ISSUE 55 • SEPTEMBER/OCTOBER 2026

ROADS TO RECOVERY
NEWSLETTER

Created by Dual Recovery at Ascend Mental Wellness
to support individuals in recovery

A newsletter for you
and about you



SPOTLIGHT TOPIC

CAPP Kickoff, Intern Startup

BY GINGER MILLER

The Certification Assistance Program for Peers (CAPP) was put together by a small committee within ASCEND to meet the needs of individuals pursuing Peer Specialist certification. The program functions through ASCEND's Dual Recovery Department. Currently, there are no in-person training options available for individuals seeking to become a New York Certified Peer Specialist (NYCPS), which can create significant barriers for some individuals. This is particularly concerning given that Peer Specialists are individuals with lived experience of mental health challenges, which can range from generalized anxiety and depression to bi-polar disorder and schizophrenia, as well as developmental and learning disabilities; each of which carries their own challenges not to mention other general life challenges. The Peer Specialist Certification training model relies exclusively on online learning that may not be accessible or effective for everyone with the lived experience and desire to become a Peer Specialist. CAPP helps address barriers by providing individuals with guidance, encouragement, support, and resources from setting up their learning classes through completion of the required approximately 45 hours of online courses for NYCPS certification. In addition to supporting participants throughout their training, CAPP provides guidance and assistance with the certification application process through the New York Peer Specialist Certification Board (NYPSCB). The program is designed to help individuals navigate each step of the certification process with greater confidence and support.

In September this year the CAPP program had its first four individuals officially sign up for and begin the program! All of them have been eager and motivated which is exciting to see and are moving through the program rather smoothly.

To further assist individuals pursuing their NYCPS, the Dual Recovery Program has been building an internship program specifically for individuals that complete the required classes to submit for their provisional certification. Part of the requirement for complete certification is to have experience engaging and utilizing the knowledge just learned. The Dual Recovery Peer Intern Program provides structured, hands-on training for Provisional Peers, giving Interns the opportunity to develop and practice the Peer Core Competencies in a variety of real-world service settings. This rotation model allows Interns to experience the diversity of the Peer Specialist Role and gain a broader understanding of how Peer services are delivered across different settings. Interns have opportunities to engage directly with individuals receiving services, allowing them to better understand the Peer role and apply their Core Competencies in varied environments, such as clinical verses non-clinical settings and outreach verses outpatient services.

Another key goal of the program is to help Interns identify the environments in which they are most likely to thrive as Peer Specialists. By experiencing different service settings before

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CAPP Kickoff Con't

seeking permanent employment, Interns can make more informed career decisions based on their interests, strengths, and preferred work environments.

This hands-on understanding of the differences between Peer roles and service settings is not currently taught through OASAS or OMH Peer training. We believe this exposure is a significant component of preparing Interns for successful, long-term employment. By helping Interns find positions that align with their strengths and interests, the program can also support stronger employee retention.

Below are some resources for more information about becoming a Peer Specialist.
The classes are presented by the Academy of Peer Services on line at https://academyofpeerservices.org/
For guidelines regarding certification visit the New York Peers Specialist Certification Board at https://nypscb.org/

For more information regarding the CAPP and Peer Intern programs or to sign up please contact Ginger Miller 518-793-2352, gmiller@ascendmw.org

WARREN/WASHINGTON CONNECTIONS

ROSE HOUSE -

By Deanna Maynard



When people are experiencing a psychiatric crisis or emotional distress, they don't need to go through it alone. The Rose House is a short-term stay residence available at no cost to residents of Orange, Ulster, Putnam, Warren and Washington Counties who are 18 years old and over, serving as a hospital diversion service that is available 24/7/365.

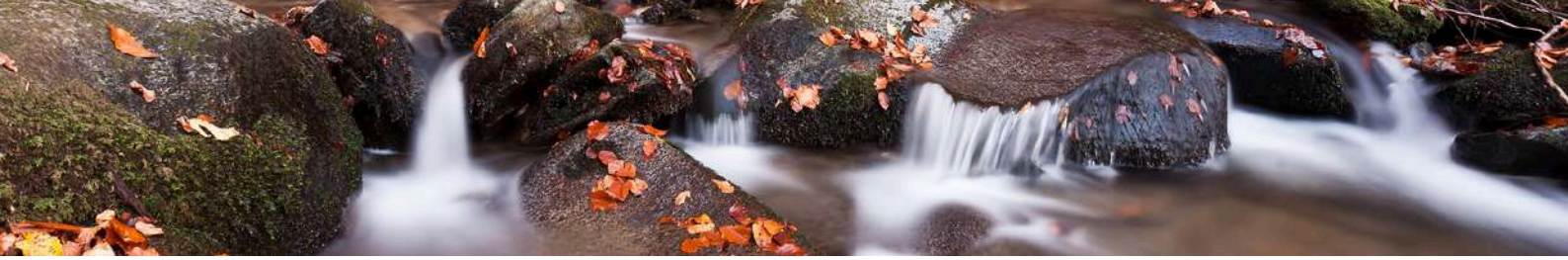
As a peer-run program, The Rose House centers choice, empowerment, and connection in a safe, trauma-informed environment. This gives individuals a space to step away from crisis, find connection, and explore multiple pathways to wellness. The Rose House serving Warren and Washington Counties has three beds and is open for self-referrals by phone on a 24 hour basis at (518)-502-1172. A professional or family member may assist with the referral process. Stays are voluntary and typically last between one to five days.

To ensure comfort and security for all guests, as well as the appropriateness of the program, a pre-registration screening process is completed before admission. During a stay, guests can expect 24-hour peer support that provides trauma-informed care, empowers guests by introducing various pathways to mental wellness, supports self-determination, and connects peers with community services they might need or find useful after their stay.

The Rose House operates a peer-run warmline as well, numbers for each county are listed below. These lines provide the opportunity to connect with peer support regardless of whether a residential stay is the next step. Support from The Rose House warmline is available 24 hours a day, 7 days a week, 365 days a year.

Warren & Washington Counties – (845) 452-2728 X 173
Orange & Ulster County – (845) 452-2728 X 301
Putnam County – (845) 452-2728 X 401
Dutchess County – (845) 452-2728 X 450

Open Access at Caleo Counseling Services (ASCEND's Clinical outpatient mental health clinic) is available
Monday through Thursday from 9:00 AM to 12:00 PM and 1:00 PM to 3:00 PM at 3043 State Route 4 in Hudson Falls, NY.
Mental health clinicians' availability may vary for mental health assessments, and treatment recommendations or referrals will be made as appropriate. Please note that Open Access services are for adults only.



MENTAL HEALTH MANAGEMENT



Self-Awareness

By Ginger Miller

Self-awareness is the ability to be aware of your own environment, body, and lifestyle. Self-awareness is also about intentionally becoming aware of your own character, emotions, motives, and desires, attitudes, opinions, and knowledge. In my experience self-awareness requires being honest with yourself, without judgement of right or wrong, just acknowledgement of what is. What is, is there for a reason and when it comes to thought patterns and perceptions, they can be changed if you decide you don't like the way you are thinking or seeing things. Learning to know your feelings, your physical sensations, your reactions, your habits, your behaviors, and your thoughts is all part of that self-awareness. The more I learn these things, it helps teach me how to manage myself and how to engage with other people in a more productive and healthy way. Often this requires challenging your current beliefs about yourself. For those of us with an addiction/substance use or mental health struggles it is a powerful tool to help us make changes to better ourselves and our circumstances.

For example, I spent many years feeling that people were avoiding me, and I didn't understand why. I would ask people if they liked me, and most would say yes, but I noticed they still didn't want to be around me. That continued to feed my negative attitude that "there is something wrong with me" or "I'm not good enough." It was very confusing, frustrating, and depressing. I was very lonely. Then I had a couple of people come into my life that were brave enough to help me see, in a kind way, that I was a very negative person. I started paying attention to other people's attitudes and realized I preferred being around more positive people. I started looking at myself more, becoming self-aware, and gradually came to see more and more of the negativity I had. I then started recognizing how my own negativity made **me** feel physically and mentally; I didn't like it, things started becoming more clear. That's when I started becoming more motivated to work on making changes in my attitude. It took a lot of practice and time, but I've been able to shed that negativity and now I am generally a pretty positive and encouraging person to be around. I have close friends and feel a part of my community. Until I became aware of how negative I was I couldn't change, I didn't know I needed to.



When it comes to using substances, self-awareness can help us determine if we have a problem, how much of a problem, and what fuels the problem. I had to become more willing to be even more honest with myself. Knowing those kinds of things can help us change those problems as well.

There are several ways to develop self-awareness. Keep in mind, however, that this takes work and generally some time to develop. A first step to becoming more self-aware could be working on being more aware of your emotions. Many of us have been taught to make our decisions solely on rational thinking. We worked on shutting our feelings off or pushing them aside. Why? When we rely solely on our rational thoughts, we often make decisions to try to live up to someone else's ideals. Now consider how many times have you had a 'gut feeling' about something but ignored it and later realized listening to it would have been a better idea? I believe there should be a balance in decision making that uses reasoning that includes acknowledging feelings too. When your 'gut feeling' is trying to tell you something try asking yourself, "Where is this feeling coming from?" Allow your feelings to have a voice.

The next step is to track your feelings. Journaling is usually the best and easiest way to do that. Commit to writing your most positive and most negative feelings each day for 30 days. You will likely notice patterns or trends that can help you identify your values, motivations, purpose; maybe even some things that are holding you back. This is kind of like communicating with your subconscious. Try using this same process for becoming self-aware in other aspects of your life, perhaps your daily attitudes, energy levels, specific habits (eating, sleeping, exercising, socializing, etc.), or whatever you see having the greatest impact on building the life and lifestyle you want.

Another thing is to challenge your beliefs about yourself. Look at how you view yourself and how you want others to perceive you. For example, you might view yourself as punctual because you want others to view you that way, but in reality, you are often late to appointments. Practicing self-awareness, you would begin to recognize the reality of your behavior, not the story you are telling yourself…real honesty.

There are numerous websites that offer suggestions for activities that help build self-awareness. Here's one for you to start with https://www.developgoodhabits.com/self-awareness-activities/ .



HEALTH & WELLNESS

AI For Mental Health Support?

By Ginger Miller

There are a lot of pros and cons one could argue over the use of AI in general, but what about for Mental Health Support? Let's look at some pros and cons specific to utilizing Artificial Intelligence for managing our mental health.

Some of the benefits are that it is accessible 24/7, offering instant responses and low-cost or free options for people who lack access to traditional care, it provides a non-judgmental environment where users can talk openly about stress, life transitions, or mild anxiety for example, and it can help organize thoughts, brainstorm questions, or practice communication before seeing a licensed therapist for those that may have reasons that cause them to hesitate to do so.

Some of the risks and limitations are that they are not a substitute for therapy. AI chatbots lack genuine human empathy, clinical training, and medical ethics, and they cannot officially diagnose or treat mental health conditions. A study from Stanford HAI (Exploring the Dangers of AI in Mental Health Care) shows that some chatbots exhibit biases or fail to recognize severe crises, occasionally mishandling signs of suicidal ideation. As well as, conversations with general-use AI apps are often not protected by HIPPA or strict medical privacy regulations.

I must admit my own curiosity got the better of me, so I decided to try an app that is currently free since it is in its beta phase right now, Hello Haven. I worked with it for about a week. The AI bot offered text, phone, or email conversations, providing flexibility that could appeal to many people. I chose to text about a topic I had also discussed with my therapist. In some ways, the bot's information was comparable to the insights of my therapist, but I noticed several red flags that could make it risky for serious mental health concerns without professional support.

The bot clearly stated that it was not a substitute for professional help, which was reassuring, kudos. However, someone who is desperate for help might dismiss that warning. The bot often responded sensibly and was easy to talk to, which could lead someone to trust it as a therapy alternative, especially if cost, insurance, anxiety, or transportation made traditional therapy difficult to access. It could acknowledge its lack of feelings while still responding empathetically, gently pointing out contradictions, and offering perspectives I had not considered.

I tested its response to suicidal ideation by sharing a past experience, clearly stating it was a past experience. The bot immediately shifted into crisis mode, asking about my safety, encouraging me to contact someone I trusted, and providing information about the 988 Suicide & Crisis Lifeline. It was clearly prepared to respond, but its reaction was intense and somewhat frightening, especially since I was describing past rather than current thoughts. I wondered whether someone experiencing an actual crisis might feel overwhelmed or disengage from the conversation.

Another major concern arose after approximately 40–60 minutes, when the bot began confusing facts I had shared. Although it apologized, corrected itself, and validated my concerns when I pointed out the errors, this happened multiple times. Because I was not in crisis, I could recognize the mistakes. Someone in a vulnerable state might not notice them and could be influenced by inaccurate or potentially harmful responses, particularly after developing trust in the bot.

The bot was helpful with short-term coping strategies, such as creating a pros-and-cons list and reasoning through different perspectives, as long as the conversation remained focused and accurate. Overall, the experience was interesting and sometimes helpful. The bot could assist with breathing exercises, meditation, grounding techniques, progressive muscle relaxation, writing, scheduling appointments, managing calendars, and drafting emails. However, I would not trust it to guide me through major mental health struggles or a crisis. Its ability to sound empathetic and provide reasonable advice does not eliminate the risks of inaccurate information or inappropriate responses. AI may have access to all sorts of information, but it does not have a true comprehension of human emotions and therefore does not replace the human connection we inherently need. Concerns about privacy and the lack of clear healthcare protections also warrant consideration. AI may be a useful supplemental tool, but it should not replace qualified mental health professionals.



IS THIS MEETING/RESOURCE FOR YOU?

Healing Connections Peer Support Group

Healing Connections Peer Support Groups were created for and by people who experience emotional distress, voices and visions, extreme and/or altered states of consciousness, labels of psychiatry, substance use, and trauma/trauma responses. They get together to share information, hope, joys, fears, successes, and hardships in the most safe space, they co-create to mutually support, heal, and grow together. They feel as a group they are collectively responsible for the comfort of the group! Currently the support group is offered online and by dialing in. To register go to https://mhaw.org/programs/peer-support-groups/

Their Peer Support Line offers one-to-one telephone mutual support, an empathetic, listening ear, and conversations for connecting, sharing, supporting, and vibing. Their Support Line Peer Specialists are trained by their Careers in Recovery and Wellness Training Center and have accomplished their New York Peer Specialist Certification. The Peer Support Line is for and by people who experience emotional distress, voices and visions, extreme and altered states of consciousness, labels of psychiatry, substance use, and trauma/trauma responses. For information on the Peer Support Line call 631-471-7242 ext. 1217 Monday through Friday from 9:00am to 5:00pm for one-to-one telephone mutual support; leave a message and they will call you back. During off-hours, you are welcome to leave a message and we will return your call during our operational hours listed above.
If your situation is urgent, please call the 24/7 Response Hotline at (631) 751-7500.

SIMPLE ACTS OF KINDNESS

Build Your Social Reserves. Squirrels don't wait for the first frost to start foraging. They prepare early because survival depends on it. In the same way, we can't wait for moments of crisis to build trust and connection. Strong relationships are sustained by the small acts of kindness we consistently invest over time such as listening, keeping promises, checking in, and simply showing up. Think of these actions as "social reserves." Every thoughtful interaction is a deposit that can help sustain relationships through life's difficult seasons for ourselves AND for others.

Make small deposits of kindness:

- Send a check-in text: "Thinking of you. How are you doing?"
- Give a genuine compliment.
- Share a useful resource: "I saved this article for you; it reminded me of our last conversation."
- Follow through on a promise.
- Make time to listen ***without*** immediately trying to fix things.



Each issue we will provide some suggestions of ways to provide simple acts of kindness. If you try some of them (or an idea of your own) we'd love for you to share the experience so it can be added to this newsletter in the Personal Stories/Moments That Matter section; spreading some positive energy and encouraging others to do so too...helping build our community even stronger. Help kindness be contageous in our community! We will add these as anonymous entries. Things to include in the writing could be:

What was the act of kindness?
Who was it given to?
How did you feel while you were doing it? And after?
Did you do it without them knowing?
If so, did you get to see their reaction?
What was the persons response?

- Propagate & Share your plants in the community
- Leave an encouraging note on a co-workers desk
- Pet sit while your friend/neighbor is on vacation

* Take in a foreign exchange student
* Bring your elderly neighbor's garbage can up their drive
* Volunteer at a retirement home - play music for them



PERSONAL STORIES/ MOMENTS THAT MATTER

Finding Peace in Acceptance: Moving from Control to Serenity

By Ashley Casimano

For a long time, I lived with the exhausting belief that I had to control everything around me. I believed that if I fought hard enough, worried long enough, or forced things into place, I could perfectly manage my mental health symptoms and keep my life from falling apart. It was an unsettling and challenging way to live. I was constantly running on empty, causing myself so much extra suffering simply because I refused to let go.

Everything changed for me when I finally embraced the wisdom behind a simple saying known as the *Serenity Prayer*.

"Grant me the serenity to accept the things I cannot change,
The courage to change the things I can,
And the wisdom to know the difference."

It completely flipped my perspective on life. Now, whenever my anxiety spikes or I feel overwhelmed by things I can't fix, I replay these words in my head like a personal mantra.

A Tool for Everyone (No Religion Required). The word "prayer" can be a brick wall for some people. But the truth is, you don't have to be religious or spiritual to use this as a mental health tool. At its core it's about mindfulness and practical life skills. You can treat it as an emotional grounding technique, a coping mechanism, or just a daily check-in with yourself. Whether you direct the thought to your own inner strength, the universe, or just common sense, the phrase works the same.

Learning to Let Go of What We Can't Change. For many of us, most of our anxiety may come from fighting reality. I wasted so much time and energy resisting things that were completely out of my hands. I had to learn the hard way that letting go isn't the same thing as giving up. When you stop trying to force things to go your way, the constant worry and frustration finally start to quiet down.

Here is what I've had to accept that I cannot control:
·The past and the future: I can't undo what happened yesterday, and I can't guarantee what happens tomorrow.
·Other people: I cannot control anyone else's moods, actions, opinions, behaviors, or what they expect of me.
·The reality of my health: Some of my mental and physical health symptoms are just part of my daily reality. While I can manage them, some issues won't completely vanish, and fighting that fact only makes me feel worse.
·Our environment: Traffic, bad weather, delays in care, or cancelled appointments are annoying, but anger won't change them.

Finding the Courage to Change What We Can. Acceptance doesn't mean being passive, playing the victim, or letting people walk all over your boundaries. Acceptance requires lots ofstrength and maturity. True peace doesn't come from hiding from our diagnoses or pretending reality isn't happening. It comes from taking all that energy we used to waste on worrying, and pouring 100% of it into our own well-being.

When I stopped trying to fix things outside of my control, I finally had the energy to work on the things I actually had the power to improve:
·My routine and accountability: I can control whether I take my medications on time, show up to my appointments, and prioritize my self-care.
·My coping strategies: I can choose to actively use my tools—like deep breathing, journaling, grounding skills, or asking a peer for advice—instead of spiraling and ruminating.
·My personal boundaries: I have a say in who I spend my time with and I am allowed to say "no" when I need to.
·My self-compassion: I can control the way I talk to myself when I'm having a rough day.



FINDING PEACE... CON'T

Wisdom. The real magic of this whole philosophy lies in that last line: the wisdom to know the difference. Without it, we get stuck. We either waste our lives fighting losing battles, or we completely give up on the things we actually can change. To build this wisdom into my daily routine, I try to pause whenever I feel overwhelmed and ask myself simple questions: "Is this something I can actually fix right now, or is it completely out of my hands?" and "What is the next small step I can take to work toward solving this issue".

If it's out of my hands, I do my best to breathe and practice acceptance. If it is within my control, I stop overthinking, lean on my support system, and take one small step forward.

Recognizing What Isn't Ours to Carry. Beyond acknowledging what we cannot change, there is an equally important layer of wisdom: recognizing what is simply not our place to change or our business to influence. For a long time, my anxiety convinced me that if I could see a problem, it was my responsibility to fix it. I routinely stepped across invisible boundaries, trying to manage other people's lives, correct their mistakes, or steer situations that belonged entirely to them. It came from a place of care, but it was ultimately a form of control.

Learning to let go means accepting that we are not responsible for other people's lives. Sometimes, a situation is up to someone else's personal growth, or it is a circumstance that does not require our involvement at all. True serenity involves honoring those boundaries; gracefully stepping back, stepping down, and realizing that it is not our job, nor our right, to control or influence everything that crosses our path.

Lightening the Load. Carrying around the weight of the world is exhausting. Embracing this mindset felt like finally emptying out a heavy backpack I'd been dragging up a mountain, only to realize half the rocks inside weren't even mine to carry. By choosing what to fight for and what to leave behind, we don't just find peace - we get our power back.

Has someone done something kind for you that made a lasting impact on your life? We would love to share your story too (up to 300 words). We're happy to print with just initials or anonymous if you prefer.
To submit your story please email it to gmiller@ascendmw.org or mail it to ASCEND Dual Recovery Department, 230 Maple St., Glens Falls, NY 12801.

CREATIVE WRITING CORNER

Slowly I am learning to pour love into myself the same
I've let pour countless times into others.
~ T. A.



My jeans are getting tighter, my smile is getting brighter,
My thoughts are getting lighter, I always knew I was a fighter.
~ A Fighter



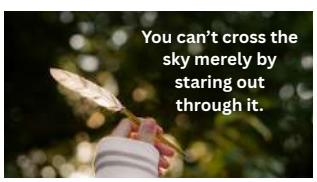
We would love to hear from you! If you'd like to share a poem you've written, some creative writing you've done or a piece of your recovery story we would love to add it to our newsletter to help support or inspire our readers. Not sure what to write about? We'll provide prompts each month as an option.

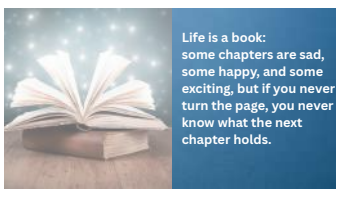
September/October Prompts

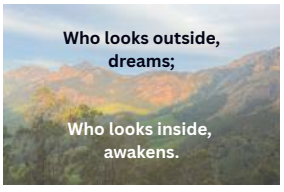
1. Pick one of your 5 senses. Write about autumn using that sense.
2. Write a story about a lost scarf.

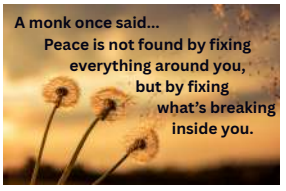
To submit your writing please email it to gmiller@ascendmw.org or mail it to ASCEND Dual Recovery Department, 230 Maple St., Glens Falls, NY 12801.

INSPIRATION & MOTIVATION









RECOVERY Resources

ASCEND MENTAL WELLNESS

PHONE NUMBERS

Life Line Mental Health Crisis & Suicide Prevention: 24/7 support for people in emotional distress or suicidal crisis**. Call or Text 988** When calling Press **1** for Veterns, Press **2** for Spanish, Press **3** for LGBTQIA+, or visit 988lifeline.org
Mobile Crisis: Meet a clinician in an agreed-upon location. 518-741-6099
Crisis Text Line: 24/7 for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. Text 'HOME' to 741741
United Way: 24/7 Connects you to a community resource specialist who can put you in touch with local organizations that provide critical services. English and ***Spanish*** Dial 211
Never Use Alone Crisis Prevention Center: A toll-free nationwide overdose prevention, detection, crisis response and reversal lifeline services for people who use drugs while alone. The all volunteer peer-run call center operators are available 24-hours a day, 7 days a week, 365 days a year. No stigma. No judgment. Just love! 800-484-3731
Rose House Warm Line: 24/7 A safe place to stay or someone to talk to. 518-502-1172
National Domestic Violence Hotline: confidential support 24/7/365 ***English, Spanish and 200+ languages through interpretation service*** 800-799-7233 or Text 'START' to 88788
National Sexual Assult Hotline RAINN (Rape, Abuse, Incest National Network: 24/7 1-800-656-HOPE (4673) or visit online.rainn.org
The Trevor Project: 24/7 crisis support services for LGBTQ young people. Text, chat, or call anytime to reach a trained counselor: thetrevorproject.org/hotline: 866-488-7386 or Text 'START' to 678678
National Center for PTSD Helpline: 1-800-273-8255
National Alliance on Mental Illness (NAMI): Hotline staff are prepared to answer any mental health questions you may have. (800) 950-NAMI (6264)
Problem Gambling Northeast Resource Center: (518) 801-1491
Substance Abuse and Mental Health Services Administration (SAMHSA): Available 24/7, 365 days a year: (800) 662-HELP (4357). The professionals on the phone can provide treatment information and referrals in English and ***Spanish***.
National Institute of Mental Health (NIMH): Available 8:30am to 5pm EST: (866) 615-6464 or (866) 415-8051 (TTY). Professionals can answer any mental health related questions in English or ***Spanish***.
Boys Town: Specially trained counselors are available 24/7, 365 days a year to provide crisis support specifically for children and their families: (800) 448-3000
National Eating Disorders Association: 24/7 crisis support Text 'NEDA' to 741741
National Human Trafficing Hotline: Serving victims and survivors. Toll-free hotline is available from anywhere in the country, 24/7, 365 days a year at 1-888-373-7888

WEBSITES

Al-Anon and Ala-teen Groups: Hope and help for families and friends of alcoholics: al-anon.org
Alcoholics Anonymous (AA): Local group schedule and information: district13.aahmbny.org To speak to someone local call 518-463-0906
Debtors Anonymous: Offers hope for people whose use of unsecured debt causes problems and suffering in their lives and the lives of others: debtorsanonymous.org
Digital Recovery Support: Online recovery support groups are available daily. They are open to anyone who is dealing with substance use, mental health conditions, and any other quality of life concerns. Meetings are led by peer recovery support specialists who have firsthand experience and understand what you're going through: www.recoveryanswers.org
Gamblers Anonymous (GA): Online services for anyone struggling with a gambling addiction: gasteps.org
Grief Recovery After a Substance Passing (GRASP): For those who have lost someone to substance use or addiction: grasphelp.org
In The Rooms: A free online recovery tool that offers 130 weekly online meetings. We embrace multiple pathways including all 12 Step, Non-12 Step, Wellness and Mental Health modalities. Other resources available also such as news, blogs, guides, and more https://www.intherooms.com/home/
Narcotics Anonymous (NA): local group schedule and information: narcotics.com
Overeaters Anonymous (OA): Online support groups for anyone who wants to stop eating compulsively: oarecovery.com

PODCASTS

Mental Illness Happy Hour: Weekly interviews with comedians, artists, friends, and the occasional doctor.; exploring mental illness, trauma, addiction and negative thinking.
This Naked Mind: Some of the episodes discuss alcohol withdrawals, the link between drinking and binge eating, how to deal with loneliness, and more.
Recovery Rocks: Our varied paths show listeners that there are a myriad paths to recovery and countless songs to rock out to along the way.
Mental Health - Hope and Recovery: They share inspirational true stories and a host of recovery skills. You'll learn about treatment options, coping skills, goal setting, relationships, and mindfulness.

Check Out Our *Peer Perspective* Podcast!
On ASCENDMW.org, SPOTIFY, IHeart Radio,
Apple Podcast, and Amazon

APPS

Addiction Apps: Twenty-Four Hours A Day (Free), Quit That! Habit Tracker (Free), NoMo (Free)
Anxiety Apps: MindShift (Free), Self-Help Anxiety Management – SAM (Free)
Bipolar Disorder Apps: IMoodJournal ($), EMoods (Free)
Counseling Apps: TalkSpace ($$) BetterHelp ($$) Larkr ($$) ReGain ($$) TeenCounseling ($$)
Depression Apps: Talk Space Online Therapy ($$), Happify (Free), MoodTools (CBT; Free)
Eating Disorder Apps: Recovery Record (Free), Rise Up & Recovery (Free), LifeSum (Free)
General Mental Health Apps: What's Up (CBT; Free) Mood Kit (CBT; $)
Mindfulness & Meditation Apps: Calm ($), Serenity: Guided Meditation & Mindfulness (Free)
Obsessive Compulsive Disorder Apps: nOCD (Free), Worry Watch ($), GG OCD (Free)
PTSD Apps: PTSD Coach (Free), Breathe2Relax (Free)
Schizophrenia Apps: UCSF Prime (Free), Schizophrenia Health Story Lines (Free)
Suicide Prevention Apps: MY3 (Free) notOK (Free)
Wellness: Wellness Recovery Action Plan (Goal Setting; Free)

ASCEND DUAL RECOVERY SUPPORT GROUPS

EVERY TUESDAY
4:15-5:15 PM OPEN DISCUSSION/RECOVERY TOPICS
HOPE & HEALING RECOVERY CENTER:
37 CHESTER STREET, GLENS FALLS
IN PERSON

OR

PLEASE VISIT WWW.ASCENDMW.ORG FOR MORE INFORMATION & COPIES OF OUR NEWSLETTERS

American Foundation for Suicide Prevention Capital Region New York

THANK YOU FOR YOUR SUPPORT

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