

# USER INFORMATION GUIDE

## Culture Heals™ (a 5-Actions Program™)

### Indications for Use

- Culture Heals™ (“the Program”) is not a substitute for professional or expert treatment. It does not provide medical advice, clinical diagnoses, or replace care from a licensed clinician. The Program is not a specific treatment or intervention.
- The Program is a self-guided, online learning program designed to help adults (18 years of age and older) address challenges with substance use and/or addictive behaviors (gambling, sex, food, technology).
- The Program can be a resource for those who have never received professional treatment, but also provide additional support for those presently in treatment, or who have experienced treatment in the past.
- The Program brings attention to the underlying drivers of addiction, including insecure attachment, adverse childhood experiences, trauma, and other co-occurring disorders.
- Culture Heals™ is a learning platform that can be used to help address the chronic nature of addiction over time. Therefore, you are free to use the Program for as long as it is made available, and to whatever degree is most helpful to you.
- The Program is intended for users whose primary language is English, and who have access to a computer, tablet, or smartphone with a high-speed Internet connection.
- The Program emphasizes healing relationships as the primary vehicle of behavior change, and offers suggestions on how to develop such relationships in your life.
- The Program is offered with the Culture Heals™ Crisis and Access Phone Support line, whose counselors are available 24/7.

### Important Safety Information

- Before using Culture Heals™, you should contact your primary care physician and discuss your plans to reduce or stop your drinking, drug use and/or addictive behaviors, because doing so abruptly can be dangerous.

- If at any time during the use of Culture Heals™ you feel overwhelmed, in crisis, suicidal, at risk for relapse, or in danger to yourself or someone else, call the Culture Heals™ Crisis and Access Phone Support line at 907-463-7305.
- If you are presently in treatment for addiction, please discuss with your primary counselor your intent to use Culture Heals™, and how it can best support your treatment efforts.
- Short and long-term outcomes from using Culture Heals™ have not been evaluated, so its ability to help you reduce or stop use of substances or addictive behaviors has not been studied.

### Getting started with Culture Heals™

- Culture Heals™ is accessed online ([www.cultureheals.com](http://www.cultureheals.com)) from most computers, tablets, and smartphone devices that have access to high speed internet.
- Signing up is EASY, FREE and CONFIDENTIAL with your first name, email address, and a password, and agreeing to the Terms of Use.
- Begin exploring the site with the **Get Started** page and three starting videos that provide an overview of the program and discuss the 24/7 phone support.
- There is no right or wrong way to use the Program. Feel free to skip around and watch videos, check out links, and download resources in whatever order makes sense to you.

### Getting Additional Help – 24/7/365

#### Phone Support

- The Culture Heals™ Crisis and Access Phone Support is here to help. Call us anytime at 907-463-7305.