

Co-Occurring Disorders Education Lecture Series

July - October 2007

Come and learn about Dual Recovery from Mental illness + Substance use Disorders.
 Free, and open to all consumers, family members, staff, & other interested persons!
(certificates available for 1 CAC credit for each session attended)

Understanding the Basics of Co Occurring Disorders

July	11	Brain Chemistry
July	18	Stages of Change
July	25	Principles of Integrated Treatment

Understanding Mental Illness from a Co Occurring Disorders Perspective

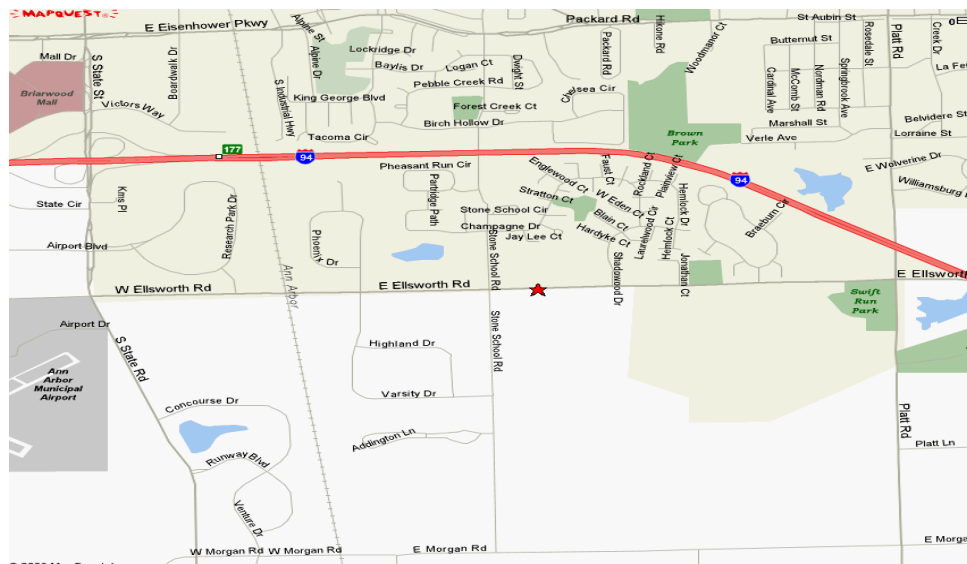
August	1	Schizophrenia
August	8	Anxiety
August	15	Bipolar disorder
August	22	Personality disorders
August	29	Depression
September	5	Post Traumatic Stress/ Trauma

Understanding Substance Use from a Co Occurring Disorders Perspective

September	12	Stimulants
September	19	Depressants
September	26	Hallucinogens

Understanding Recovery from a Co Occurring Disorders Perspective

October	3	Post Acute Withdrawal
October	10	Coping Tools- Surviving Times of Stress
October	17	Integrated Relapse Prevention Planning
October	24	The Need for Support in Dual Recovery
October	31	Family Issues & Dual Recovery



HOW TO FIND US . . .

4:15 - 5:30 pm
 Wednesday afternoons

CSTS Adult Services Building
 2140 E. Ellsworth Rd.,
 Ann Arbor, 48108
NO REGISTRATION REQUIRED

Call 222-3572
 for more information