an alcoholic?



~ Frustrated

Dear Frustrated,

I'm glad you are enjoying the newsletter. I think it is wonderful that you have a good connection with your counselor and they are helping with depression and anxiety. The fact that you're being open to trying AA and have a willingness to look at options is very commendable! I've met many people that have had experiences or have reasons why they don't like or don't want to try AA, you aren't alone in that. I think it's important to keep in mind that going to just one meeting and determining that AA isn't for you might be cutting off a very helpful source. There are many people with a variety of personalities at each AA meeting so trying a few different ones before deciding not to go back might give you the opportunity to find one that does work for you. There are several other types of groups that you might find suit you better if indeed AA isn't for you, I would encourage you to explore some of them as well. In Hudson Falls there is the Hope & Healing Center at 3 Maple St. that offers a calendar of events that include several types of groups, many of which are not 12-step based. One of those groups is on Tuesdays at 4:00, the Dual Recovery group, it supports people that have both addiction issues and mental health struggles.

I believe that proving to yourself that you aren't an alcoholic is more important than proving it to your friends. It sounds like your friends might be concerned about how alcohol is affecting you. Asking your friends for more details, and keeping an open mind while listening, might open your eyes to something you aren't currently seeing.

Having a good relationship with your counselor is so important, I'm happy to hear that you have that. Talking with your counselor about your drinking might be very helpful for you as well, especially since they already know you on a more personal level. If you start to believe you may have a drinking problem, know that there are many resources and supports that can help you. Your counselor is a good start, your doctor, and peers that can relate to these kinds of struggles. Outreach centers like Hope & Healing offer a variety of support meetings like the Dual Recovery meeting ASCEND hosts there. More helpful information can be found at: <https://www.samhsa.gov/>

Thank you for writing in.

~ Caring Peer

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 gmilller@ascendmw.org, or text it to 518-401-5991.



IS THIS MEETING FOR YOU?

Double Trouble In Recovery (DTR)

BY GINGER MILLER

Traditional “One Disease-One Recovery” self-help groups cannot serve adequately the needs of the dually diagnosed. DTR is a Twelve Step program (inspired by Alcoholics Anonymous) created to suit the needs of those who have been dual diagnosed, those who have both addictive substance issues and psychiatric disorders. DTR states “We banded together to assist ourselves in recovering from our dual diagnosis disorders, addictions and mental illnesses. We share our experiences to become more frank, open-minded, and willing. Sharing allows us to recall how things were and how we got to where we are now. We live ‘one day at a time’ and obey the DTR twelve steps.” DTR offers people a safe forum to discuss their psychiatric disabilities, problems and benefits associated with psychiatric medication, substance abuse struggles, and dual recovery needs. Most members require medication to control their psychiatric disabilities, and that alone may make attendance at “conventional” 12-step groups uncomfortable. The closest in-person meetings are in Orange County, however there are on-line meetings that can be attended. For more information you can contact: In Recovery, There Is Double Trouble courtesy of the Mental Health Empowerment Project, 271 Central Ave, Albany, NY 12209 518-434-1393.

To find the in-person meetings in Orange County go to: <http://www.adacinfo.com/self-help-meetings/double-trouble-in-recovery-meetings/>

For on-line meetings go to: <https://www.gmhcn.org/double-trouble-in-recovery>

INSPIRATION & MOTIVATION

“There is a vitality, a life force, an energy, a quickening that is translated through you into action, and because there is only one of you in all time, this expression is unique. And if you block it, it will never exist through any other medium and will be lost.”

—Martha Graham

Make sure your worst enemy doesn't live between your own two ears.

~ Laird Hamilton



The Pheonix

In times of doubt and confusion, it symbolizes strength, transformation, and renewal. For only from the ashes of who we were, can we rise up to become who we are meant to be.

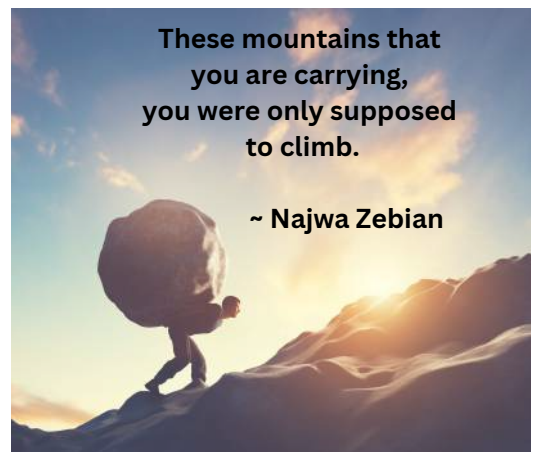
Don't be pushed around by the fears in your mind. Be led by the dreams in your heart.

~ Roy T. Bennett



These mountains that you are carrying, you were only supposed to climb.

~ Najwa Zebian



CREATIVE WRITING CORNER



Living In My Own Shadow

Most of the shadows of this life are caused by standing in one's own sunshine. On a day when it seems the sun refuses to shine and I feel low in my spirit I focus on a happy moment or a pleasant activity to do. Having a cup of coffee or tea and phoning my children and grandchildren - the joy of my life - will get me out of my shadow.

If I am all alone for the day - I can always count my blessings and see what God has done and believe the sun will shine again; for indeed it will. My mood doesn't depend upon the actual weather though. I love to get out mu umbrella and take a walk in the rain. After a walk in the warm, dry apartment is inviting and homey. I will finish with one of my favorite quotes. "Those who bring sunshine into the lives of others cannot keep it from themselves."

~ Anita K

Part of Chapter One of the Biological Abandonment

The country shut its doors and began its own investigation on the mystery. If, by, one year the progress is not sufficient, it will open its doors again it was said. It was like the space race all over again. In that every country wanted to be the first to unlock this mystery. For, it could hold power - given the manner it came forth.

The artists were the last chosen. It seemed that they could sketch ideas and dreams. Then these images could be put into computers that could analyze human existence through handwriting. Almost immediately there was a glitch. With this new tattoo phenomenon came a vibration that erred the machine whenever a car or vehicle was driving by up to 100 miles in any direction. That was a shock to say the least.

~ Rebecca Sousie



In the early crisps of morning when the coffee smells fill the air there's a sense of warmth that calms me knowing Jesus is still here.

Wind and wave, winter snow, is all the same to me bu tthe love of my Lord Jesus puts a smile upon my cheeks.

Even though, and through the weather, whether or not the strony goes as long as I am with my Saviour he will always be my guide.

~ J.B.

My cat Lady Jane who lives with us actually came to us in an unusual way. My father and I were working down in the cellar. My father was in a different part of the cellar and he called to me and told me he had something to show me. He was standing in front of a window (which is actually below ground level and under a wooden enclosure) and pointed to the window. I saw this tiny gray fur ball nursing with a mother cat.. I remembered seeing a black cat hanging around the house - now I knew why. As time went on I began to feed them both and of course they chose to stay. The little gray kitten, named Lady Jane, would be adopted by my father and me and she is still in residence.

~ Unknown



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.

September's prompts

1. While at the beach you decide to write a message in a bottle. What would it say? Who would you like to find it?
2. If you fell down a rabbit hole, what do you think you'd find?
3. Write about one thing you wish your cell phone did for you that it currently does not.

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

PLEASE VISIT WWW.ASCENDMW.ORG FOR MORE INFORMATION & COPIES OF OUR NEWSLETTERS