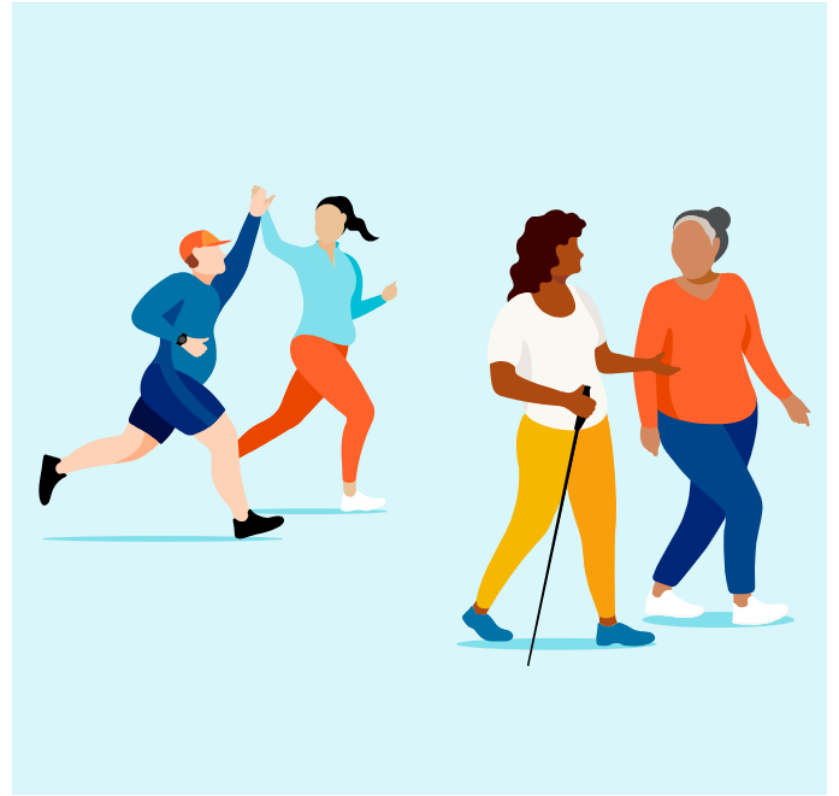


My Life, My Recovery

Benefits of Having Supports in Recovery

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Supports Aid in Recovery



What is a Support System?



- A support system is a group of people who provide you with mental, emotional, and practical support when you need it most.
- This can include support with finances, childcare, and other practical needs.
- They are also there when things are going well to sustain you and keep you going.
- Support systems come in many different forms.

Importance of a Support System

Having a few people you trust and can turn to can help you:

**Manage
Everyday
Challenges**

**Make
Difficult
Decisions**

**Overcome
a Crisis
Situation**

Combat

- **Social isolation**
- **Loneliness**
- **High blood pressure**
- **Weakened immune system**
- **Anxiety**
- **Depression and more**

Benefits of a Support System

Prevent isolation and depression, which can reduce the likelihood of a relapse.

Encourage and motivate.

Accountability



Provide understanding and a sense of community.

Reduce isolation, learn coping strategies, and feel emotionally validated.

Give a listening ear, encouragement, understanding, compassion, and shared problem-solving.

Provide an enhanced sense of meaning, purpose, hope, and optimism about the future.

Help address substance use, make positive changes, and work towards abstinence.

Provide resources to engage in healthy activities, build meaningful relationships, and develop a sense of purpose.

Who Should Be Part of Your Recovery Support System?

Include people who are good influences, care for you when you need it the most, and are open about communicating their boundaries.

This can include:

- Friends
- Family
- Sponsors or mentors
- Recovery coaches
- Support groups
- Therapists or counselors
- Doctors



12-Step Programs



Common 12-step programs for substance abuse include:

- Alcoholics Anonymous (AA)
- Narcotics Anonymous (NA)
- Cocaine Anonymous (CA)
- Crystal Meth Anonymous (CMA)
- Heroin Anonymous (HA)
- Food Addicts Anonymous (FAA)
- Gamblers Anonymous (GA)
- Sex Addicts Anonymous (SAA)

Alcoholics Anonymous (AA) 12-Steps

- 1. We admitted we were powerless over alcohol — that our lives had become unmanageable.
- 2. Came to believe that a Power greater than ourselves could restore us to sanity.
- 3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
- 4. Made a searching and fearless moral inventory of ourselves.
- 5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
- 6. Were entirely ready to have God remove all these defects of character.
- 7. Humbly asked Him to remove our shortcomings.
- 8. Made a list of all persons we had harmed, and became willing to make amends to them all.
- 9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
- 10. Continued to take personal inventory and when we were wrong promptly admitted it.
- 11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
- 12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

Alternative 12-Step Groups

SMART Recovery

- SMART meetings focus on the application of their 4-Point Program, which includes:
 - Building and Maintaining Motivation
 - Coping with Urges
 - Managing Thoughts, Feelings, and Behaviors
 - Living a Balanced Life
- Moderation Management
 - MM empowers individuals to take personal responsibility for their actions and make better choices.
- Secular Organizations for Sobriety
 - SOS encourages attendees to emphasize a daily, three-part Cycle of Sobriety to meditate on.
 - The Cycle of Sobriety includes:
 - Acknowledgment of their addiction
 - Acceptance of their addictions
 - Prioritization of maintaining sobriety



Faith-Based Support Groups

FAITH

Common faith-based support groups include:

- Alcoholics for Christ (Christian)
- Jewish Addiction Awareness Network (JAMA) (Jewish)
- Refuge Recovery (Buddhist)
- LDS Programs (Church of Jesus Christ of Latter-Day Saints)
- Muslim Recovery Network Programme (Muslim)
- Catholics in Recovery (Catholic)
- Celebrate Recovery (Christian)

Peer Recovery Centers

- A Peer Recovery Center is a place where individuals in recovery from substance use disorder and mental health challenges can find support, hope, and tools to achieve their goals.
- These centers are often led by peer specialists, who have personally experienced recovery and can provide valuable insights and encouragement to others on their recovery journeys.
- Centers in Massachusetts
 - Alyssa's Place Gardner, MA
 - Everyday Miracles Worcester, MA
 - The RECOVER Project in Greenfield, MA
 - The Recovery Connection in Marlborough, MA



peer support

Online Alternatives

If attending in-person meetings is a challenge for you, there are plenty of online and virtual options:



- **Reddit forums:** recovery subreddits like r/stopdrinking and r/redditorsinrecovery, Redditors can anonymously ask for advice, share their experiences, and find support.
- **Soberistas:** This is an international online community specifically for women in recovery from alcohol use disorder.
- **Sober Recovery:** This is an online forum for anyone recovering from substance use disorder.
- **In The Rooms:** A free online recovery tool, In The Rooms offers more than 100 weekly virtual meetings, ranging from a 12-step approach to more wellness-focused paths.

Recovery Apps

- **Connections:** provides social engagement, medical referrals, virtual therapy, and progress tracking.
- **I Am Sober:** connect to a recovery community and track your process while learning new habits.
- **Sober Grid:** offers a personalized resource for tracking and sharing your recovery process.
- **SoberTool:** tracks recovery progress, money saved and sends motivational messages.
- **Recovery Box:** offer users a creative, personalized approach to recovering from substance use disorders and eating disorders.
- **Tempest:** offers expert-led lessons, a supportive community, and other tools to help people in recovery from alcohol use disorder.
- **Sunnyside:** An evidence-based system to help you make changes to your drinking that last, whether you want to drink less, or eventually quit.





Group Discussion