What is DDA?

Dual Diagnosis Anonymous (DDA) is customized version of the 12 steps of AA with an additional 5 steps addressing mental wellbeing and healthy lifestyles. This peer support group has proven to be a successful bridge between members' mental health providers and their everyday lives, offering the extra support necessary to those who live with a dual diagnosis.

Words from our Members

"Literally, the best people to connect with if you are serious about wanting support for addictions and mental health challenges." -Gina Nikkel

"This program changed my life! It broke the stigma I carried against my own diagnosis and provided me the tools necessary to live a sober life on a daily basis."-Luke Boger For more information on Dual Diagnosis Anonymous, starting a new meeting, or to make a contribution please contact us at our office or website.

of Oregon, Inc.
PO Box 2883
Portland, OR 97208

Portland: (503) 222-6484 Toll Free: (877) 222-1DDA {877-222-1332}

Fax: (503) 222-6489

carolynm@ddaoforegon.com

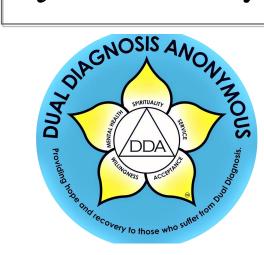
Your contributions allow us to continue our mission of hope and recovery.

Visit our website to make a donation.

www.ddainc.org

Dual Diagnosis Anonymous

Just for Today



"To live without hope is to cease to live."

—Dostovevsky

Our Mission

·Each DDA group has one primary purpose - to carry its message of hope and recovery to those who still suffer from the effects of Dual Diagnosis·

JUST FOR TODAY

- Just for today I will focus on my
 DDA recovery program of the
 12 Steps Plus 5.
- * Just for today I will remain clean and sober and if I am taking medication I will do so as prescribed.
- * Just for today I will keep an Open mind and be Willing to listen to the advice of my DDA support group, my prescriber, and my clinician.
- Just for today I will allow myself to have faith in someone in the DDA program who has faith in me and my recovery.
- * Just for today I will have a program. I recognize that I may make mistakes along the way, but I will follow the DDA program to the best of my ability.

- Just for today I will utilize the DDA program of shared experiences, strength, solidarity and hope in order to gain a better perspective on my life.
- * Just for today I will not dwell on the past nor place undue concern on the future.
- Just for today I will not grant fear or worry space in my thoughts.
 By choosing to live
 'One Day at A Time' and by following the principles of DDA I need not be afraid.
- * Just for today I will see How working an Honest program is helping others and allow the blessings of my Higher Power to flow throughout my life.

- Just for today I will allow myself to be me. I will accept myself for whom and where I am. I will allow others the same courtesy, that they may be free to grow, and that I may be freed from the burden of resentment.
- * Just for today I will 'Live and Let Live.' If I become unable to do this, then I will place trust in my Higher Power and remind myself to just 'Let Go and Let God.'
- Life's Terms.' And by doing so I will recognize when I need support for symptoms of my dual diagnosis or when I am in danger of relapse and I will seek help from the fellowship of DDA, my Higher Power, my prescriber and my clinician.