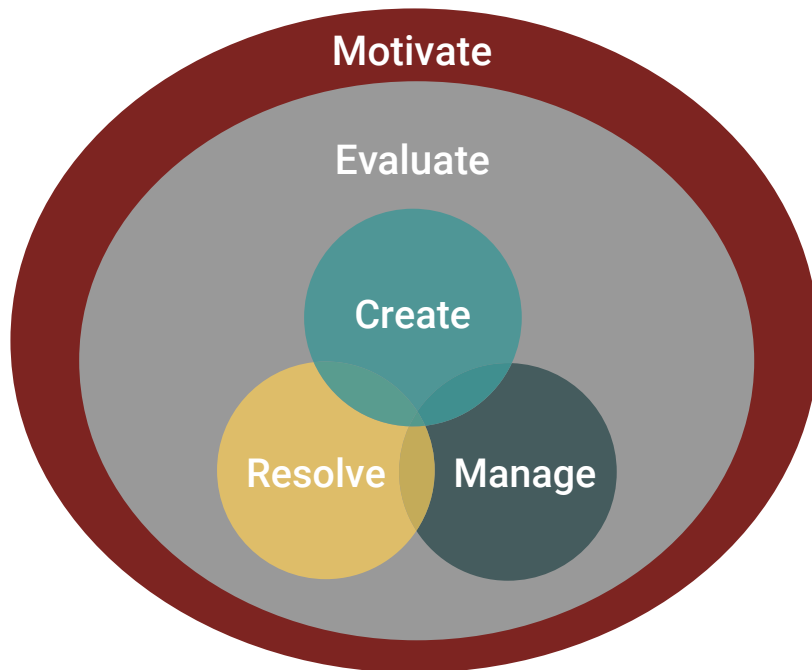


Overview of the 5-Actions

The 5-Actions are not a specific intervention or treatment, nor are they five specific actions that you do.

They represent five broad categories of actions that contain interventions and evidence-based practices.

Think of the 5-Actions as an organizational system and a way to group all the various things you may do at different times on your journey out of addiction.



ACTION 1

MOTIVATE

The program starts with motivation, which is the fuel necessary to keep you focused, energized, and committed to achieving your goals.



ACTION 2

EVALUATE

It's hard to overcome addiction if what's driving it remains unknown. This program helps you evaluate all addictions in your life, and the underlying drivers that keep you stuck.



ACTION 3

RESOLVE

This group of interventions focuses on both immediate and more complex problems in your life that have a solution, that you can resolve.



ACTION 4

MANAGE

Interventions in this category are focused on problems for which there is no identifiable resolution, which means they require management during the course of your life.



ACTION 5

CREATE

While the last two actions are about resolving and managing problematic symptoms in your life, this action is about helping you create the best version of yourself possible.



Culture Heals™ is a free program funded by the Central Council of the Tlingit and Haida Indian Tribes of Alaska (cultureheals.com)

Culture Heals is not a substitute for professional medical or health care advice which should be obtained directly from your healthcare provider.