

For information about starting a group or locating a meeting in your area contact:

Dual Recovery Anonymous

World Service Central Office
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DRA Web Site - <http://draonline.org>

A dual disorder occurs when an individual is affected by both chemical dependency and an emotional or psychiatric illness. Both chemical dependency and emotional or psychiatric illness may affect an individual physically, psychologically socially, and spiritually.

There is no single type of dual disorder. The reason is, that there are numerous forms of psychiatric illness. There are also many patterns of alcohol or drug abuse. As a result, a variety of different forms of dual or multiple disorders are possible.

DRA recognizes that psychiatric medications are used for the purpose of managing psychiatric symptoms and are not taken for the purpose of achieving a "high". Therefore, the use of psychiatric medications is not considered to be the same as relapse.

DRA is a non-professional self help organization. It would be inappropriate for DRA to give advice or recommendations to our members regarding the use of psychiatric medications or other forms of treatment.

DRA respects and supports the right of each member to work with the professionals of their choice to develop healthy recovery plans that will best meet their personal recovery needs.

DRA welcomes men and women who have experienced a dual disorder regardless of their chemical dependency or psychiatric history or their level of abilities. We recognize that we are men and women whose lives have been affected by different types of "no-fault" illnesses whose symptoms can disrupt our ability to function and relate to others effectively.

An individual is in dual recovery when they are actively following a program that focuses on their recovery needs for both their chemical dependency and their psychiatric illness.

Getting Started In Dual Recovery

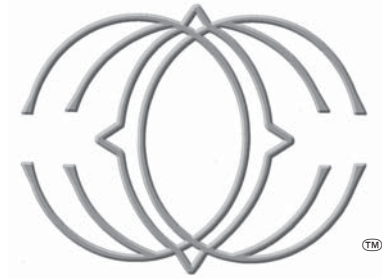
The DRA approach to dual recovery is based on a simple set of ideas and Steps. They are suggestions for recovery rather than a set of rules. They encourage us to find our own personal recovery, the one that is most meaningful. They are meant to support those of us who wish to bring a spiritual dimension to our dual recovery. The DRA program is worked on a day-by-day basis. Here are the suggestions for dual recovery:

- Today, I will be free of alcohol and other intoxicating drugs.
- Today, I will follow a healthy plan to manage my emotional or psychiatric illness.
- Today, I will practice the Twelve Steps.

The Twelve Steps of Dual Recovery Anonymous*

1. We admitted we were powerless over our dual illness of chemical dependency and emotional or psychiatric illness - that our lives had become unmanageable.
2. Came to believe that a Higher Power of our understanding could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of our Higher Power, to help us to rebuild our lives in a positive and caring way.
4. Made a searching and fearless personal inventory of ourselves.
5. Admitted to our Higher Power, to ourselves, and to another human being, the exact nature of our liabilities and our assets.
6. Were entirely ready to have our Higher Power remove all our liabilities.
7. Humbly asked our Higher Power to remove these liabilities and to help us to strengthen our assets for recovery.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when wrong promptly admitted it, while continuing to recognize our progress in dual recovery.
11. Sought through prayer and meditation to improve our conscious contact with our Higher Power, praying only for knowledge of our Higher Power's will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these Steps, we tried to carry this message to others who experience dual disorders and to practice these principles in all our affairs.

*Adapted from the Twelve Steps of Alcoholics Anonymous® The Twelve Steps of AA are reprinted and adapted with permission of Alcoholics Anonymous World Services, Inc. Permission to reprint and adapt the Twelve Steps does not mean that AA has reviewed or approved the contents of this publication, nor that AA agrees with the views expressed herein. AA is a program of recovery from alcoholism only - use of the Twelve Steps in connection with programs and activities that are patterned after AA, but that address other problems, does not imply otherwise.



DRA

Welcome to Dual Recovery Anonymous

DRA is an independent, non-profit, non-professional self-help organization. DRA was established to help men and women who experience a dual disorder. A dual disorder occurs when an individual is affected by both chemical dependency and an emotional or psychiatric illness.

The primary purpose of DRA is to help one another achieve dual recovery, to prevent relapse, and to carry the message of recovery to others who experience a dual disorder. The DRA program is based on the principles of the Twelve Steps and the personal experiences of men and women in dual recovery. There are only two requirements for membership:

- A desire to stop using alcohol and other intoxicating drugs.
- A desire to manage our emotional or psychiatric illness in a healthy and constructive way.

There are no charges, dues, or fees for DRA membership. Newcomers do not need a referral from a professional service provider.