

# Family Recovery Peer Support Resources: Connecticut And Beyond

Pamela Mulready, LPC, LADC, RSS  
Project Manger Youth Recovery CT and SEPI-CT  
Connecticut Clearinghouse



In this presentation we will explore one resource in great detail (Youth Recovery CT/SMART Recovery) and also provide a brief overview of additional local and national resources



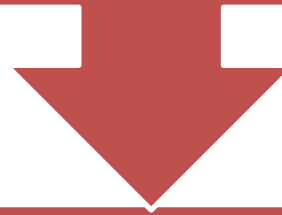
# YouthRecoveryCT and



**SMART**  
Recovery



Youth Recovery CT Uses The SMART Recovery  
National Model To Support Youth And Families  
In CT



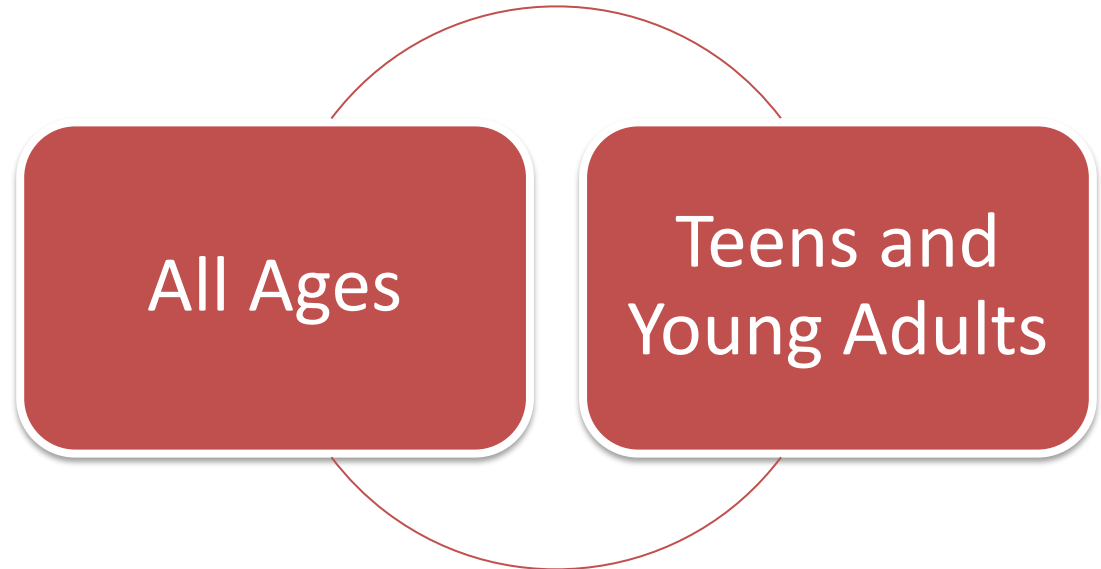
Let's Learn More About The SMART Recovery  
Model



# Age Groups Served

**SMART Recovery, nationally and internationally, serves people of all ages.**

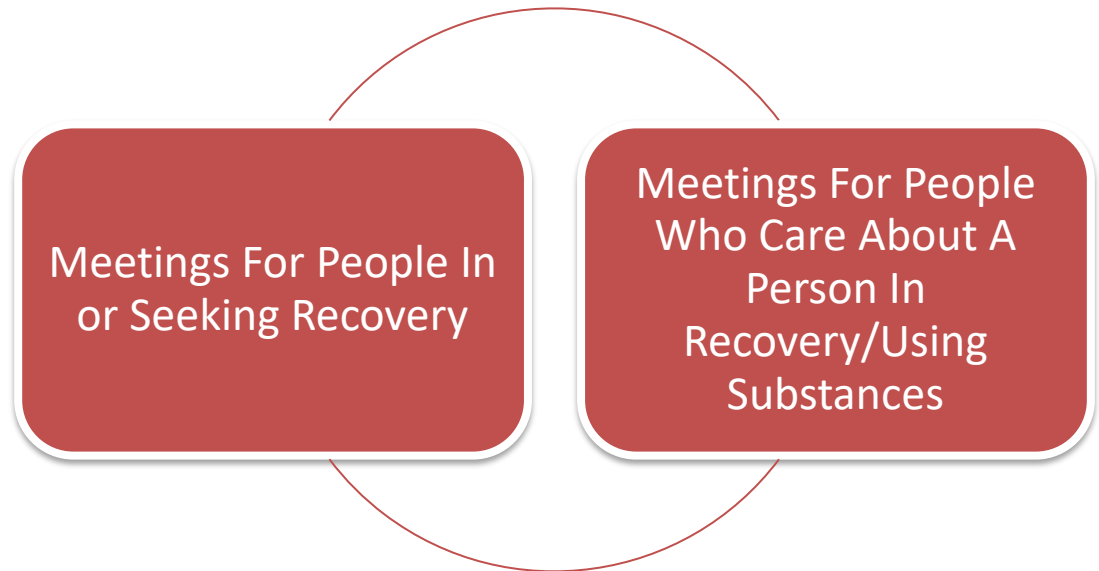
**In Connecticut, in addition to all the ages meetings, we have a special emphasis on hosting meetings for teens (ages 15-18) and young adults (ages 18-30) through our Youth Recovery CT Initiative**



# Populations Served

**Under umbrella of both SMART Recovery there are two types of meetings**

**Youth Recovery CT also offers these two types of meetings, as well as alternative peer support groups for youth**



# What is SMART Recovery?



**SMART = Self  
Management and  
Recovery Training**

**Facilitated, free weekly  
SMART Recovery  
meetings**

**Self-help peer-support  
program with evidence-  
based tools**

**Emphasis is on self-  
empowerment. There  
are no steps or sponsors  
and no requirement of  
long-term membership**

**It has meetings all day  
long, all over the world,  
both in person and  
online**



- **We support medication assisted recovery**
  - Prescribed medication can be critical to recovery and decrease overdose deaths
- **We support a secular approach**
  - The use of religious or spiritual beliefs and practices in recovery is a personal choice, but not part of the SMART Recovery program
- **We are self-empowering**
  - Participants are in charge of their own recovery and seek mutual support resources as they choose







National Institute on Alcohol Abuse and Alcoholism



National Institute on Drug Abuse



NDCI  
NATIONAL DRUG COURT INSTITUTE



NADCP  
National Association of Drug Court Professionals



**NICE** National Institute for Health and Care Excellence

# SMART Recovery's 4 Points



**(1) Building and maintaining the motivation to change.**

**(2) Coping with urges to use.**

**(3) Managing thoughts, feelings, and behaviors in an effective way without addictive behaviors.**

**(4) Living a balanced, positive, and healthy life.**



# An Example Meeting Format



- **Introduction/Orientation**
- **Check In is 1-2 minutes per person, participants can offer a discussion topic (all optional)**
- **Discussion of Topics:**
  - “Cross talk” is allowed, sharing of tools/resources is encouraged
  - SMART Tools are brought up by the facilitator during the discussion
- **Brief Check out**  
(there are other meeting formats too)



# A National Meeting Format



- **Introduction/Orientation**
- **Successes, Milestones, or Gratitude** (all optional)
- **Discussion Topic:**
  - “Cross talk” is allowed, sharing of tools/resources is encouraged
  - SMART Tools are brought up by the facilitator during the discussion
- **Brief Check out**



# SMART Recovery is a Tool Driven Program



**Wheeler**  
Innovative Care. Positive Change.



**PRIMARY & BEHAVIORAL HEALTH    EDUCATION    EARLY CHILDHOOD    WELLNESS & RECOVERY**

# SMART Recovery's Tools Are Accessible On Their Website And App



Participant Toolbox

ABC Tools	HOV: Hierarchy of Values
CBA: Cost-Benefit Analysis	Lifestyle Balance Pie
Change-Plan Worksheet	Role-Playing/Rehearsal
DEADs: Deny/Delay; Escape; Avoid/Accept/Attack; Distract; Substitute	Urge Log
DIBs: Disputing Irrational Beliefs	VACI: Vital Absorbing Creative Interest
DISARM: Destructive Images and Self-Talk Awareness and Refusal Method	USA: Unconditional Self- Acceptance
Goal-Setting	

[SMART Recovery Toolbox - SMART Recovery](#)





# Tools for Urges

## Destructive Imagery and Self-talk Awareness and Refusal Method

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### Defeat the Addiction Salesman in Your Head

DISARM is a tool that helps us see the self-talk and images that tell us to use as lies, excuses, and rationalizations. It challenges those urge-producing thoughts at every opportunity, shooting them down like a gunslinger or reducing them to the point of absurdity.



# Tools for Urges



## URGE LOG WORKSHEET



Date	Time	Rate 1-10	Length of urge	What triggered my urge?	Where/who was I with?	How I coped and my feelings about coping	Alternative activities, substitute behaviors





# Tools for Managing Thoughts, Feelings, and Behaviors:

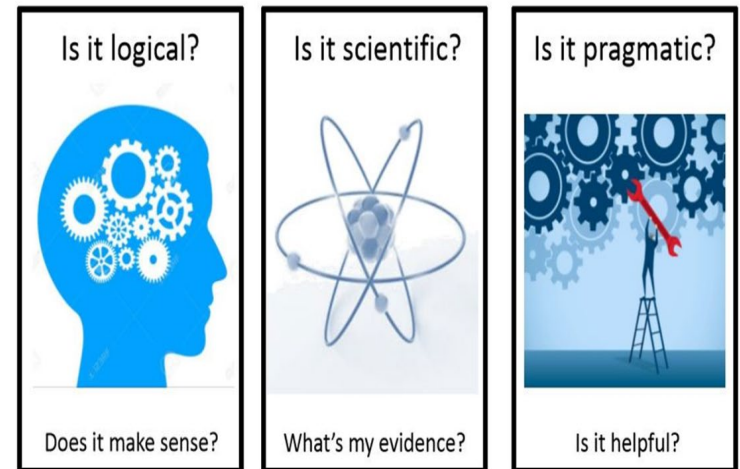
## The ABCs

## and

## DIBS (Disputing Irrational Beliefs)



### Disputing Irrational/Unhelpful Beliefs

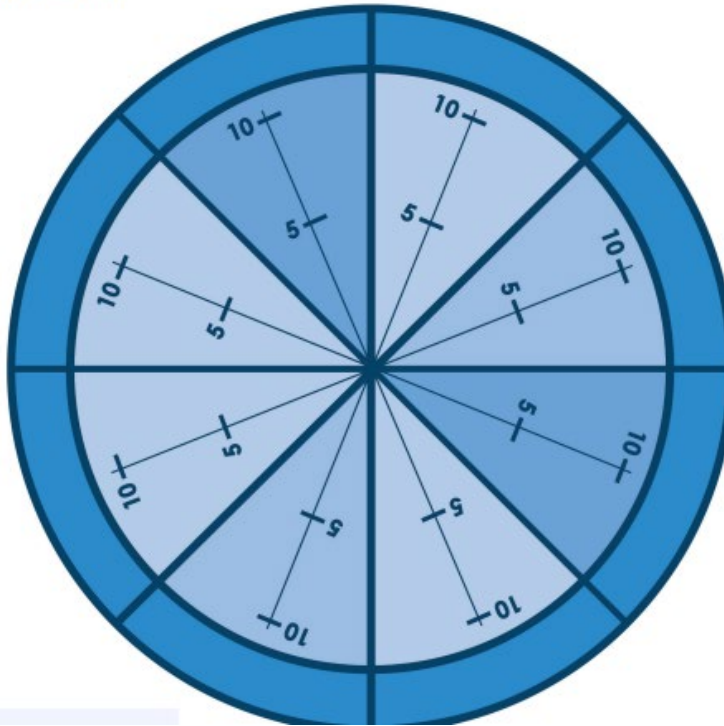


# Tools for Living a Balanced Life:

Lifestyle Balance Pie, VACI, Hierarchy of Values



Life beyond addiction



**VACI=**  
**Vital And**  
**Absorbing Creative**  
**Interest**

**HOV=**  
**Hierarchy of Values**



# Building Motivation: Cost/Benefit Analysis Tool



## Decision Making Worksheet / Cost Benefit Analysis

The substance or activity to consider is: \_\_\_\_\_ Date: \_\_\_\_\_

### Using or doing

Advantages (benefits and rewards)

Disadvantages (costs and risks)

### NOT using or NOT doing

Advantages (benefits and rewards)

Disadvantages (costs and risks)



# Participant Quotes

“Super action based and helpful, it actually helps you find strategies to deal with things. SMART is helpful for anyone in recovery even if you don’t think abstinence will work for you”

“If someone is struggling, SMART is a great tool and an awesome community to be involved with. I look forward to meetings every week.”

“This was the first meeting I've been to where people were actually my age. All the other groups I've done, everyone was 35+. It was great hearing from younger people struggling with the same things. “

“I love this. So much more accessible [to me] than 12 step meetings. I love the guided discussion format”



# SMART Recovery Has A Useful Website



Shop | [español](#)

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Donate Once

Search ...



[Meetings](#)

[Programs](#)

[Resources](#)

[Videos & Podcasts](#)

[Online Community](#)

[Volunteers](#)

[About Us](#)

## Ready to **Overcome** Your Addiction?

Participants tell us that our program is valuable because we stress self-directed action and base our practical tools on cognitive science. If you're choosing to learn how to move beyond an addiction of any kind, we're here to help with free mutual support meetings and resources of all kinds.



[SMART Recovery's Website](#)



# SMART Recovery Has A Meeting Finder Tool



## SMART Recovery Meetings

Meeting start times have been converted to your time zone (Eastern).

Filters Found 47 meetings within - 50 mi + of Hamden, CT, USA Location

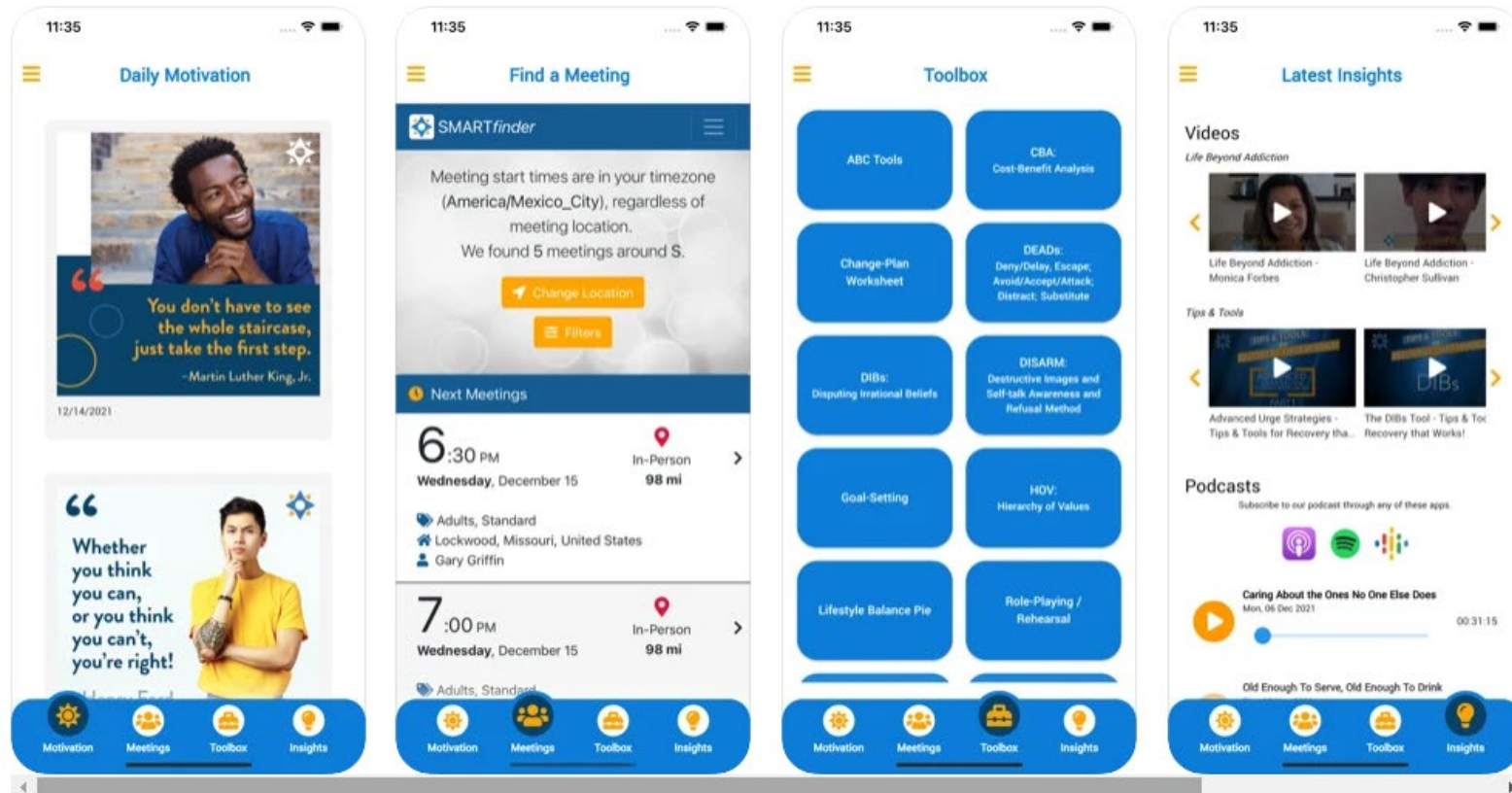
Calendar	Type	Details	Location	Facilitator	
<b>12:00 PM</b> Thursday, September 14	In-Person 14 mi	<b>4-Point Recovery</b> All Welcome English	Milford, Connecticut	Tonya Blyth, Robert Alberino, Samantha Michon	
<b>2:00 PM</b> Thursday, September 14	In-Person 28 mi	<b>4-Point Recovery</b> All Welcome English	Hartford, Connecticut	Rey Ortiz	
<b>3:00 PM</b> Thursday, September 14	Online	<b>4-Point Recovery</b> All Welcome Spanish	<b>National</b>	Gerardo Matamoros	<b>PATH</b> ✓

[SMART Recovery - Meeting Finder Tool](#)



# There is a Free SMART Recovery App

## Screenshots [iPhone](#) [iPad](#)





# Youth Recovery CT Local Partner Flyers



# Wheeler

Innovative Care. Positive Change.

WORRIED ABOUT ALCOHOL OR DRUG USE OR ANY OTHER BEHAVIOR THAT MAKES YOU FEEL UNHAPPY OR EXHAUSTED?

ARE YOU BETWEEN AGE 18 AND 30?

SMART RECOVERY YOUNG ADULT MEETINGS CAN HELP!

**SMART RECOVERY YOUNG ADULT MEETINGS**

SMART RECOVERY HAS PRACTICAL TOOLS BASED ON COGNITIVE SCIENCE!

Join an All Ages Meeting Or A Young Adult Meeting Exclusively For Ages 18-30

Questions? Contact Laura at [laura@youthrecoveryct.org](mailto:laura@youthrecoveryct.org)

Click Here For The SMART Recovery Meeting Schedule OR Use the QR Code

Sponsored by YouthRecoveryCT

WORRIED ABOUT A LOVED ONE'S SUBSTANCE USE?

(LOVED ONE - PARENT, SIBLING, SIGNIFICANT OTHER, FRIEND)

ARE YOU BETWEEN AGE 18 AND 30?

SMART RECOVERY FAMILY AND FRIENDS MEETINGS CAN HELP!

**SMART RECOVERY FAMILY AND FRIENDS MEETINGS**

For Young Adults (Ages 18-30)

Click Here To Learn About Family And Friends Meetings Or Scan the QR Code

On Zoom Tuesdays 7pm to 8:30pm  
Click Here For The Meeting Listing Or Scan The QR Code.

Questions? Contact Laura at [laura@youthrecoveryct.org](mailto:laura@youthrecoveryct.org)

Sponsored by YouthRecoveryCT

**TREE'S SMART RECOVERY**

WHY YOU'LL LOVE IT

- Pro-Social Activities
- Evidence Based Tools
- Food is ALWAYS Provided
- Raffle Prizes!!

Held in 4th Floor Conference Room  
43 Woodland St. Hartford CT 06105

MEETINGS ARE OPEN TO YOUNG ADULTS AGES 18-25  
MUST BE ENGAGED IN WHEELER CLINIC BH SERVICES

for more information please contact:  
**SPENCER LAMBERT 203-232-1367**

YouthRecoveryCT

YOUTH RECOVERY CT  
**SMART Recovery**  
Life beyond addiction

**Free weekly meetings**

Our mutual support meetings are free and open to anyone seeking science-based, self-empowered addiction recovery.

Ages 18 and over	<p>Thursdays 12-1</p> <p>170 Boston Post Road, Milford CT</p> <p>Phone (203) 493-2640</p> <p><a href="mailto:rlh@youthrecoveryct.org">rlh@youthrecoveryct.org</a></p>
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## SMART RECOVERY

Every Thursday  
4:00-5:00 pm

The Institute of Living  
Family Resource Center  
Massachusetts Cottage  
209 Retreat Ave, Hartford

SMART was created for people seeking a self-empowering way to overcome addictive problems. We offer participants an opportunity to design and implement their own recovery plan to create a more balanced, purposeful, fulfilling, and meaningful life.

SMART Recovery works to provide a path to Life Beyond Addiction

To learn more visit [www.smartrecovery.org](http://www.smartrecovery.org)  
or contact [David.Krause@iwhh.org](mailto:David.Krause@iwhh.org) @ [Rebecca.McIntosh@iwhh.org](mailto:Rebecca.McIntosh@iwhh.org)



Use the QR Code for Map & Directions

YouthRecoveryCT

**TriCircle**  
We Provide the Tools to Build Strong Futures

TOGETHER OUR GOAL IS TO BUILD SELF-EMPOWERMENT AND TO SUPPORT ONE ANOTHER THROUGH OUR JOURNEYS IN RECOVERY.

**SMART RECOVERY MEETINGS FOR ANYONE AGES 18-29**

EVERY TUESDAY 7:00-8:00PM, BEGINNING AUGUST 1ST, 2023  
ALSO: FUN ACTIVITY ONCE A MONTH!

**SMART Recovery**  
Life beyond addiction

MASTER'S MANNA 428 S. CHERRY ST.  
WALLINGFORD, CT, 06492

IT IS ALSO POSSIBLE TO JOIN THIS MEETING VIRTUALLY (BY PHONE OR COMPUTER)  
EMAIL: [WERECOVER2020@GMAIL.COM](mailto:WERECOVER2020@GMAIL.COM) FOR VIRTUAL OPTION INFORMATION

FUNDED BY: YouthRecoveryCT

**SMART Recovery Meeting**

BI-WEEKLY WEDNESDAYS  
9.6 | 9.20  
5:30 - 6:45PM

YOUTH RECOVERY CT THE PHOENIX RUSHFORD

HARTFORD HEALTHCARE RUSHFORD  
1200 SILVER ST. | WOODLAWN, CT 06117

The only cost to any Phoenix event is 48 hours of sobriety.  
To learn more and to register in advance, download The Phoenix app:  
[www.thephoenixapp.org](http://www.thephoenixapp.org)

Part Meeting Part Practice

**YOGA 4 SMART RECOVERY**

All A's Welcome  
Join Haley Weekly:  
Root Center for Advanced Recovery  
54-56 Boston Post Rd, Williamantic  
Wednesdays & Fridays 9:15 - 10:15AM

In Yoga 4 Recovery, all are welcome, including loved ones and those curious about working on their recovery from addictive patterns of all kinds.

This practice is part supportive share, part gentle yoga practice and lasts 60 minutes. Join us in creating a safe, supportive community.

All yoga levels are welcome and modifications will always be given to support students on their personal journey toward the self.

You can register by emailing [connect@yoga4change.org](mailto:connect@yoga4change.org)  
This meeting was made possible by:

YouthRecoveryCT G4G ROOT

**BREATH-BODY-MIND™ WORKSHOP**

3RD WEDNESDAY OF THE MONTH FROM 6PM-7PM

PLEASE REGISTER FOR ANY OF THESE SESSIONS:  
9/20, 10/18, 11/15, 12/20

CONNECTICUT CLEARINGHOUSE,  
334 FARMINGTON AVENUE, PLAINVILLE

FACILITATED BY LEVEL 6 BHM TEACHER LINDA LENTINI

**Got SMARTS?**

SMART Recovery works. Whether an individual has chosen recovery as their path or been mandated to attend a recovery program, SMART provides a path to Life Beyond Addiction.

SMART Recovery's approach to behavioral change is built around our 4-Point Program:

- Building and maintaining the motivation to change.
- Working with urges to use.
- Managing thoughts, feelings, and behaviors in an effective way without addictive behaviors.
- Living a balanced, positive, and healthy life.

Activities for young adults ages 18-24  
Golfing lessons, hiking, arts & crafts, movies and more

For more information contact: [Riley.Gritz@iwhh.org](mailto:Riley.Gritz@iwhh.org) (860)221-5835

North Hartford Ascend Pipeline YouthRecoveryCT Connecticut Childrens

**BREATH-BODY-MIND™ WORKSHOP**

3RD WEDNESDAY OF THE MONTH FROM 6PM-7PM

PLEASE REGISTER FOR ANY OF THESE SESSIONS:  
9/20, 10/18, 11/15, 12/20

CONNECTICUT CLEARINGHOUSE,  
334 FARMINGTON AVENUE, PLAINVILLE

FACILITATED BY LEVEL 6 BHM TEACHER LINDA LENTINI

In this workshop you will learn gentle movement and breathing practices. BHM techniques are easy to learn and allow any individual the ability to heal from within.

Click the link below to register  
[RegisterForBreathBodyMindWorkshop@iwhh.org](http://RegisterForBreathBodyMindWorkshop@iwhh.org)  
or scan the QR code

Sponsored by: YouthRecoveryCT Wheeler

## Youth Recovery CT New for September SMART Recovery and Peer Activities 2023

PRIMARY & BEHAVIORAL HEALTH EDUCATION EARLY CHILDHOOD WELLNESS & RECOVERY





**SMART**  
Recovery

# Family and Friends Program



# What is SMART Recovery Family and Friends?

Facilitated, free weekly meetings for people impacted by a loved one's substance use disorder or other harmful habit

Tools from both SMART Recovery AND CRAFT (Community Reinforcement and Family Training)

There are meetings in person or online

There are no steps or sponsors and no requirement of long-term membership

It has meetings all day long, all over the world



# SMART Recovery Family and Friends Groups

ONLY the family or friend that is impacted by ANOTHER person's habits attends this group.

The person with the substance issue does not attend.

It is ok for multiple family members impacted by the addiction to attend together, such as both parents that are concerned about their teenager

A "family or friend" could be a spouse, parent, a sibling, a roommate, a classmate, etc

# Family and Friends Groups



Wheeler

Innovative Care. Positive Change.

## **A two-pronged approach:**

- The wellbeing of the attendee is strongly emphasized. Tools based on cognitive therapy are taught to help participants manage their emotions. Additional tools focus on balance and self-care.
- Tools are shared for providing effective, non-confrontational support for a loved one with a substance use issue:
  - Effective Communication Skills
  - Boundary Setting
  - Learning about the recovery process and dispelling myths



# Family and Friends Groups



Wheeler

Innovative Care. Positive Change.

“Our mutual desire is that your loved one will take on the choice to pursue their own recovery and that you will learn ways of improving your life at the same time.”



# How is SMART Recovery Family and Friends Different Than Other Groups for Families?



- It uses the CRAFT Model: This method has been proven to be more successful than harsh interventions or complete detachment.
- It helps a loved one understand both substance use disorder and the recovery process
- It has a trained facilitator guiding the meeting
- It is secular and science-based
- It can be attended in addition to other programs such as Al-Anon or Families Anonymous



# An Example Meeting Format



- **Introduction/Orientation**
- **Check In is 1-2 minutes per person, participants can offer a discussion topic (all optional)**
- **Discussion of Topics:**
  - “Cross talk” is allowed, sharing of tools/resources is encouraged
  - SMART Recovery Family and Friends tools are brought up by the facilitator during the discussion
- **Brief Check out**  
(there are other meeting formats too)



# Family and Friends Program:

- ❖ It has different tool set than SMART Recovery and has a separate handbook
- ❖ It contains 14 sections with a wide range of topics such as:
  - Change and Motivation
  - Positive Communication
  - Healthy Boundaries
  - Safety and Support
  - Coping with Lapses
  - Disable the Enabling
  - Trust and Forgiveness





# Additional Resources For Family Recovery



# SEPI-CT



[Professionals](#) [Individuals & Families](#) [About the Initiative](#) [Contact Us](#)

## WORKING TO CREATE THE BEST OUTCOMES

for infants born substance-exposed and their families

SEPI-CT works with both providers and families across Connecticut to bring awareness to substance exposure during pregnancy, and to ensure families have access to the treatment, recovery, and support resources they need.

[What is a Family Care Plan?](#)



[Substance Exposed Infant Initiative CT |  
Creating Better Outcomes \(sepict.org\)](#)

PRIMARY & BEHAVIORAL HEALTH   EDUCATION   EARLY CHILDHOOD   WELLNESS & RECOVERY



# SEPI-CT's List Of Family Recovery Resources Is Useful For Any Family



Professionals

**Individuals & Families**

About the Initiative

Contact Us

## FAMILY RECOVERY RESOURCES

Substance Use & Pregnancy

Substance Exposure & Your Baby

What is CAPTA?

What is a Family Care Plan?

**Resources**

Treatment Resources for Substance Use and Mental Health

### Family Recovery Resources

#### SMART Recovery Family and Friends Program

SMART's methods are based on the tools of SMART Recovery and CRAFT Therapy (Community Reinforcement & Family Training). Our meetings — available both in-person and online — provide concerned significant others the tools they need to effectively support their loved one, without supporting the addictive behavior. These tools also help Family & Friends better cope with their loved one's situation and regain their peace of mind.

[Family Recovery Resources | Substance Exposed Pregnancy Initiative \(sepict.org\)](https://sepict.org)

PRIMARY & BEHAVIORAL HEALTH

EDUCATION

EARLY CHILDHOOD

WELLNESS & RECOVERY



## Other Connecticut Resources



Parents & Caregivers | LiveLOUD Families

Hope & Support Groups – Tricircle

Young People and Family Services – CCAR

New Canaan Parent Support Group

NAMI Family Support Group



# National Family Peer Recovery Supports



## FAMILY Peer Recovery Meetings

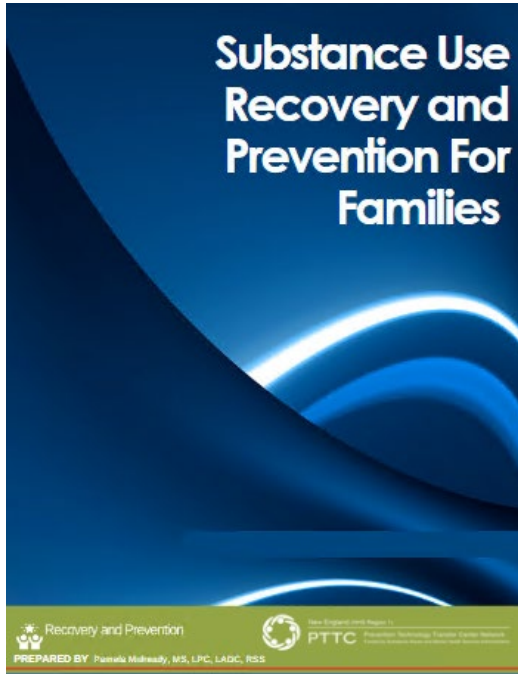
<p><u><a href="#">Al-Anon</a></u></p> <ul style="list-style-type: none"><li>• 12 Step</li><li>• Families impacted by alcohol</li></ul>	<p><u><a href="#">Nar-Anon</a></u></p> <ul style="list-style-type: none"><li>• 12 Step</li><li>• Families impacted by drugs and alcohol</li></ul>	<p><u><a href="#">SMART Family and Friends</a></u></p> <ul style="list-style-type: none"><li>• Science-based</li><li>• Family impacted by any harmful habit</li></ul>	<p><u><a href="#">Celebrate Recovery</a></u></p> <ul style="list-style-type: none"><li>• Christian</li><li>• Families impacted by harmful habits</li><li>• Some teen groups</li></ul>	<p><u><a href="#">Learn To Cope</a></u></p> <ul style="list-style-type: none"><li>• All Substances</li><li>• Families impacted by substance use</li></ul>	<p><u><a href="#">Helping Families Help</a></u></p> <ul style="list-style-type: none"><li>• Research-based</li><li>• Families impacted by substance use</li></ul>
<p><u><a href="#">Families Anonymous</a></u></p> <ul style="list-style-type: none"><li>• 12 Step</li><li>• Families impacted by any type of harmful habit</li></ul>	<p><u><a href="#">Alateen</a></u></p> <ul style="list-style-type: none"><li>• 12 Step</li><li>• Teens ages 13-18 impacted by a loved one's alcohol use</li></ul>	<p><u><a href="#">Narateen</a></u></p> <ul style="list-style-type: none"><li>• 12 Step</li><li>• Teens impacted by a loved one's drug use</li></ul>	<p><u><a href="#">Adult Children Of Alcoholics And Dysfunctional Families</a></u></p> <ul style="list-style-type: none"><li>• 12 Step</li><li>• Adults that were impacted by a "dysfunctional home" growing up</li></ul>	<p><u><a href="#">PAL</a></u></p> <ul style="list-style-type: none"><li>• Parents Of Addicted Loved Ones</li><li>• Parents impacted by a child's substance use</li></ul>	<p><u><a href="#">NAMI Family Support Group</a></u></p> <ul style="list-style-type: none"><li>• National Alliance On Mental Illness</li><li>• Families impacted by a loved one's mental illness</li></ul>

There are many family peer recovery meetings however these are some the largest, most commonly attended ones.

Meetings can be online in person or both and are typically **ONLY** for the family members, not the person with the addiction  
(Note: Celebrate Recovery meeting often start with everyone together and then separate into separate groups depending on the issue)



# National Family Peer Recovery Supports



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a guide for therapists, clients, and families to learn about...

- 1
  - Substance Use Disorders
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  - Treatment for Families
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## Family

Learn about Substance Use Disorders

**VIDEOS:**

- [Why Are Drugs so Hard to Quit?](#)
- [The Science of Addiction, Opioids](#)

**WEBSITE:**

- [Drugs, Brains and Behavior: The Science of Addiction, Drugs and the Brain](#)

Learn about Substance Use Disorder Treatment

**WEBSITE LINKS:**

- [Treatment for Alcohol Problems: Finding and Getting Help](#)
- [SAMHSA: Find Support \(Types of Treatment\)](#)
- [NIAAA ALCOHOL TREATMENT NAVIGATOR TOOLKIT](#)
- [Drugs, Brains and Behavior: The Science of Addiction: Treatment and Recovery](#)

**PDF:**

- [Levels of Clinical Care: Treatment for Alcohol Problems: Finding and Getting Help](#)
- [From Prescription to Addiction: Changes](#)

Learn about Medications That Help With Substance Use Disorder

**VIDEOS:**

- [Medications for Opioid Use Disorder](#)
- [Short Talks With NIAAA: What Are the Treatment Options for Alcohol Use Disorder?](#)

**PDF:**

- [Decisions in Recovery: Treatment for Opioid Use Disorder](#)

**WEBSITES:**

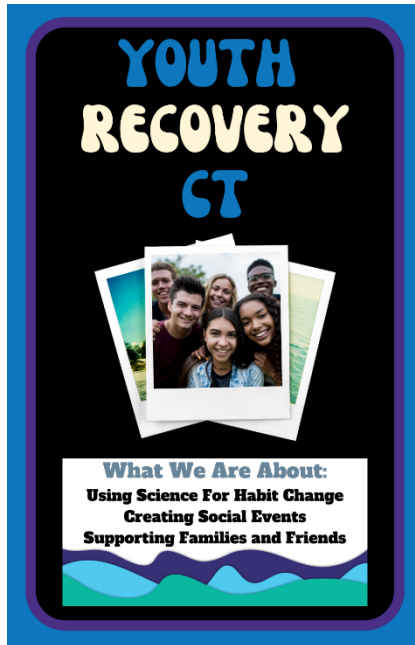
- [Mental Health America: Medications \(NAMI\)](#)

1 Recovery and Prevention

[Link For Canva Family Recovery Handout](#)







## Contact Information

### Youth Recovery CT Project Coordinator:

Laura C. Zeppieri, MS, LPC, LADC, AADC,  
ICOGS, GC-C

[lzeppieri@wheelerclinic.org](mailto:lzeppieri@wheelerclinic.org)

### Project Manager Youth Recovery CT and SEPI-CT:

Pamela Mulready, LPC, LADC, RSS

[Pamulready@wheelerclinic.org](mailto:Pamulready@wheelerclinic.org)

