

The information sources in this pamphlet describe different approaches and techniques for dealing with addiction. Look at the different approaches. Try the different techniques. Discover the ones that work for you.

Organizations

Most of the organizations listed below provide a lot of free information and free support groups on their websites. Some also hold free local meetings.

Assertive Community Treatment (ACT/PACT)

http://www.nami.org/template.cfm?section=act-ta_center

For some people, treatment of an underlying mental illness resolves their addiction. ACT/PACT can help.

LifeRing Recovery

<http://www.unhooked.com/index.htm>

Toll free: 800-811-4142

Nonreligious/non-spiritual. A self-help recovery organization for individuals who seek group support to achieve abstinence from alcohol and other addictive drugs. Stresses self-empowerment.

From the website: "Self-help in LifeRing means that the key to recovery is the individual's own motivation and effort. The main purpose of the group process is to reinforce the individual's own inner strivings to stay clean and sober. LifeRing is a permanent workshop where individuals can build their own personal recovery plans. . . . LifeRing does not prescribe any particular 'steps' and is not a vehicle for any particular therapeutic doctrine. LifeRing participation is compatible with a wide variety of abstinence-based therapeutic or counseling programs."

There are LifeRing email lists, forums, and online chat meetings, see contact information above. There may also be local meetings, see contact information above.

Rational Recovery® (RR)

<http://www.rational.org/>

Tel: 530-621-2667

Nonreligious/non-spiritual. Teaches Addictive Voice Recognition Technique® (AVRT®), an effective set of methods used by the self-recovered. RR can also help you overcome the negative effects of 12 step groups on your thought processes.

There is enough free information about AVRT® on the Rational Recovery website for you to totally recover from any addiction. For additional information, you can pay for access to the subscription part of the RR website (which includes an online discussion area for learning AVRT®), purchase books, purchase DVDs or videotapes, and attend a course for learning AVRT®.

There are no meetings, as Rational Recovery believes that meetings interfere with recovery.

SMART Recovery®

<http://www.smartrecovery.org/>

Toll free: 866-951-5357, Tel: 440-951-5357

Nonreligious/non-spiritual. SMART Recovery sponsors 300+ face-to-face meetings around the world, and 16+ online meetings per week, and has an online message board on which to learn about SMART Recovery and to seek support.

The program offers specific tools and techniques for each of the program points:

Point 1: Enhancing and Maintaining Motivation to Abstain

Point 2: Coping with Urges

Point 3: Problem Solving (Managing thoughts, feelings & behaviors)

Point 4: Lifestyle Balance (Balancing momentary & enduring satisfactions)

There may be local meetings, see contact information above.

Secular Organizations for Sobriety/Save Our Selves (SOS)

<http://www.sossobriety.org/>

Tel: 323-666-4295

Nonreligious/non-spiritual. Stresses the use of abstinence-based self-empowerment methods.

From the website: "SOS credits the individual for achieving and maintaining his or her own sobriety, without reliance on any 'Higher Power.' . . . SOS supports healthy skepticism and encourages the use of the scientific method to understand alcoholism."

There is an online chatroom. There may be local meetings, see contact information above or email sos@cfiwest.org

Women For Sobriety (WFS)

<http://www.womenforsobriety.org/>

Tel: 215-536-8026

Started in 1976 to address the psychological needs of women alcoholics. Includes a spiritual component. From the website: "Women For Sobriety has self-help groups throughout the world. In addition WFS produces and distributes booklets and literature written specifically to the needs of women alcoholics."

Uses the "New Life" Program, a thirteen statement program of positivity for encouraging emotional and spiritual growth.

There may be local meetings, see contact information above.

Men For Sobriety

Many men have requested and benefited from WFS's program (see contact info for Women For Sobriety, above).

For a comparison of AA and some of these organizations:

http://www.rrci.net/recovery_spectrum.htm

Books

There are many books that describe methods of recovery. Check the addiction/recovery sections of your local library and independent booksellers. A sample of these books is listed below. (Almost all are available at Amazon.com and other independent booksellers. You can also find reviews for most on Amazon.com.)

AA: Not the Only Way--Your One Stop Resource Guide to 12-Step Alternatives, Melanie Solomon (2005). From Amazon.com: "[c]ompare and contrasts many different self-help programs" and includes "contact information for licensed professionals and treatment facilities throughout the U.S. and abroad." Also available at <http://www.aanottheonlyway.com/>

How to Quit Drinking Without AA, Revised 2nd Edition: A Complete Self-Help Guide, Jerry Dorsman (1997).

Many Roads One Journey: Moving Beyond the 12 Steps, Charlotte S. Kasl (1992).

Overcoming Your Alcohol, Drug & Recovery Habits: An Empowering Alternative to AA and 12-Step Treatment, James DeSena (2003).

Rational Recovery: The New Cure for Substance Addiction, Jack Trimpey (1996). Teaches AVRT®, an effective set of methods for neutralizing the voice in your head that tells you to drink/use. Also available at <http://www.rational.org/>

Recovery by Choice: Living and Enjoying Life Free of Alcohol and Drugs. A Workbook, Martin Nicolaus (3rd printing, 2006). Available at the LifeRing website <http://www.unhooked.com/lifering.com/workbook/index.htm>

Sober for Good: New Solutions for Drinking Problems -- Advice from Those Who Have Succeeded, Ann M. Fletcher (2001).

The Tao of Sobriety: Helping You to Recover from Alcohol and Drug Addiction, David Gregson and Jay S. Efran (2002).

Other Websites

Describes the voice in your head that convinces you to drink, and how to ignore it:

<http://www.orange-papers.org/orange-addmonst.html>

Dealing with addiction, resisting "urges":

<http://www.habitsmart.com/>

Lists many sources of information:

<http://www.aanottheonlyway.com/>

About This Pamphlet's Author: I was trying to quit drinking, and found many sources of information that helped me and others I know to quit alcohol and/or drugs.

What truly helps me stay sober are just a few simple techniques for resisting thoughts of drinking. I know people who resist these thoughts using their own set of techniques.

Others I know have bipolar disease or another mental health issue, and once they were properly diagnosed and medicated for their illness, they no longer had a problem with addiction.

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I did it. You can too!

RECOVERY INFO

For additional sources of information on recovery from addiction to alcohol and/or drugs, please see inside . . .