MAINTAINING SOBRIETY
HOW SUPPORT GROUPS CAN HELP

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March 19, 2014
Overview

• What do we know

• High cost of substance-related addictive disorders

• Role of support groups

• Resources
What do we know?

• More than one-half of American adults have a close family member who has or has had Alcohol Use Disorder (AUD)

• The federal government estimates that 8.9 percent of full-time workers have drinking problems

• Alcohol costs American business an estimated $134 billion in productivity losses, mostly due to missed work

• According to SAMHSA, in 2011, 133.4 million people used alcohol & 22.5 million used illicit drugs.
What do we know

• 22% of men and 14% of women have some type of substance-related addictive disorder (National Survey on Drug Use and Health 2011)

• According to the National Center for Health Statistics – there were 38,329 overdose deaths in the US in 2010. 57.7% of those involved pharmaceuticals, 74.3% were unintentional
Support group history

• Native Americans
• Washingtonians
• Oxford Groups
• Alcoholics Anonymous
• Post AA alternatives
Alcoholics Anonymous

- 1935 “Dr. Bob & Bill W”
- Primary features
  - Admit to having problem with alcohol
  - Acknowledge role of “Higher Power”
  - Sharing experience in meeting settings
  - Peer mentoring (sponsorship)
- 2.1 million members in 150 countries
- Strong online presence with e-groups available
Narcotics Anonymous

• 1953 NA began in California
• AA endorsed NA to make use of AA 12 Steps/traditions
• 1970’s time of rapid growth from 20 meetings nationally to 1100 meetings throughout the world
Secular Organization for Recovery

• 1986
• Acknowledge addiction (all substances)
• Maintain sobriety
• Separate issue from religion or spirituality
• International, newsletter with real-time online chats and e-groups available
SMART Recovery

• 1994
• 900+ meetings
• Self-Management And Recovery Training
• Abstinence program based on cognitive-behavioral principles, based on rational-emotive behavior therapy
• Strong online presence – meetings, chat rooms along with newsletters
Moderation Management

• 1994
• Supports behavioral change
• Does not recommend abstinence as only way to recover from ‘problem drinking’
• Teaches moderate and responsible drinking techniques
Women for Sobriety

- 1976
- 200+ meetings world wide
- Abstinence model
- Groups – women only
- Focus on self-esteem building, don’t require calling self alcoholic
Life Ring

- 1999
- Secular – activities are not based in religion/spirituality
- Abstinence from all addictive substances
- Face to face meetings
- On-line – email, chat, bulletin board
Something for everyone

- JACS – Jewish alcoholics & chemically dependent
- IDAA – International for doctors in recovery
- Birds of a feather – aviation focused, AA based
- Dual Recovery Anonymous – CD with MI
- Social Workers helping Social Workers
- Pharmacists Recovery Network
- Lawyers in AA – also international
Resources

- AA  www.aa.org
- NA  www.na.org
- SOS  www.sossobriety.org
- SMART recovery  www.smartrecovery.org
- Moderation Management  www.moderation.org
- Women for sobriety  www.womenforsobriety.org
- LifeRing  www.unhooked.com
- Rethinking Drinking  www.rethinkingdrinking.niaaa.nih.gov
- Rational Recovery  www.rational.org
QUESTIONS?