

Amanda & Bill - RCHC (Recovery Center of Hamilton County) : [recoverycenterhc.org](http://recoverycenterhc.org)  
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Recovery Center of Hamilton County in the search bar of youtube

Apps and digital health resources reviewed by experts: <https://onemindpsyberguide.org/>

BoosterBuddy helps with SUD, eating issues, anxiety, motivation, hallucinations, and more targeted wellness activities; an excellent wellness app with daily check-in and a crisis plan

There is a WRAP app that is very good

DBT 911 is good

There is a website [www.intherooms.com](http://www.intherooms.com) that has dozens of different video support groups including Dual Diagnosis Mutual Aid groups. A couple of us have started DDMA groups on zoom now. Also, there is a mindfulness teachers site that has offered free meditations sessions 5 days a week 24 hours a day.

We have a YouTube Channel as well! the channel is "Kankakeenfclive" We offer a lot of topics, daily meditations from "Language of Letting Go" book, how-to's etc

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<http://digitalpeersupport.org/> - APP information and certification in digital peer support