

Preamble of

DRA is an independent, self-help organization. Our goal is to help men and women who experience a dual illness. We are chemically dependent and we are also affected by an emotional or psychiatric illness. Both illnesses affect us in all areas of our lives; physically, psychologically, socially, and spiritually.

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 **dual disorders**. **DRA** has two requirements for membership; a desire to stop using alcohol and other intoxicating drugs and a desire to manage our emotional or psychiatric illness in a healthy and constructive way.

DRA is a nonprofessional self-help program. There must always be a clear boundary separating the work of **DRA** from the work of chemical dependency and mental health professionals. The **DRA** fellowship has no opinion on matters of diagnosis, treatment, medication, or other issues related to the health-care professions. The **DRA** fellowship is not affiliated with any other self-help organization or Twelve Step program. **DRA** has no opinion on the way other groups address the problems of dual disorders and dual recovery. We do not criticize the efforts of others.

The **DRA** World Services office will offer support to others who wish to start **DRA** Groups and begin meetings, and who wish to work with other groups to carry the message.

ACCEPTING DIFFERENCES

Newcomers and visitors may ask, "Can the **DRA** program help me even with the type of symptoms that I have?" Such feelings are not uncommon. We need to help newcomers recognize that a variety of symptoms are possible with a dual illness. There is no single type of **dual disorder**. We do share a common bond as men and women who are affected by different types of "no-fault" illnesses whose symptoms can disrupt our ability to function and relate to others effectively.

Some of us feared that we were becoming hopelessly impaired. We came to believe that we would never be "normal" again. Many of us experienced great shame and guilt. We believed that our emotional or psychiatric illness and chemical dependency were our fault.

Some of us have become secretive. We tried to keep our drinking and drug use a secret, and later some of us felt a need to keep our recovery and Steps a secret. We tried to keep our recovery and Steps a secret. We also felt our psychiatric illness must be kept secret, especially if our recovery program included prescription medication.

We seemed to run out of ways to protect our feelings and self-esteem, and to protect ourselves from the attitudes of those around us. Many of us gradually went into a closet of denial. If there are any among us who have felt as though they were living in that closet, we welcome you. We want you to know that the fear, isolation, and secrecy no longer need be a part of your life!

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 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 Traditions of Dual Recovery Anonymous

1. The primary purpose of **DRA** is to carry the message of recovery to men and women who experience a dual disorder.
2. **DRA** has two requirements for membership: a desire to stop using alcohol and other intoxicating drugs, and a desire

to manage our emotional or psychiatric illness in a healthy and constructive way.

3. We welcome men and women of all personal beliefs; our program is one of personal freedom and choice.
4. Our groups and service work are guided by the principles of the 12 Steps of **DRA**.
5. Each group is independent, to better meet the recovery needs of our members. We are sensitive to the well being and unity of other groups and to **DRA** as a whole.
6. To maintain our primary purpose, we avoid all outside distractions. We need not become involved in financial entanglements, lend the **DRA** name for outside activities and issues, or become drawn into public controversy
7. Every **DRA** group ought to be self-supporting.
8. **DRA** is a volunteer, self-help organization. To carry out our service work, we may employ special workers, from committees, and coordinate projects.
9. Our individual dual recovery depends on **DRA** unity. We carry the message through our personal recovery and our service work.
10. **DRA** is a non-professional program. We do not provide chemical dependency, mental health or other social services. **DRA** has no opinion regarding the appropriate use of medications or other methods of managing our symptoms.
11. In **DRA** we share an equal partnership in dual recovery. Our traditions and service work help us maintain the integrity of our program, to provide for others and to enhance the unity of **DRA** as a whole.
12. Personal anonymity is the right of every **DRA** member. We practice anonymity at the level of public media.

NAMES AND NUMBERS

TALKING HELPS, PLEASE DON'T BE AFRAID TO CALL.

RE-GENERATED FROM THE DRA (DUAL RECOVERY ANONYMOUS) MONTEREY PAMPHLET.

KE:02/02/10

For more information about this program and meetings in our Monterey Chapter feel free to contact:

831-383-9201
Available 7:00-7:00pm
7 days a week

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

Dual Recovery Anonymous

World Services Central Office
PO Box 8107 Prairie Village, KS 66208
913-991-2703

DRA Online Resource Center: <http://DRAonline.org>

A **dual disorder** occurs when we are affected by both chemical dependency and an emotional or psychiatric illness. Both chemical dependency and emotional or psychiatric illness affects us physically, psychologically, socially, and spiritually.

There is no single type of **dual disorder**. 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, when taken as prescribed by our doctor, 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 all of us who have experienced a **dual disorder**. 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.

We are in **dual recovery** when we are actively following our program that focuses on our recovery needs for both our chemical dependency and our psychiatric illness.

COMMON FEELINGS AND EXPERIENCES

Acceptance is a process rather than an event. It takes time for us to recognize and to accept that we have developed a **dual disorder**. It also takes time for us to identify and actively begin to follow a program for **dual recovery**.

Many of us began the process of recovery following a crisis. Many of us experienced an episode of severe psychiatric symptoms.

Many of us experienced problems and consequences as a result of our alcohol or drug use. At that point, we wanted relief from our symptoms, problems, and consequences.

Gradually, we began to recognize the symptoms of our two illnesses. We began to understand how the two illnesses affected our lives. With that understanding, we begin to look at ourselves in a new way. We begin to see that we are good people who have been affected by two serious "no-fault" illnesses.

As we gain an acceptance of our dual illness, we begin to view **dual recovery** in a different way. We are able to let go of the attitude that **dual recovery** is something that is being forced on us. We begin to want more from **dual recovery** than relief from symptoms, problems, and consequences. We want a better quality of inner life.

As we begin to work a program of dual recovery we soon recognize that it offers a practical way of life. Three words that characterize dual recovery are:

Hope, Coping, Heal

Hope: Believable hope gradually begins to develop. As we work our program of recovery and attend our group's **DRA** meetings, we meet others who have shared similar experiences. We begin to recognize that recovery from a **dual disorder** is possible and that we can improve our inner quality of life.

Coping: In dual recovery we begin to develop new coping skills. We begin to recognize that we may not find a cure for our **dual disorder**. However, we can learn how to use new coping skills to maintain our recovery and to minimize the risk of relapse. We learn new ways of coping with our psychiatric illness in health and constructive ways as we practice our steps and use the support we find in meetings.

Heal: Our dual disorder has had an accumulating impact on our self-image and self-esteem. Repeated experiences of psychiatric symptoms, and ongoing problems and consequences may have left us with the feeling that we may never be normal again. In **dual recovery** we begin to experience the process of personal healing. We find opportunities to heal and rebuild our self-image and regain our self-esteem. We find opportunities to mend and heal our relationships with family, friends, and others in our community.

DRA

Monterey

(Dual Recovery Anonymous)

Meeting Schedule:

Saturday Martinez Hall, Fort Ord
12:30-2:00 PM Open Discussion

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 12 Steps and the personal experiences of men and women in dual recovery. There are 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.
- Newcomers do not need a referral from a professional. There are no charges, dues, or fees for **DRA** membership. During meetings, a basket is passed to accept donations—**DRA** Groups and **DRA** World Services are self-supporting through our own donations. Help only if you can afford.