
Recovery Education

— June 25, 2021 —

Do I need Recovery?

Are you suffering with or know someone who is :

- Anxiety, Depression
 - ADD,ADHD
 - Bi-Polar, Personality Disorder
 - Schizophrenia
 - Substance Misuse Disorder
 - PTSD
 - Abuse Survivor
 - Dissociation and dissociative disorders
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Treatment

Statistics show that a large percentage of the population that maybe or have suffered with these disorders rarely gain treatment or have success in treatment. The reason is that either the stigmatism that is still places on these illnesses, the lack of financing treatment, or time to undergo treatment.. Here you will find all evidence based practice treatments are free, under confidentiality law, and can be completed from anywhere at anytime. Our goal to provide the best resources/practices as well as making them easily accessible, free and confidential. You will find even to creating an account can be done with a nickname to hide identity. We are always here for you throughout the process and encourage community of any form.

Evidence Based Practices

We are always adding to this list for the most beneficial and Christ-Centered Treatment

- DBT
 - CBT
 - 12 Step Programs
 - Group/individual Therapy
 - Transitional Programs
 - Self Sufficiency
 - Support
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Procedure

- Create an account to access private pages
- Follow link to Google Classroom Class appropriate to your needs
- Click on Coursework Tab at top
- All classes are in order start at the first and take your time to complete
- Complete and submit worksheet/assessment in each unit
- Connect with each other in class stream for support and encouragement
- Contact us directly with any questions, concerns or support needed

Homework

Take a look around there is something for everyone no matter the stage or disorder. Below is a list of all current classes offered

1. Beginners: not in or just starting recovery
2. DBT: those in recovery 6 months - 1 yr
3. Recover and Rebuild: those transitioning 1yr - 2yr
4. Families Recover: Loved ones off those that are suffering
5. Blenders: those that are in unconventional families
6. Recovery Education: this is where all members and classes can connect

Please know that to be apart of this group or treatment you must be active apart of recovery is having accountability. But if you do not feel comfortable submitting sensitivity materials all documents can be download from the Recovery Education shared folder.

Please call/message with any questions or concerns