



## **Preamble of Dual Recovery Anonymous**



DRA is an independent, self-help organization. Our goal is to help men and women who experience a dual illness. We are chemically dependent and we are also affected by an emotional or psychiatric illness. Both illnesses affect us in all areas of our lives; physically, psychologically, socially, and spiritually.

The primary purpose of DRA is to help one another achieve dual recovery, to prevent relapse, and to carry the message of recovery to others who experience dual disorders.

DRA has two requirements for membership; a desire to stop using alcohol and other intoxicating drugs and a desire to manage our emotional or psychiatric illness in a healthy and constructive way.

DRA is a nonprofessional self-help program. There must always be a clear boundary separating the work of DRA from the work of chemical dependency and mental health professionals. The DRA fellowship has no opinion on matters of diagnosis, treatment, medication, or other issues related to the health-care professions.

The DRA fellowship is not affiliated with any other self-help organization or Twelve Step program. DRA has no opinion on the way other groups address the problems of dual disorders and dual recovery. We do not criticize the efforts of others.

The DRA Central Service Office will offer support to others who wish to start DRA meetings and who wish to work with other groups to carry the message.