



Memoirs Of An Addict: Fact or Fiction

M/R Johnson

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WELLNESS. RECOVERY. HARM REDUCTION. & RESILIENCY.

Everyone one has a story, yet far too many people never ask for help or understand behavioral health disorders. *Memoirs Of An Addict: Fact or Fiction*, the combined book and workbook of hope and survival living life with co-occurring disorders, was written and created to develop solutions for personal and professional education in **wellness, recovery, harm reduction and resiliency** through new integrative stage wise treatment, creative thinking and solutions that today's society face with behavioral health disorders and daily recovery issues.

Since *Memoirs Of An Addict: Fact or Fiction* the book's publication date it has now been utilized by:

- The Washington, DC Department of Behavioral Health, OCFA Office for continued education
- The Solutions for Wellness Conference (DC) as a workshop
- The Washington, DC Catholic Charities Anchor Behavioral Health addiction training course as required reading
- Staff development for behavioral health organizations.

Learn more concerning *Memoirs Of An Addict: Fact or Fiction's*:

The Facts to Discover & Points to Ponder Workbook

The (ESE) Education, Support and Empowerment Program & Curriculum

Both educational modules are use in correlation to the book's purpose for personal and professional development with writing exercises, fill-in-the-blank and open ended questions for strategies and solutions relating to conflict resolutions, problem solving, the behavioral health IQ Assessments and moving pass the stigma and shame of all co-occurring disorders.

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Tammy Carver:

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