



# Dual Recovery Anonymous

**Dual Recovery:** An individual is in dual recovery when they are actively following a program that focuses on their recovery needs for both their chemical dependency and their psychiatric illness.

Dual Recovery Anonymous™ is a 12 Step self-help program that is based on the principals of the [Twelve Steps](#) and the experiences of men and women in recovery with a dual diagnosis.

The DRA program helps us recover from both our chemical dependency and our emotional or psychiatric illness by focusing on [relapse prevention](#) and actively improving the quality of our lives.

## Dallas Area Meetings:

### Leeward Island DRA

Leeward Island Apartments  
(in the building closest to McMillan)  
3737 McMillan, Apartment 106  
Wednesdays 6—7 pm  
Contact: David D. 214.824.2435

### DRA at APAA

Association of Person Affected by Addiction  
2438 Butler, Suite 120 (Butler and Maple Ave.)  
Fridays 2—3 pm  
Contact: APAA 214.634.2722

### DRA at MHA-Dallas

Mental Health America of Greater Dallas  
624 N. Good-Latimer (3rd floor conference room)  
Fridays 6:30—7:30 pm  
Contact: Ricardo A. 214.871.2420 x118

## According to studies funded by the National Institute on Mental Health:

- ◆ **Between 41% and 65.5% of individuals with a substance abuse disorder also have at least one psychiatric disorder**
- ◆ **51% of individuals who have a psychiatric disorder also have at least one substance abuse disorder**



