

Celebrate Recovery with the ADAMHS Board!

FREE MOVIE MONDAYS: A SPECIAL RECOVERY MONTH FILM SERIES

Join us in the Cuyahoga Room for the following FREE screenings of Bob Francis's KEEP IT SIMPLE Video Series: DISCOVERY BEFORE RECOVERY. Mr. Francis will be leading post-film discussion and credit hours are available. Register for one, or all. Call 216-241-3400, ext. 811.

OUR PATH

Bob Francis, LICDC
September 13, 2010
4:30 PM - 6:00 PM

In this video Bob explains why most clinicians direct clients toward AA's Path, as he details the history of AA, and explains where it is today. He reviews the importance of having a Sponsor and the support of the fellowship to help guide the recovering person through the steps of recovery. Bob reveals why AA is the Grand Daddy of all self-help groups.

RELAPSE DYNAMICS: IT'S A THOUGHT PROCESS

Bob Francis, LICDC
September 20, 2010
4:30 PM - 6:00 PM

What can we do to lessen the bad effects of "stinkin thinkin'?" Bob explores ways to address our thinking that enables us to return to recovery, without having to get a new sobriety date.

RELIGION VS. SPIRITUALITY: IT'S WAY SIMPLER THAN YOU THINK

Bob Francis, LICDC
September 27, 2010
4:30 PM - 6:00 PM

This video allows us to follow Bob as he guides a person new in recovery down the path to what the 12th step refers to as a "spiritual awakening". Bob sites what happens for most people who have lost their way through the use of alcohol and other drugs to help them return to a way of living guided by self-accomplishment and self-awareness.



Bob Francis, LICDC has been heavily involved in the chemical dependency recovery community in Greater Cleveland, Ohio, over the past 23 years. His personal recovery began in 1985 and he quickly became active in the chemical dependency and criminal justice field, beginning with his work at the Juvenile Justice center. Bob then went on to work at an adult

detox center, a hospital based treatment center, and from there, he went into community corrections. He has developed intensive outpatient programs, halfway house programs, and he was involved at the onset of Greater Cleveland Drug Court. He was the Director of Chemical Dependency Treatment at a community corrections agency that serviced Ohio Department of Corrections, Cuyahoga County Adult Probation, and a variety of local Municipal Courts. Bob currently works with Windsor-Laurelwood Behavioral Health Center, in the Chemical Dependency Intensive Outpatient Program. He is implementing his cognitive behavioral approach to his program "Relapse: A Thought Process".

Bob has always worked in conjunction with area Judges, Parole Officers, Probation Officers, and other agencies that deal with these entities. He has consulted with them to aid in treating chemically dependent offenders. He has developed and gone through the certification process with Ohio Department of Alcohol and Drug Addiction Services to gain certification for several programs in Greater Cleveland.

Bob has worked with alcoholics and addicts from all walks of life, and has freely shared his own personal experience with alcohol and drug addiction. He is highly regarded in the recovery community primarily due to his willingness to relate his own history with others and offer a helping hand. Bob was fortunate enough to have entered recovery in the place where it all started. His closest friends include people who have been involved in Alcoholics Anonymous for the past 60 plus years. He has learned to "KEEP IT SIMPLE". The simplicity of his message, which includes working the steps, spirituality, relapse dynamics, and basic sober living skills, is what he feels to be the most important factor in leading people to this way of life. If you believe that you or someone you love has had enough, then Bob's got something to tell you. He wants to take you on a "DISCOVERY BEFORE RECOVERY."

september**2010**
National Alcohol
& Drug Addiction
Recovery Month