



Helios Multiple Pathways Recovery Resource Guide

There are many paths to recovery. People will choose their pathway based on their cultural values, their socioeconomic status, their psychological and behavioral needs, and the nature of their substance use disorder.

Multiple Pathways Recovery Resource Guide

This Recovery Resource Guide has been developed to promote and explore the varied pathways of recovery. While comprehensive, this Recovery Resource Guide cannot possibly contain all pathways of recovery. This Recovery Resource Guide is intended to show people there are many choices in recovery, how to access them and what is required to become a trained facilitator if possible. This was created for as a resource for individuals, families, and supporters seeking information by outlining and describing different pathways of recovery and demonstrating the diversity of recovery. Multiple pathways of recovery are defined as those practices, programs, rituals, and customs people use to maintain and sustain recovery. In comparison pathways to recovery can range from crisis events like treatment, experience within the criminal justice system, or a personal epiphany.

Recovery Definition:

The word “recovery” is used to mean a range of different things.^{4,7} For example, members of Alcoholics Anonymous (AA) may say they are “in recovery” or are “recovering alcoholics.” Substance use treatment program directors sometimes speak of their “recovery rate,” meaning the proportion of patients who have graduated and remained abstinent. Some activists describe themselves as being part of a “recovery movement.”

Definition Examples:

A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. Even individuals with severe and chronic substance use disorders can, with help, overcome their substance use disorder and regain health and social function. This is called remission. When those positive changes and values become part of a voluntarily adopted lifestyle, that is called “being in recovery”. Although abstinence from all substance misuse is a cardinal feature of a recovery lifestyle, it is not the only healthy, pro-social feature. - *Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health*

A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. - *Substance Abuse and Mental Health Services Administration (SAMHSA)*

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A voluntarily maintained lifestyle characterized by sobriety, personal health, and citizenship. - *Betty Ford Institute Consensus Panel*

Note: The diversity of concepts and definitions associated with recovery, in recent years the term has been increasingly applied to recovery from mental illness. Studies of people with schizophrenia, some of whom have co-occurring substance use disorders, have found that recovery is often characterized by increased hope and optimism, and greater life satisfaction.

Types of Recovery Pathways:

Types of Recovery Paths: Natural Recovery, Recovery Mutual Aid Groups, Medication-Assisted Recovery, Peer-Based Recovery Supports, Family Recovery, Technology-Based Recovery, Alternative Recovery Supports

Natural Recovery: Recovery happens naturally all the time. For many people with Substance Use Disorders, remission and recovery is a process that happens naturally and over time. In fact, such individuals may never have thought of themselves as having an addiction at all, much less being in recovery—even though by all medical classifications they would have qualified as having an addiction to a substance.

Mutual Support / Mutual Aid: Often called ‘self-help’ groups or ‘support’ groups, these groups are small scale community-oriented groups where people suffering from Substance Use Disorders meet and provide support to each other. These groups provide a safe space for people to share stories, talk about challenges, or share personal achievements often with an overarching framework guiding the group purpose. Mutual Support Groups are often an initial destination for people hoping to find recovery, and also serve to help people maintain long-term recovery. Most mutual aid groups meet face to face, but there are web-based groups as well.

Medicated Assisted Recovery: Medication-assisted treatment (MAT) is the use of medications in combination with counseling and behavioral therapies for the treatment of substance use disorders. A combination of medication and behavioral therapies is effective in the treatment of substance use disorders, and has been the primary factor in helping many people to sustain recovery.¹⁷

Peer Based Recovery Supports: Peer-based recovery support services are a common and often effective means by which individuals have found and sustained long-term recovery. The services are provided by individuals who have suffered from a substance use disorder and then found and sustained long-term recovery.



Family Recovery Supports: Families affect and are influenced by the recovery experiences of children, youth, and adults with mental or substance use disorders. As caregivers, navigators, and allies, family members play diverse roles and may require a variety of supports. Family members train and support other families—sharing lived experiences and insights that instill hope, increase understanding, and contribute to systems transformation.

Online/Digital Recovery Supports: Online recovery meetings can help you keep in touch with your support group so you can safely connect and work together during

Alternative Recovery Tools: Amino Acid Therapies, The Artist’s Way, Cognitive Therapy Dance, Music, Art, Journaling/Therapeutic Writing, Equine Therapy, Fitness for Recovery, Holistic Health and Natural Alternatives,, Hypnotherapy MBSR (Mindful-Based Stress Reduction), MBRP (Mindful-Based Relapse Prevention), Meditation Nutrition Therapy for Biochemical Recovery, Wolf Therapy, WRAP - Wellness Recovery Action Plan, Yoga in Recovery.

Multiple Pathways, A History:

Most people who define themselves as being “in recovery” have experience with 12-step-oriented mutual aid groups such as AA and Narcotics Anonymous (NA), but many others enter recovery through professional treatment services, non-12-step mutual aid groups, or other routes of support, such as family, friends, or faith-based organizations.⁷ The diversity in pathways to recovery has sometimes provoked debate about the value of some pathways over others.

For example, people who achieve recovery with the support of medications (e.g., methadone, buprenorphine, disulfiram, acamprosate, naltrexone, or even antidepressants) have sometimes been denounced by those who do not take medications, based on assumptions that using medication is inconsistent with recovery principles or a form of drug substitutions or replacement. Nonetheless, members of the National Alliance for Medication Assisted Recovery or Methadone Anonymous refer to themselves as practicing medication-assisted recovery.²³

Finally, some people who have had severe substance use disorders in the past but no longer meet criteria for a substance use disorder do not think of themselves as operating from a recovery perspective or consider themselves part of a recovery movement, even if they endorse some or all of the beliefs and values associated with recovery.

How to use this Recovery Resource Guide:

With the broad expansion of what “recovery” is, we are hoping that this Recovery Resource Guide will be used as both an option for exploration to find the support you need, but also as a way for you to

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potentially find deeper roots within your chosen pathway and the option to become of services to the community. Similarly, to traditional 12-Step fellowship programs, many of the pathways outlined in this Recovery Resource Guide have options for you to become a facilitator or can show you how to bring in a meeting to your community. With the help of TEECH Foundation and other recovery support services, a plan can be created to assist you becoming a facilitator or host for the pathway that attunes to your recovery journey.

The Recovery Resource Guide format will allow you to learn about many pathways of recovery, where to find them near TEECH Foundation and online, how to become a facilitator and more.

Pathway name: Alcoholics Anonymous

What is Alcoholics Anonymous AA: Fellowship of men and women who come together to share their experience, strength and hope with the purpose of staying sober and helping other alcoholics to achieve sobriety. The only requirement for A.A. membership is a desire to stop drinking". Thus, group membership requires no formal application.

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Pathway Name: Calix Society

What is The Calix Society: The Calix Society is an association of Catholic alcoholics who are maintaining their sobriety through affiliation with and participation in the Fellowship of Alcoholics Anonymous.

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Pathway Name: Celebrate Recovery

What is Celebrate Recovery: Celebrate Recovery is Christ-centered, 12 step recovery program for anyone struggling with hurt, pain or addiction of any kind. Celebrate has eight recovery principles based on the beatitudes. Celebrate Recovery provides peer support and service ministry within a Christian Bible-based recovery program.



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Pathway Name: Cocaine Anonymous

What is Cocaine Anonymous CA: Cocaine Anonymous is a Fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others recover from their addiction. The members of C.A. are all recovering addicts who maintain their individual sobriety by working with others. We come from various social, ethnic, economic and religious backgrounds, but what we have in common is addiction. The only requirement for membership is a desire to stop using cocaine and all other mind-altering substances. Anyone who wants to stop using cocaine and all other mind-altering substances (including alcohol and other drugs) is welcome.

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Pathway Name: Crystal Meth Anonymous

What is Crystal Meth Anonymous CMA: Crystal Meth Anonymous is a fellowship of people who share their experience, strength and hope with each other, so they may solve their common problem and help others to recover from addiction to crystal meth. The only requirement for membership is a desire to stop using. There are no dues or fees for CMA membership; we are self-supporting through our own contributions. CMA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; and neither endorses nor opposes any causes. Our primary purpose is to lead a sober life and to carry the message of recovery to the crystal meth addict who still suffers.

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Pathway Name: Dual Recovery Anonymous



What is Dual Recovery Anonymous DRA: Dual Recovery Anonymous™ is a 12 Step self-help program that is based on the principals of the Twelve Steps and the experiences of men and women in recovery with a dual diagnosis. The DRA program helps us recover from both our chemical dependency and our emotional or psychiatric illness by focusing on relapse prevention and actively improving the quality of our lives. In a community of mutual support, we learn to avoid the risks that lead back to alcohol and drug use as well as reducing the symptoms of our emotional or psychiatric illness. There are only two requirements for membership: A desire to stop using alcohol or other intoxicating drugs and a desire to manage our emotional or psychiatric illness in a healthy and constructive way.

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Pathway Name: Eight Step Recovery/Buddhist Recovery Network

What is Eight Step Recovery: Eight Step Recovery is an alternative recovery program to the 12 step program of Alcoholic Anonymous. It uses the Buddhist teachings to overcome addiction.

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Pathway Name: Emotions Anonymous

What is Emotions Anonymous EA: EA is a 12-Step fellowship of people who come together for the purpose of working toward recovery from emotional difficulties. EA is most suitable for people who are dually diagnosed and already attend AA or NA and people who want to use the 12 steps for emotional concerns not limited by diagnosis.

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Pathway Name: Families Anonymous

What is Families Anonymous FA: Families Anonymous is a 12 Step fellowship for the families and friends who have known a feeling of desperation concerning the destructive behavior of someone very



near to them, whether caused by drugs, alcohol, or related behavioral problems. When you come into our rooms you are no longer alone, but among friends who have experienced similar problems. Any concerned person is encouraged to attend our meetings, even if there is only a suspicion of a problem.

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Pathway Name: Gamblers Anonymous

What is Gamblers Anonymous GA: GAMBLERS ANONYMOUS is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem. The only requirement for membership is a desire to stop gambling. There are no dues or fees for Gamblers Anonymous membership; we are self-supporting through our own contributions. Gamblers Anonymous is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any cause. Our primary purpose is to stop gambling and to help other compulsive gamblers do the same.

[Meeting locator](#)

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Pathway Name: Harm Reduction Therapy – Chicago Recovery Alliance

What is the Harm Reduction Therapy: Harm reduction therapy is normally available to people who use drugs. We don't ask for abstinence goals, or any other change in drug use for that matter. We respect the choices and goals that our clients have for themselves, whether that means using more safely, moderating use, getting on methadone or suboxone, or abstaining from one or more drugs.

[Contact info](#)

[Services](#)

Pathway Name: Heroin Anonymous

What is Heroin Anonymous HA: Heroin Anonymous (HA) is a fellowship of men and women who have found a better way of life, free from heroin addiction. Our fellowship is based on a twelve-step program of recovery—and if you wish to join us, we are here to share what we have found. There are no



dues or fees for membership; the only requirement for membership is a desire to stop suffering from heroin addiction. We are here to assist the next person seeking help with their own addiction.

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Pathway Name: Jewish Alcoholics, Chemically Dependent Persons, and Significant Others (JACS)

What is JACS: Jewish Alcoholics, Chemically Dependent Persons, and Significant Others is dedicated to: Encouraging and assisting Jewish alcoholics, chemically dependent persons and their families, friends and associates to explore recovery in a nurturing Jewish environment. Promoting knowledge and understanding of the disease of alcoholism and chemical dependency as it involves the Jewish community.

[Information about JACS](#)

Pathway Name: Life Ring Secular Recovery

What is Life Ring: Life Ring Secular Recovery is an organization of people who share practical experiences and sobriety support. There are as many ways to live free of drugs and alcohol as there are stories of successful sober people. Many Life Ring members attend other kinds of meetings or recovery programs, and we honor those decisions. Some have had negative experiences in attempting to find help elsewhere, but most people soon find that Life Ring's emphasis on the positive, practical present-day can turn anger and despair into hope and resolve. Life Ring respectfully embraces what works for each individual.

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Pathway Name: Marijuana Anonymous

What is Marijuana Anonymous: Marijuana Anonymous is a fellowship of people who share our experience, strength, and hope with each other that we may solve our common problem and help others to recover from marijuana addiction. The only requirement for membership is a desire to stop using marijuana. Our primary purpose is to stay free of marijuana and to help the marijuana addict who



still suffers achieve the same freedom. We can do this by practicing our suggested Twelve Steps of recovery and by being guided as a group by our Twelve Traditions.

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Pathway Name: Millati Islami

What is Milati Islami: Millati Islami is a fellowship of men and women, joined together on the "Path of Peace". We share our experiences, strengths, and hopes while recovering from our active addiction to mind and mood altering substances. Millati Islami, by G-d's will, (masha-Allah) offers a fresh perspective on age old ideas for treating our fallen human conditions. We pray further that it will serve as a model for successfully understanding and addressing the special problems encountered as recovering Muslims and substance abusers in a predominately non-Muslim society.

[How to start a Group](#)

Conference call meetings Sun & Wed 9:00 PM EST Conference Call Phone Number 712.775.7400
Access Code 255185#

Pathway Name: Moderation Management

What is Moderation Management: MM groups support problem drinkers who want to reduce their drinking and make other positive lifestyle changes and is for people who have experienced mild to moderate levels of alcohol-related problems. Moderation Management's online support group is for people who want to limit their alcohol intake without total abstinence. MM requires that participants begin with abstinence for 30 days and recommends AA or another abstinence program for who cannot follow "the MM limits."

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Pathway Name: Narcotics Anonymous



What is Narcotics Anonymous: NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using. We suggest that you keep an open mind and give yourself a break. Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work.

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Pathway Name: Opiates Anonymous

What is Opiates Anonymous: Opiates Anonymous is a 12 step fellowship whose members have a desire to stop using opiates and all other mind altering substances. Our members share their experience on how they have recovered from a hopeless state so that they may help others to recover. We do not endorse nor oppose any outside causes. We wish to stay free from any controversy. We are not affiliated with any political organizations, religions, sects, or denominations.

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Pathway Name: Overcomers Outreach

What is Overcomers Outreach: Overcomers Outreach is an international network of Christ-centered 12 Step support groups which ministers to individuals, their families and loved ones who suffer from the consequences of any addictive behavior. We exist to serve as a bridge between traditional Twelve step recovery groups and churches of all denominations. We recover together as we meet to study and grow in God's Word. Our ministry is all welcoming, regardless of age, race, lifestyle, background, or belief.

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Pathway Name: Recoveries Anonymous



What is Recoveries Anonymous: R.A. is a Twelve Step program. We have no dues or fees. We are here for those who want a full recovery from their problems and behaviors—but despite their best efforts, have yet to find a full recovery from their problems and behaviors—and for their family and friends. R.A. is open to everyone, no matter what your problems or behaviors may be. For almost thirty-seven years R.A. has helped thousands of men and women. Many of them had thought that they were hopeless

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Pathway Name: Recovery Dharma

What is Recovery Dharma: Recovery Dharma uses the Buddhist practices of meditation, self-inquiry, wisdom, compassion, and community as tools for recovery and healing. We believe that recovery is about finding our own inner wisdom and our own path. Recovery Dharma welcomes anyone who is looking to heal from addiction and addictive behavior, whether it's caused by substance use or process addictions like codependency, gambling, eating disorders, relationships, technology, or any obsessive or habitual pattern that creates suffering. We've found that this Buddhist-inspired path can lead to liberation from the suffering of addiction, and we support you in finding your own path to recovery.

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Pathway Name: Recovery International

What is Recovery International: A community mental health mutual aid group that offers a self-help method of will training; a system of techniques for controlling temperamental behavior and changing attitudes toward nervous symptoms, anxiety, depression, anger and fears.

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Pathway Name: Refuge Recovery



What is Refuge Recovery: Refuge Recovery is a practice, a process, a set of tools, a treatment and a path to healing addiction and the suffering caused by addiction. The main inspiration and guiding philosophy for the Refuge Recovery program are the teachings of Siddharta Gautama, a man who lived in India twenty-five hundred years ago.

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Pathway Name: Secular Organizations for Sobriety (SOS)

What is Secular Organizations for Sobriety (SOS): SOS is a nonprofit network of autonomous, non-professional local groups, dedicated solely to helping individuals achieve and maintain sobriety/abstinence from alcohol and drug addiction, food addiction and more.

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Pathway Name: SMART Recovery

What is SMART Recovery: Self-Management And Recovery Training (SMART) is a global community of mutual-support groups. At meetings, participants help one another resolve problems with any addiction (to drugs or alcohol or to activities such as gambling or over-eating). Participants find and develop the power within themselves to change and lead fulfilling and balanced lives guided by our science-based and sensible 4-Point Program®.

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Pathway Name: Wellbriety Movement / White Bison

What is Wellbriety: Wellbriety teaches that we must find sobriety from addictions to alcohol and other drugs and recover from the harmful effects of drugs and alcohol on individuals, families and whole



communities. The "Well" part of Wellbriety is the inspiration to go on beyond sobriety and recovery, committing to a life of wellness and healing everyday.

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Pathway Name: Women for Sobriety

What is Women for Sobriety: Women for Sobriety is the first modern national self-help program for women with alcoholism. It is based on a new life program of positivity that encourages emotional and spiritual growth. It is run by women in small mutual aid groups held in hospitals, clinics, treatment facilities, women centers, and wherever women with alcoholism are being treated.

[How to start a group](#)

[Meeting locator](#)

[Digital Meetings](#)

References:

[Multiple Pathways of Recovery: A Guide for Individuals and Families – William White / Facing Addiction with NCADD](#)

[Recovery Research Institute – Pathways to Recovery](#)

[Faces & Voices of Recovery – Mutual Aid Resources](#)

[Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health](#)