



The Massachusetts Clubhouse Coalition's Dual Recovery Project



An Introduction



The Massachusetts Clubhouse Coalition's (MCC) Dual Recovery Project started in 1994 and has been serving the Clubhouse community and beyond for over 30 years. We are a home base for Dual Recovery Anonymous (DRA) in the Commonwealth, offering administrative coordination similar to a local intergroup and educating the community about the fellowship.

The MCC proudly supports over 75 DRA meetings across the state including one in American Sign Language. Today, we are going to share a little bit about this critical resource.



What is DRA?



In 1989, Dual Recovery Anonymous was developed to give individuals a platform to address both their mental health needs and addiction concerns. Based on the 12 Steps of Alcoholics Anonymous, DRA was for people identifying with *any* type of addiction (alcohol, drugs, smoking, shopping, food, gambling etc.) and *any* mental health challenge.



Benefits of DRA

Multiple Pathways~By valuing all forms of self-care and wellness, DRA gives it's participants an opportunity to talk openly about the different recovery resources they draw from.

Strength Based~Unlike other 12-Step fellowships which refer to a general inventory and then more specifically to "character defects," DRA highlights assets or strengths in the language of the Steps.

Harm Reduction~In DRA, success is defined by each participant individually. Rather than focusing exclusively on abstinence, DRA creates an opportunity for overall wellness or harm reduction.

Spiritually Respectful~Finally, DRA does not use "God" language. Instead, each participant is encouraged to personally define the Higher Power or Helping Power that guides their journey. This may include community supports or other concrete reinforcements.

Leadership Development



We hold a DRA-Certification Program twice per year in an effort to educate the community about this critical resource, bringing dual recovery partners across the state together to help coordinate and instruct this course. This four-month commitment is hosted weekly on Zoom and is approved by the Bureau of Substance Addiction Services to provide Continuing Education Contact Hours to Licensed Alcohol and Drug Counselors.

How to Find a DRA Meeting

The Massachusetts Clubhouse Coalition currently posts approximately 20 virtual DRA meetings and 40 in-person DRA meetings. They are all open to the public, family and supporters as well! Just check us out...

www.massclubs.org/dra-overview



Thank You!

For more information and to get on the Massachusetts Clubhouse Coalition's Dual Recovery Project email list please contact:

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