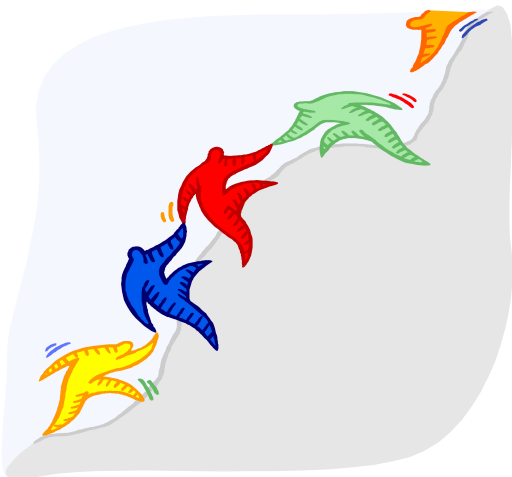


## **Double Trouble in Recovery (DTR)**

is a fellowship of men and women who share their experiences, strength, and hope with each other so that they may solve their common problems. Participants help each other recover from their particular addictions and manage their mental disorders, commonly called Dual Diagnoses or co-occurring disorders.

There is no charge for the meeting.

Open to the public



## *Lapeer County Community Mental Health*

**1570 Suncrest Dr.,  
Lapeer, Mi. 48446  
Phone: 810-667-0500  
FAX: 810-664-8728**



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<http://www.lapeercmh.org>**

03/28/2018 Double Trouble MMW

## **Double Trouble In Recovery (DTR)**

### **Support Group**

*Self-Help for people with  
dual diagnoses*



For more information,  
contact the facilitators:

**Matt M. and Amy W.**

**810-667-0500**

## What is Double Trouble in Recovery?

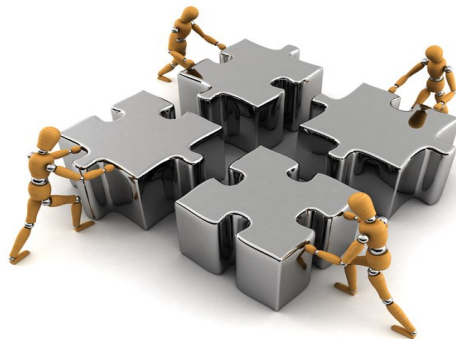
Too many of us experience other Twelve Step meetings as confusing and anxious events that are difficult to endure. Double Trouble offers a different kind of 12 step meeting for persons with mental health disorders and substance use concerns. Here you will find a safe forum to discuss your psychiatric disabilities, medication, and substance abuse. This environment encourages recovery instead of active addiction and hospitalization. "The only requirement for DTR membership is a desire to *stop drinking and drugging, and to work on one's mental health.*" (Tradition #3 of DTR)



Peers help each other embrace a new identity and sense of purpose. The structure offered by DTR can help people gain new social skills and move toward higher levels of functioning.

## Elements of Double Trouble in Recovery or DTR

- ◆ Based on the 12 steps of AA with a couple of changes
- ◆ Open to anyone who self-identifies with a problem with mental health and substance use disorder
- ◆ DTR, like other 12-step meetings, is an anonymous program. What takes place in the meeting "stays in the room" after the meeting.
- ◆ The names of DTR group members remains confidential.
- ◆ Informal
- ◆ On going, with regularly scheduled meetings
- ◆ Self help led by peers rather than people acting in a professional role



**Meetings are open to the public and are held every Thursday from 1:00 pm to 2:00 pm at Lapeer CMH 1570 Suncrest Drive Lapeer, Michigan 48446**

Located on Suncrest Dr., between Oregon and Davis Lake Rd. and across from Suncrest Nursing Home.



***For more information contact:***

**Matt M., CPSS or  
Amy W., CPSS**

**at 810-667-0500**