

What is DDA?

Dual Diagnosis Anonymous (DDA) is a peer support program based on a version of the 12 Steps of Alcoholics Anonymous with an additional 5 Steps that focus on Dual Diagnosis (mental illness and substance abuse).

DDA's unique 12 Steps Plus 5 program offers hope for achieving the promise of recovery.

Please visit our website for more information and a complete listing of DDA meetings throughout the state of Oregon:

www.ddaoforegon.com

Dual Diagnosis Anonymous of Oregon, Inc.

PO Box 2883
Portland, OR 97208

Central Office Location & Hours:

521 SW 11th Ave. (2nd floor)
Portland, Oregon 97205
~between Washington & Alder~
M-F 9:30 a.m.-1:30 p.m.

M-F Daily Meetings from Noon to 1:00pm

Toll Free: (877) 222-1332 (1dda)

Office: (503) 222-6484

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Administrative Services Manager,

Jennifer Springsteen

(503) 222-6484

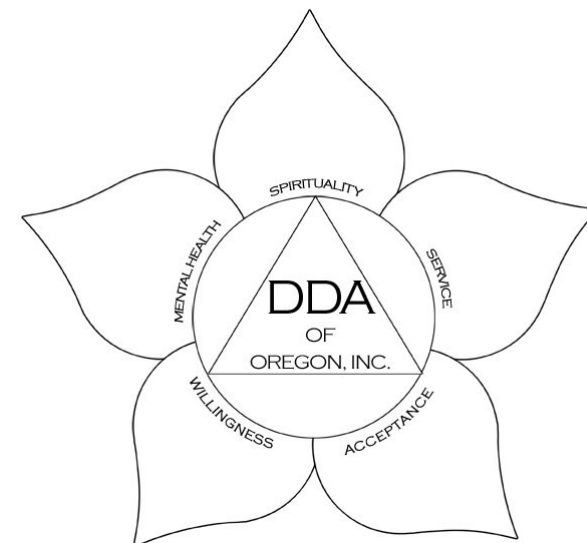
jennifers@ddaoforegon.com

Dual Diagnosis Anonymous of Oregon is a fellowship of persons who share experiences, strengths, weaknesses, feelings, fears and hopes with one another to resolve our dual diagnosis and/or learn to live at peace with unresolved problems.

The only requirement for membership in DDA is a desire to develop healthy drug and alcohol free lifestyles.

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Just for Today



Just for today contains many of the principles of twelve step recovery programs and has become a cornerstone of DDA. Just for today not only reminds us to keep our focus on today, it also shows us how. Just for today is read at the end of every DDA meeting.

Just for Today...in DDA

- 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.'
- Just for today I will live 'Life On 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.