

ON RECOVERY

We, who have substance use/abuse problems and mental illness, are compelled to walk a long and narrow path. When we go out of control with our substances of choice, we become lost. If we ignore our doctors, our therapists, and misuse or stop taking our medications, our path becomes very dark indeed.

In our fellowship, we band together for common good and recovery. With open-minded understanding for each other, with honesty, we expose our problems and our weaknesses. This humility we show shall encourage and strengthen us to admit who and what we are. Together, we find the hope and faith that makes our narrow path into a wide road that leads to peace, serenity and a meaningful life.

Therefore, working the Double Trouble Twelve Steps and regular attendance at Double Trouble and other appropriate mutual aid groups will help us gain the rewards of sanity, serenity and freedom.

Double Trouble invites you to join us and continue or begin your mental, physical and spiritual recovery.

DOUBLE TROUBLE IN RECOVERY GROUP MEETING

Day:

Time:

Place:

For more information contact:

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WELCOME TO
***DOUBLE
TROUBLE***
IN
RECOVERY



SANITY
SERENITY
SOBRIETY

**A recovery group for people
with Dual Diagnosis**

*For those recovering from
mental illness and
substance use/abuse*

Double Trouble in Recovery (DTR) is a twelve-step fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problems and help others find recovery from their particular substance use/abuse and mental illness.

DTR is designed to meet the needs of people with dual-diagnosis and is clearly for those having substance use/abuse problems as well as having been diagnosed with a mental illness.

We also address the problems and benefits associated with psychiatric medication as well as other issues crucial to mental illness; thus we recognize that for many, having a substance use/abuse and mental illness is *Double Trouble in Recovery*.

There are no dues or fees for DTR membership; we are self-supporting through our own contributions.

HOW IT WORKS

DTR follows a twelve-step approach to recovery, which has evolved from the original Twelve Steps of Alcoholics Anonymous.

In DTR groups, we band together to help ourselves find recovery from our substance use/abuse and mental illness. We share our experiences to help ourselves become honest, open-minded, and willing. Sharing helps all of us to remember how it was and how we arrived at where we are today. We live “one day at a time” and practice the following Double Trouble in Recovery Twelve Steps:

**THE TWELVE STEPS
Of Double Trouble in Recovery**

- 1 We admitted we were powerless over mental illness and substance use – that our lives had become unmanageable.
- 2 Came to believe that a Power greater than ourselves could restore us to sanity.
- 3 Made a decision to turn our will and our lives over to the care of God, as we understood him.
- 4 Made a searching a fearless moral inventory of ourselves.
- 5 Admitted to God, to ourselves and another human being the exact nature of our wrongs.
- 6 Were entirely ready to have God remove these defects of character.
- 7 Humbly asked him to remove our shortcomings.
- 8 Made a list of person we had harmed and became willing to make amends to them all.
- 9 Made direct amends to such people where-ever possible, except when to do so would injure them or others.
- 10 Continued to take personal inventory and when we were wrong promptly admitted it.

Sought through prayer and meditation to improve our conscious contact with God, as we know Him, praying only for knowledge of His will for us and the power to carry that out.
- 11 Having had a spiritual awakening as the result of these steps, we tried to carry this message to others with substance use and mental illness, and to practice these principles in all our affairs.
- 12

**THE TWELVE TRADITIONS
Of Double Trouble in Recovery**

- 1 Our common welfare should come first; personal recovery depends on DTR unity.
- 2 For our group purpose, there is but one ultimate authority, a loving God, as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
- 3 The only requirement for DTR membership is a desire to stop drinking and drugging, and to work on one's mental health.
- 4 Each group should be autonomous except in matters effecting other groups or DTR as a whole.
- 5 Each group has but one primary purpose-to carry its message to the dually-diagnosed person who still suffers.

A DTR group ought never endorse, finance, or lend the DTR name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
- 6 Every DTR group ought to be self-supporting, declining outside contributions.
- 7 Double Trouble in Recovery should remain forever non-professional, but our service centers may employ special workers.
- 8 DTR, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.
- 9 Double Trouble in Recovery has no opinion on outside issues; hence the DTR name ought never be drawn into public controversy.
- 10 Our public relations policy is based on attraction rather than promotion; we need to always maintain personal anonymity at the level of press, radio and film.
- 11 Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.
- 12