

Exploring the Recovery Landscape:

There are a variety of recovery pathways, groups and organizations available to explore. We aim to expose you to such recovery pathways as possible so you are informed. When you are informed, you are empowered. And, when you are empowered, you feel more confident to move forward with designing your recovery in a way that makes sense for you—a way that is sustainable, purposeful and enjoyable.

12-step: All 12-step programs utilize a version of the AA 12 steps and generally encourage a connection to a higher power, involvement in step-work through the guidance of a sponsor, commitment to service-work and fellowship. **Helpful apps: Meeting Guide AA, NA Meeting Search**

Substance specific: Alcoholics Anonymous, Cocaine Anonymous, Narcotics Anonymous, Heroin Anonymous, Pills Anonymous, Marijuana Anonymous, Crystal Meth Anonymous

Process (behavior) specific: Gamblers Anonymous, Overeaters Anonymous, Sex and Love Anonymous, Debtors Anonymous, Workaholics Anonymous

Meeting types: Closed, open, gender specific, new comer, speaker, discussion, dual-diagnosis, LGBTQ+, step study, non-binary, traditions, step 11, Al-anon/teen, Nar-anon AA agnostics, AA secular etc.

Home group: a 12-step phrase, yet the concept of a home group is one you could apply to any recovery pathway. It simply serves as a meeting you commit to attending regularly, allowing existing members to get to know you vice versa. One generally holds a service position within a home group, as well. Also attends the group conscience (business meeting).

Clubhouse: a clubhouse is a brick and mortar dedicated to serving the 12-step community through meetings and fellowship. York St, Dragon's Den, SE Aurora Club, AWOL, to name a few.

Sponsorship: It is highly recommended to find a sponsor to read through the Big Book with as they guide you through step-work. It's generally suggested to find a sponsor who has completed the steps, has a home group and is involved with service work. Generally speaking, women work with women and men work with men. Of course, there are exceptions to this.

Wellbriety: Wellbriety takes a culturally-based approach for Indigenous Peoples and invites anyone who could benefit from this approach to participate. It doesn't matter what your earth suit looks like. The "Well" part of Wellbriety is the inspiration to go on beyond sobriety and recovery, committing to a life of wellness and healing every day. One program is called The Medicine Wheel & 12 Steps. It is a culturally-based adaptation of the 12 steps and weaves in cultural knowledge and teachings.

Adult Children of Alcoholics (And Dysfunctional Families): 12 step/tradition of those who grew up in alcoholic or dysfunctional homes. The ACA program was founded on the belief that family dysfunction is a disease that infected us as children and affects us as adults. Also welcome are adults from homes where alcohol/drugs weren't present; however, abuse, neglect or unhealthy behavior was. We discover how alcoholism and other dysfunction affected us in the past and how it influences us in the present.



CeDAR

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Secular: no religious or spiritual basis

Each of these programs may have a specific structure or format which references corresponding texts. Some offer mentorship or “wise friends” while others do not have such a relationship built into the program instead relying on the individual to track their own progress.

SMART (Self-Management and Recovery Training): teaches scientifically validated methods designed to empower a person to change and develop a more positive lifestyle. SMART uses a workbook and various exercises to help attendees work through challenges and triggers.

Life Ring: Life Ring Secular Recovery is an organization of people who share practical experiences and sobriety support. The program uses a 3-point philosophy of sobriety, secularity and self-direction. Meetings encourage cross-talk which is often stimulated by member’s check-ins. Meetings are led by leaders within the community who are called conveners.

Women for Sobriety: Supports women seeking a sober life in recovery from problematic substance use. Promotes self-worth and self-efficacy as well as new approaches to problems. Women for Sobriety welcomes all expressions of female identity and our peer-supported resources are available to all sisters from the LGBTQIA community. Utilizes the 13 acceptance statements.

Shambhala: The Heart of Recovery meeting is an open group for those interested in relating meditation practice to addiction recovery. This meeting combines meditation, study and group discussion of Buddhist teachings and Twelve Step literature. Our group is intended as a supplement to, rather than a substitute for.

Recovery Dharma: Uses Buddhist practices and principles to heal the suffering of addiction, through meditation, personal inquiry and community (sangha). It is encouraged to utilize the text and go through the investigations work with either a mentor or group of wise friends. Renunciation is encouraged

Refuge Recovery: The Refuge Recovery program of recovery does not ask anyone to believe anything, only to trust the process and do the hard work of recovery. This program contains a systematic approach to treating and recovering from all forms of addictions. The program of recovery consists of the Four Noble Truths and the Eightfold Path. When sincerely practiced, the program will ensure a full recovery from addiction and a lifelong sense of well-being and happiness.

Non-secular: relating to or involving religious or spiritual matters

These types of programs do follow a specific format with a unifying belief.

Celebrate Recovery: Christ-centered 12-step recovery program, meaning CR believes Jesus to be the one Higher Power. CR is active in over 30k+ churches across the country. They also bring family members into the fold of the program and meetings.

FREE: A spiritual community breaking the silence of addiction while creating space for healing, recovery and spiritual connection. FREE is Christian-based and welcomes addicts, loved ones of addicts and spiritual refugees. 12-step affiliated.

Shambhala/Recovery Dharma/Refuge Recovery: Please see the above description(s). While they can largely be considered secular, some may choose to become Buddhist, following Buddhism as a religion.

All-recovery: All recovery meetings do not follow a specific framework. There is generally no text associated with meetings nor is there sponsorship or mentorship. All-recovery meetings are centered around a peer community and could be described as “non-denominational” recovery, as it welcomes all pathways.

CeDAR Alumni: The alumni program has historically been associated with 12-step culture. We are making progress toward becoming more inclusive of all recovery pathways. Meeting attendees can introduce themselves by their choosing.

TPAS (Treatment Professionals in Alumni Services): monthly meeting open to all alumni from any treatment facility or recovery program in the entire state of Colorado. TPAS-CO also organizes events available to alumni from any treatment/recovery program statewide.

AFR (Advocates for Recovery): local RCO (recovery community organization) offering recovery coaching, events and meetings—both in person and virtual.

Campus Recovery Community: CRC has a presence on collegiate campuses throughout the country. CRC provides the education, resources, and community connection needed to help change the trajectory of recovering student’s lives. We are a network of professionals, administrators, faculty, staff, students, parents and policy makers.

Young People in Recovery: YPR was founded in 2010 by a group of young people (aged 18-30) in recovery who wanted to help others. Their programs were designed for young people but serve individuals of every age. YPR’s mission is to provide the life skills and peer supports to help people recover from substance use disorder and reach their full potential.

Other Types:

Physical mutual-aid: The Phoenix <https://thephoenix.org/>, Paradigm One <https://paradigmone.org/>

Social mutual-aid: SoberAF <https://www.soberafe.com/>

Creative mutual-aid: CAiR (Colorado Artists in Recovery) <https://www.coloradoartistsinrecovery.org/>

Medication Supported: may reference other recovery pathway structure, the main goal is to support the individual’s recovery and their MAR (medication-assisted recovery)

Harm Reduction: practical strategies aimed at reducing negative consequences associated with drug use. 4 pillars: prevention, harm reduction, enforcement and treatment.

Meeting Etiquette:

- Cross-talk and double dip
- war stories/drunken-a-logue
- Introductions – how to identify yourself. Addict vs. alcoholic vs. person in recovery
- Zoom etiquette including tobacco use
- Length of share
- Sharing is service!
- Keep your shared based on your experience. Practice using “I” statements rather than “you” statements.



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