Learn More

Below you will find a series of links that offer more information on the many paths to recovery. Click on each link to learn more about recovery and how the brain, when given the chance, can heal and re-wire to move someone toward greater health and stability.

The Recovery Research Institute shares the impact of substances on the brain and the healing potential of the brain through digital images and scans. It also discusses the difference between liking a substance and wanting or craving a substance.

https://www.recoveryanswers.org/recovery-101/brain-in-recovery/

Journey Magazine, a recovery-based publication, has an article entitled, "Five tips for being a recovery ally". A recovery ally is someone who is engaged in the recovery community or supportive of someone who is in recovery. Follow this link to learn more about how you can become a recovery ally – it doesn't require any special training!

https://journey-magazine.com/five-tips-for-being-a-recovery-ally/

The Rural Health Information Hub (RHIhub) has created a tool kit to help rural communities address substance use disorders. This link will take you to a page in their toolkit that provides a working definition of recovery and describes 5 different recovery models that would be appropriate in rural communities.

https://www.ruralhealthinfo.org/toolkits/substance-abuse/2/recovery

SMART Recovery is a program that uses a 4-point program with a variety of tools to support individuals in recovery. This link will take you to their website to learn more about this recovery support program.

https://www.smartrecovery.org/

Alcoholics Anonymous (AA) is an organization with recovery support meeting around the world. The link below will help explain the 12 Step model it uses along with other support programs. This link will also help you to find a meeting near you and provide insights on what to expect from a meeting.

https://www.aa.org/

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