



HEALTH & WELLNESS



Landmark Recovery Podcast  
Tuesday at 9 AM Pacific  
April 9th 2020: Understanding Your Drinking

We have guest Dr. Fred Muench joining us on the show today. Fred is the President of the Center on Addiction and the Partnership for Drug-Free Kids. Following research that's shown short-term text intervention has a positive effect on changing drinking habits, The Partnership has partnered with the Feinstein Institutes for Medical Research to launch Project TAMMI, which stands for Text Assessment and Mobile Messaging Intervention. Fred will be explaining how TAMMI works and who can benefit from the program. Following Fred, we have guest Dr. Theodora Saddoris. Dr. Saddoris will be speaking to

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on VoiceAmerica Health and  
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Featured Guests

Guest Image

**Dr. Fred Muench**  
Fred Muench is the President of Center on Addiction, a national nonprofit that supports families struggling with their son or daughter's substance use. He is a clinical psychologist with extensive knowledge and understanding of substance use disorders, as well as a leader in leveraging digital platforms to help ensure that families who are dealing with substance use disorders have better outcomes. Previously, Fred served as the primary clinical and operational development lead on the Partnership for Drug-Free Kid's toll-free Helpline (855-DRUGFREE) and most recently was the lead on developing Northwell Health's beta Digital Alcohol Reduction Coaching Platform. He is the Principal Investigator

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Guest Image

**Dr. Theodora Saddoris**  
Dr. Saddoris is board certified in Addiction Medicine through the American Board of Preventive Medicine and she is a Fellow of the American Society of Addiction Medicine, and has been providing addiction treatment in Columbus, Indiana since January 2014. She is very active in her community, from providing free weekly therapy sessions to the public to helping find recovery housing options for those in need. She's currently writing a book on addiction recovery, and she's joining us today to discuss the families ties of alcoholism.

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