

# Five Things to Know Before You Get Sober with Nico Morales

Live Webinars Supporting  
5-Actions Programs™

11/19/22

**John Fitzgerald, PhD, LPC, CAS**

Adjunct Faculty, Systems Science Graduate Program, PSU  
Principal, Digital Therapeutics Group, LLC



## Agenda:

- Nico's personal story of addiction, and the steps he took to get on a path of recovery
- The role trauma plays in addiction, and interventions to address
- Five things to know before you get sober

# 5-Actions Programs™

- **Self-guided roadmap** to understanding and addressing addiction (substance and behavioral)
- **Launched November 2020** in New Mexico, 2022 in Alaska
- **Mobile-friendly online platform**, free for all who sign up to use the program
- **Over 125+ videos**, screening tools, and links to resources
- **24/7 phone support** from trained clinicians

## New Mexico

New Mexico  
5-Actions Program™

In partnership with New Mexico Crisis and Access Line 24/7: 1-855-662-7474

How It Works FAQ Media Webinars Contact My Dashboard My Account

Self-Guided Roadmap to Understanding and Addressing Pre-Addiction and Addiction

The New Mexico 5-Actions Program™ is free, paid for by New Mexico Human Services Department, Behavioral Health Services Division.

HOW IT WORKS

Powerful Tools To Support You On Your Journey

24/7 phone support

Substance & behavioral

Over 6 hours of video

COVID-specific resources

Tools to help loved ones

Evidence-based tools

What You Will Do

- Learn about addiction, treatment, and how people successfully change
- Explore your own behaviors, and identify powerful leverage points for change
- Assess all your own addictions and co-occurring mental health issues
- Develop a personalized roadmap for your journey out of addiction

[www.nm5actions.com](http://www.nm5actions.com)

## Alaska

Culture Heals™ Crisis & Access Phone Support (907) 463-7305

How It Works FAQ Webinars Contact LOGIN SIGN UP

Culture Heals™

Self-Guided Roadmap to Understanding and Addressing Pre-Addiction and Addiction

Culture Heals™ is a free program, supported by the Central Council of the Tlingit & Haida Indian Tribes of Alaska.

HOW IT WORKS

Tlingit & Haida President Richard Chaiyee Eesh Peterson

Powerful Tools To Support You On Your Journey

24/7 phone support

Substance & behavioral

Over 6 hours of video

COVID-specific resources, and when you need them

Tools to help loved ones struggling with addiction

Evidence-based tools

What You Will Do

- Learn about addiction, treatment, and how people successfully change
- Explore your own behaviors, and identify powerful leverage points for change
- Assess all your own addictions and co-occurring mental health issues
- Develop a personalized roadmap for your journey out of addiction

[www.cultureheals.com](http://www.cultureheals.com)

# 5-Actions Program™ Webinars: 2022

- **Monthly webinars** to address timely topics that are linked to the 5-Actions Program
- **One-hour format** in which we do our best to optimize your time
- **Guest experts** from the community with lived experience and working as professionals
- **Community discussion** where you can ask questions and connect with speakers

<https://5actionswebinars.com/>

**December 17: 8am (Alaska), 9am (PST), 10am (MST)**

**Addressing Burnout at Work, Home, and in Life:  
Update on Pandemic Fatigue**

# Nico Morales

Nicolas “Nico” Morales was born and raised in Albuquerque, New Mexico. He was an athlete, opiate user, alcohol drinker, and now is an author. Nico grew up with both parents in a middle-class household. They presented Nico with exposure to traveling, different cultures, and Church. At a young age, Nico experienced trauma that he repressed, this mental unrest led to an exploration of substances, eventually propelling him into opiate use disorder. By 22, Nico was living out of his truck and spent most of his time finding odd, sometimes illegal ways making money to support his drug habit.

After seeing others close to him pass from overdoses and recounting the times he attempted suicide, he recognized there was a reason he was still living. He put down the needle and unfortunately picked up a bottle. The cycle of addiction repeated itself, and because of the extent of Nico’s alcohol use disorder he found himself staying in a building with only electricity.

After exploring different counseling techniques that were not successful, Nico turned to a faith-based recovery modality. In doing so he found a love that he had never experienced and a dependency on something that made him truly whole. He now uses his lived experience to share topics and tools that he picked up through trial and error. Nico opened No Halo LLC in 2019, a brand for sober living, has published a book, and loves green chiles. Thank you for listening as he shares a story of hope. Visit [www.NoHaloNM.com](http://www.NoHaloNM.com) for more info.

