



### One Hour AT A Time Archives Available

Recovery, whether it is from substance abuse or a mental illness, or both requires a treatment plan, which in many cases is as effective as treatments for other chronic illnesses. "One Hour AT A Time" will increase awareness about recovery and decrease the discrimination against individuals in the recovery process. Host Mary Woods, will help people understand the recovery of adults and families living with co-occurring substance use disorders and psychotic and/or affective illness over the course of a lifetime. Helping individuals develop the skills and knowledge they need to take personal r

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