Center for Community Engagement at Chestnut Health Systems

RECOVERY SUPPORT MEETING OPTIONS

Attending Support Meetings

Attending support meetings can be an essential part of a person's recovery. Below is a list of the different types of recovery support meetings that are available. There are also meetings that can help family and friends of those in recovery. You can attend as many different recovery meeting types as you would like; you don't have to pick only one meeting to attend.

Attending many different meetings can help cover all areas of recovery, including giving you places for connection with others who have similar experiences and tools and resources for you to use while in recovery and beyond.

Try out different meetings and gathering spaces to find the one that works best for you. If there are no recovery meetings in your area, there is information on how to start some of the meetings below.

Alcoholics Anonymous (AA) and Narcotics Anonymous (NA)

- 12-Step Program model
- Higher power/religion based
- No training needed to start meetings

A new AA can be started when two or more individuals who have an alcohol use disorder express the need for a new meeting. A New Group Form can be filled out by contacting the General Service Office (GSO). The form should be completed and returned for the new group to be listed. Each new group receives a complimentary handbook and a small supply of literature at no charge when it is listed with GSO. To start a new NA meeting, you need to contact the local NA service body to announce your new group, register, and update your group's meeting information with NA World. For more information visit http://www.aa.org/ or http://na.org/.

SMART (Self-Management and Recovery Training) Recovery

- Focus can change to best fit your recovery journey
- Requires training to be a meeting host or facilitator

To start a SMART Recovery meeting, there are trainings that are required to host or facilitate a meeting. The trainings require a fee to participate. Once these trainings have been completed, you must submit a form to start a new meeting. Meeting materials and tools can be accessed online at the Smart Recovery website. For more information, please visit http://www.smartrecovery.org/.

Celebrate Recovery

- 12-Step Program model
- Church-based; Christ centered
- Required trainings to start a meeting

To start a meeting there are required training courses or a 1-day conference. From there you will have the information needed to start a meeting. To get a new meeting listed, you will need to contact the representative for the state you want to start a meeting in. Suggested materials for meetings can be purchased from Celebrate Recovery directly.

Other Meetings and Areas of Connection

- Recovery Dharma: (http://recoverydharma.org/)
- Women for Sobriety: (http://womenforsobriety.org/)
- LifeRing: (http://lifering.org/)
- In The Rooms: A Global Recovery Community (http://intherooms.com/home/)
- Refuge Recovery: Refuge Recovery World Services
- White Bison: Wellbriety Circles/Meetings | whitebison
- Active Sober Communities: Fit to Recover, ROCvery Fitness Inc., The Phoenix

Recovery is deeply personal and shaped by individual circumstances, strengths, and needs. The multiple pathways approach recognizes people can reach and sustain recovery in many ways; no single method works for everyone. Multiple Pathways of Recovery - CCAR. The above groups are just a sampling of other meetings and areas of connection out there for those in recovery. To find more options, an online search will return many different options to choose from.

Other Meetings and Areas of Connection

These meetings can be helpful for the friends and family of a person in recovery. They can offer a sense of community and support from those experiencing similar situations.

- Al-Anon (http://al-anon.org/)
- SMART Recovery (http://www.smartrecovery.org/family/)

The Center for Community Engagement is funded in full or in part through a State Opioid Response Grant (TI085769) to the Illinois Department of Human Services, Division of Behavioral Health and Recovery, from the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.