



Greenbriar Treatment
Center

Peer Support Groups:

What They Are and How They Work

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Greenbriar Treatment Center

Our Mission

Greenbriar Treatment Center is a leading chemical dependency treatment center with over 35 years of experience. Greenbriar prides itself on understanding the unique needs of each client who walks through the door and therefore utilizes a variety of modalities to provide the highest quality of care.

Peer Support
Groups



Words to Remember

The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well.

— *Ralph Waldo Emerson*





Peer Support

can be defined as...

"the process of giving and receiving nonprofessional, nonclinical assistance from individuals with similar conditions or circumstances to achieve long-term recovery from psychiatric, alcohol, and/or other drug-related problems," (Tracy & Wallace, 2016).

Peer Support
Groups



A Background on Peer Support Groups



A Brief History

Bill W. and Dr. Bob establish the Alcoholics Anonymous program in 1935 in Akron, Ohio (aa.org). A.A. has served as a vital foundation for many peer support groups, resulting in numerous adaptations.



Application

Peer Support Groups vary in approach, guiding philosophy, structure, diversity, and size. Peer Support Groups are often free of charge, non-professional, and do not require appointments to attend.



On-Going Support

Peer Support Groups provide a vital service in the on-going recovery of many individuals experiencing substance dependence.



Did you know?



118,000
A.A. Meetings

are active worldwide, with an estimated
membership of over 2 million.

(aa.org)

Foundations of Peer Support Groups

- Shared Experience
- Education
- Member Leadership
- Individual Responsibility/Accountability
- Singleness of Purpose
- Voluntary
- Personal Growth
- Anonymity/Confidentiality

(Rootes & Aanes, 1992)



The 12-Step Fellowships

Peer Support
Groups



Philosophy

Believes addiction is an incurable disease which can be arrested through spiritual growth, increased maturity and self-awareness, and service to others. Relies on the 12 Steps to guide the recovery process.

Format

Meetings occur in varied formats (speaker, discussion, literature, etc...) for approximately one hour. Each meeting is led by members and may be open to the public or restricted to members only.

Key Elements

- Self Supporting and Autonomous
- Sponsorship
- Spiritual Component
- Emphasis on Service
- Abstinence Based

The Twelve Steps of Alcoholic's Anonymous



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.

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Religiously Based Peer Support Groups

- Celebrate Recovery
- Refuge Recovery
- Jewish Alcoholics, Chemically Dependent People and Significant Others (JACS)
- Millati Islami
- One Church - One Addict
- Life Recovery
- Recovery Dharma
- Jewish Recovery Network

Peer Support
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Secular Organization for Sobriety

Abstinence based organization that embraces self-empowerment and encourages the use of the scientific method to address alcoholism and addiction (sossobriety.org).

SMART Recovery

Believes that addiction/alcoholism is a maladaptive behavior as opposed to a disease. Utilizes cognitive-behavioral techniques to encourage members to abstain from use, modify thinking, and manage cravings (Humphreys et al., 2003).

Women For Sobriety

A women's only organization that uses a positive, feminist approach to recovery from alcoholism, while also improving self-worth, self-esteem, and overall emotional and spiritual well-being (Humphreys et al., 2003).

Non-12-Step Organizations



Do Peer Support Groups Actually Work?



A Summary of the Research

Peer Support
Groups

A hand is shown tearing a piece of white paper from a grey background. The word "Outcome" is written in black cursive on the torn piece of paper.

Outcome

Attendance

Many studies associate regular attendance in Peer Support programs with a greater likelihood of continued abstinence (Humphreys et al., 2003).

Involvement

Increased involvement within Peer Support Groups has been associated with increased benefits compared with meeting attendance alone (Moos & Timko, 2008).

The Role of Treatment

Research suggests that a combination of formal treatment and involvement with peer support groups leads to a higher likelihood of long-term recovery (Kaskutas, 2009).

1

Social Support Network

Peer Support Groups provide vital social network that is focused on support recovery efforts.

2

Positive Role-Modeling

More experienced members, sponsors, and other peers model successful behaviors that have been proven effective.

3

Availability

Peer Support Groups are widely available and easily accessible.

4

Personal Accountability

Attendance and involvement in Peer Support Groups is associated

Peer Support Groups



Online Resources

- SAMHSA.gov
- drugabuse.gov
- AA.org and NA.org
- smartrecovery.org
- cigna.com

Peer Support
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Contact Information

For questions, comments,
and inquiries

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Questions?



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Cigna Behavioral Health Awareness

If you are a Cigna customer and have questions about Substance Use treatment or about your benefits and how to use them, please contact:

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