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[™]

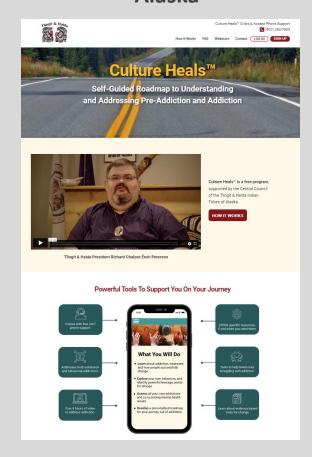
- Self-guided roadmap to understanding and addressing addiction (substance and behavioral)
- Launched November 2020 in New Mexico, 2022 in Alaska
- Mobile-friendly online platform, free for all who sign up to use the program
- Over 125+ videos, screening tools, and links to resources
- 24/7 phone support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

New Mexico



www.nm5actions.com

Alaska



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 for more info.

