

Exploring the Recovery Landscape:

There are countless recovery pathways, groups and organizations available for you to support and enrich your recovery practice. We, at CeDAR, aim to expose you to a variety of pathways so you can begin to design your recovery in an informed manner. 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 is sustainable, purposeful and enjoyable. Happy exploring!

12-step: *All 12-step programs utilize the AA 12 steps and encourage a connection to a higher power, involvement in step-work, sponsorship, service-work and fellowship. The only dues for membership is a desire to stop drinking (in other anonymous groups, a desire to stop using).*

Substance specific: Alcoholics Anonymous, Cocaine Anonymous*, Heroin Anonymous, Pills Anonymous, Marijuana Anonymous, Crystal Meth Anonymous, Nicotine Anonymous etc.

Process (behavior) specific: Gamblers, Overeaters, Sex & Love, Debtors, Workaholics, Eating Disorder, Clutters, Co-Dependents Anonymous etc.

Meeting types: Closed or open (introductions)? Also, gender specific, dual-diagnosis, LGBTQIA+, non-binary, trans, agnostics, secular etc. For families: **Al-anon**, **Nar-anon** and **Al-ateen**.

Home group: rooted in 12-step, yet the concept of a home group is one you could apply to any recovery pathway. It is a meeting you attend regularly, allowing existing members to get to know you vice versa. One generally holds a service position within a home group.

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. Generally, women work with women and men work with men. Of course, there are exceptions to this. Criteria to look for in a potential sponsor is as follows: **have they completed the steps? Do they have a home group? Are they currently sponsored?**

Narcotics Anonymous: NA is a fellowship of men and women for whom drugs had become a major problem. NA follows their own version of the 12-steps from their own text. NA views alcohol as a drug.

Wellbriety: A culturally-based approach designed for Indigenous Peoples and welcoming anyone. The "Well" part of Wellbriety is the inspiration to go on beyond sobriety, committing to a life of wellness. This model blends the 12 steps with the medicine wheel, weaving in cultural knowledge and teachings.

Adult Children of Alcoholics (And Dysfunctional Families): For those who grew up in alcoholic or dysfunctional home. Also welcome are adults from homes where alcohol/drugs weren't present; however, abuse, neglect or unhealthy behavior was. The group discovers how alcoholism and other dysfunction affected both past and present behaviors and experiences of self.

Dual Diagnosis Anonymous: A safe space to discuss past, current and ongoing mental health issues.

Pagans in Recovery: Our wish is to assure people seeking recovery that they can recover without having to accept anyone else's beliefs or to deny their own; we have adapted the 12-steps to the Pagan worldview. We seek to achieve abstinence or the remission of compulsive/addictive behaviors.

Secular: *no religious or spiritual basis. Each of these programs may have a specific structure or format with 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. Cross-talk format.

Women for Sobriety: focusing on women's issues and supporting all expressions of female identity for those seeking a life in recovery. Promotes self-worth and self-efficacy and utilizes the 13 acceptance statements which encourages members to change their self-image and world view.

The Satanic Temple Sober Faction: TST assists those who are suffering from addiction in finding sobriety without having to experience the burden of religious dogma and superstition. TST follows the 7 tenants and 7 rituals and offers an Allyship Program, offering mutual guidance without hierarchy. There is no teacher/student dichotomy in AP. *Ritual example: We continuously strive towards self-actualization, seeking knowledge on our path to act & respond ethically & responsibly in all things.*

Buddhist-based:

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. Shambhala centers offer a variety of Buddhist-based teachings, as well.

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. The foundation for living a skillful life in renunciation is rooted in the 4 Noble Truths and Eightfold Path.

Refuge Recovery: This program contains a systematic approach to treating and recovering from all forms of addictions. Refuge Recovery of recovery consists of the Four Noble Truths and the Eightfold Path. When sincerely practiced, the program will ensure a full recovery from the suffering of addiction.

Buddhist Recovery Network: The Buddhist Recovery Network promotes the use of Buddhist teachings and practices to help people recover from the suffering caused by addictive behaviors and is open to people of all backgrounds, and respectful of all recovery paths. BRN hosts a podcast on Spotify.

8-step Recovery: Eight Step Recovery is a set of mindfulness teachings outlining a suggested course of action for recovery from addiction, negative mental states, and compulsive and obsessive behaviors.

Non-secular: relating to or involving religious or spiritual matters. These types of programs do follow a specific format with a unifying belief. Faith-based recovery.

Celebrate Recovery: Christ-centered recovery program drawing from the 12-steps. CR believes Jesus Christ to be the one Higher Power. CR is active in over 30k+ churches across the country.

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

Shift Program: Christian-based recovery program that utilizes the 12-steps. The Shift Program is facilitated through *Flatirons Community Church*. Groups are gender-specific and organized to address any of the following: chemical dependency, co-dependency, sex and love issues.

Recover: Recover is a Christ-centered 12-step ministry designed to walk alongside people as they seek to recover wholeness from anything disrupting in their life. It's a community of people who gather weekly to provide support, encouragement and accountability. Offered through *Red Rocks Church*.

Buddhist-based 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 associated text nor is there sponsorship/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: We are an all-recovery with 12-step influence. Meeting attendees can introduce themselves by their choosing. Any recovery topic and/or text can be chosen for discussion.

Mindfulness in Recovery: MIR is an inclusive, skills-based, accessible, and comprehensive mindfulness program designed specifically for people in recovery. MIR supports all recovery pathways helping members develop mindfulness skills to more effectively use their chosen tools of recovery.

AFR (Advocates for Recovery): local RCO* offering recovery coaching, events and meetings—both in person and virtual. Uses affirming language and a cross-talk format

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

Young People in Recovery: YPR was founded by a group of young people (aged 18-30) in recovery who wanted to help others their age. YPR's mission is to provide the life skills and peer support to help people recover from substance use disorder. Aside from meetings, YPR offers a 10-week life skills program focusing on education, employment, relationships & more. Monthly Breakthrough celebrations are held at FREE.

Other Mutual Aid Groups:

Physical mutual-aid: Phoenix, Hazelbrook Community Center, TSRA—12 step Recreation Association

Social mutual-aid: SoberAF Entertainment, Advocates for Recovery, TPAS

Creative mutual-aid: CAiR (Colorado Artists in Recovery), sober open mics

HardBeauty: Discover Your Recovery offers a dynamic menu of recovery-based groups including stitch ‘n bitch, gladiator recovery, grief support, harm reduction, Spanish speaking support & more

Medication Supported: may reference other recovery pathway structures, the main goal is to support the individual’s recovery and their MAT experience (Medication Assisted Therapy).

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

Meeting Etiquette:

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

Meeting Formats

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| • Discussion | Cross-talk | Step-study |
| • Round robin | Candle lit | Q&A |
| • Tag/popcorn | Speaker | Meditation/tradition |

Recovery Apps:

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| • 12-step Toolkit | Headspace | WEconnect |
| • Sober Grid | Insight Timer | NA Meeting Finder |
| • Sober Buddy | SMART Recovery | Pink Cloud |
| • LoosidApp | The Phoenix | AA Meeting Guide |
| • In The Rooms | 10 th Step Nightly Inventory | I Am Sober |