











Recovery Support Groups - Quick Reference

Program	Who Attends	What To Know	Spirituality	Notes
Alcoholics Anonymous 	<p><u>Closed:</u> Those with a desire to stop drinking today.</p> <p><u>Open:</u> Anyone</p>	<p>Meeting formats vary, including OD (Open Discussion), BB (Big Book Study), Speaker, Speaker Lead, Women-only, Men-only, LGBTQ+, Young People, Red Ball, etc.</p> <p>The ONLY requirement for membership is a desire to stop drinking and help others to achieve sobriety.</p> <p>Anyone with a desire to stop drinking can be a member. No dues, fees, or membership contracts.</p> <p>Suggests Unity, Service and Recovery (steps/spirituality)</p> <p>Contact: BNAA Intergroup Office 309-828-7092 www.aadistrict10.org</p>	<p>Yes - Higher Power is up to each person, but essential for recovery</p>	<p>Primary purpose is to stay sober and help other alcoholics to achieve sobriety.</p> <p>Approach based on recoveree having a spiritual awakening as the result of working the 12 steps.</p> <p>Key principles include Honesty, Open-Minded, Willing, Acceptance, Humility, Gratitude, Faith, etc.</p> <p>Sponsors highly recommended to help guide members through the 12 steps.</p>
Narcotics Anonymous (NA) 	<p><u>Closed:</u> Those with a desire to stop drinking today.</p> <p><u>Open:</u> Anyone</p>	<p>Same meeting formats as A.A. Lower volume of meetings in Bloomington-Normal, but several still occur daily.</p> <p>Suggests Self, God, Society, and Service as pathway to Freedom.</p> <p>Contact: www.narcotics.com/na-meetings/illinois/bloomington/</p>	<p>Yes - Higher Power is up to each person, but essential for recovery</p>	<p>Utilizes same 12 steps as A.A. except one word in Step 1 is altered from "alcohol" to "our addiction".</p> <p>Emphasizes that alcohol is also a drug.</p>
Cocaine Anonymous (CA) 	<p><u>Closed:</u> Those with a desire to stop drinking today.</p> <p><u>Open:</u> Anyone</p>	<p>Cocaine Anonymous (CA) is a twelve-step program for people who seek recovery from drug addiction. It is patterned very closely after Alcoholics Anonymous, although the two groups are unaffiliated</p> <p>Contact: https://illinoisareaca.org</p>	<p>Yes - Higher Power is up to each person, but essential for recovery</p>	<p>Same 12 steps as A.A. except replaces alcohol references are changed to cocaine.</p> <p>Utilizes A.A. "Big Book" as its program of recovery.</p> <p>Clarifies in readings that "alcohol" is also a drug and members of C.A. should not drink (or use any mind-altering substances).</p>
Al-Anon 	<p>Anyone who loves or supports a person actively in their addiction/illness or recovering from it.</p>	<p>Geared towards family and friends of alcoholics & addicts. AL-Anon's learn to love the active addict in their life from a distance or more commonly "love the person, not the disease". Goal is to break pattern of co-dependency, avoid blaming, and set firm boundaries.</p>	<p>Yes, H.P. is up to each person to determine</p>	<p>Same steps followed as for A.A. Has its own literature but also works from A.A. 'Big Book'.</p> <p>Al-Anon's come to terms with "the 3 C's"—I didn't Cause the addiction, cannot Control it, and will never Cure it.</p>
Celebrate Recovery (CR)  <small>CelebrateRecovery</small>	<p>Any person at least 18 years of age, with an addiction or behavioral problem causing them problems in their lives.</p>	<p>Christian-based fellowship that has its own version of the 12 steps and works out of a CR book that blends bible excerpts with recovery literature.</p> <p>Family-friendly "pre-meeting" dinners take place before most CR meetings.</p> <p>Local meetings take place Tuesdays and Thursdays from 6-9:00 p.m. (First Assembly of God – Tuesdays; Victory Church – Thursdays)</p> <p>Contact: Scott Kemp 309-531-0418 or sakemp@comcast.net www.celebraterecovery.com</p>	<p>Jesus Christ is Savior and H.P.</p>	<p>CR is a ministry for anyone who is interested in a Christ centered recovery program that will enable them to recover from life's hurts, hang-ups habits and addictions.</p> <p>Typical CR meeting is 3 hours; includes:</p> <ul style="list-style-type: none"> • Large group meeting • Open Share Small Group • Newcomers 101 (first-timers only)
Bridges Meeting	<p>Anyone in recovery, treatment clients, and</p>	<p>Combines all recovery pathways into an "open, all recovery" meeting forum. Members attend from residential</p>	<p>Supported but optional</p>	<p>Bridges combines early recoverees along with those with longer-term lived experience to help 'bridge the</p>

	family and friend supports.	treatment, as well as 12-step, CR, or any other program. Also emphasizes family recovery and involvement of Al-Anon members. Contact: Dan Sokulski 309-665-2067 or dasokulski@chestnut.org *This is not a national-level meeting (specific to B-N)		gap' between being in treatment and living life in recovery on a day-to-day basis. Topics in any given meeting may vary, attendees and family member may ask questions, cross-talk not prohibited, no readings or prayers. The motto is 'we are casual about our format but serious about recovery'.
LGBTQ+ Support	Anyone that identifies as LGBTQ+ wanting a Safe Affirming Space for their healing process	The ROSC is partnering with Planned Parenthood and Prairie Pride Coalition to launch a support group for adults 18+ that identify as LGBTQ+. The group is a safe place to talk about maladaptive behaviors that are disrupting one's quality of life. *This is not a national-level meeting (specific to B-N)	Not required	Recovery Support Group for individuals that identify as LCBTQ+ and allies: <ul style="list-style-type: none"> • Mental Health, Substance Use and Process Addiction • Multiple pathways to recovery – individually based • Secular/Non-Secular – no promotion of religious affiliation. Not opposed either
SMART Self-Management and Recovery Training 	Anyone struggling with a maladaptive behavior, whether substance-based or behavioral.	SMART believes the recovery process is different for every addict. Almost every method, however, eventually entails analyzing one's own behaviors and assessing environmental influences on the addiction. Contact: Angi acchasensky@chestnut.org 309-830-6962 www.smartrecovery.org	No – spirituality is not discouraged but it is not part of the SMART program.	SMART Recovery® helps addicts eliminate addictive behaviors through careful self-analysis using scientifically based treatments.). Utilizes 4-point Program: 1. Building and maintaining motivation 2. Coping with urges 3. Managing personal behaviors 4. Working towards balanced life
Recovery Dharma 	Anyone who is looking to heal from addiction or addictive behavior	A peer-led movement and community that is unified by trust in the potential of each member to recover and find freedom from the suffering of addiction *Online meetings only in Bloomington-Normal area. www.Recoverydharma.org	Yes – Eastern-based philosophies & religions	Program uses the Buddhist practices of meditation, self-inquiry, wisdom, compassion, and community as tools for recovery and healing. Believes recovery is about finding one's own inner wisdom and path. Formerly called "Refuge Recovery"
Secular Organization for Sobriety (SOS) 	All those who sincerely seek sobriety are welcome as members in any SOS group	Also known as Save Our Selves, is a non-profit network of autonomous addiction recovery groups. The program stresses the need to place the highest priority on sobriety and uses mutual support to assist members in achieving this goal. Suggests six "guidelines" for maintaining abstinence. www.sossobriety.org (online meetings only in this area)	SOS does not view spirituality or surrendering to Higher Power as being necessary	The Suggested Guidelines for Sobriety emphasize rational decision-making and are not religious or spiritual in nature. SOS represents an alternative to the spiritually based addiction recovery programs. SOS recognizes genetic and environmental factors contributing to addiction, but allows each member to decide whether or not alcoholism is a disease.
White Bison and the Wellbriety movement 		Offering healing resources to the Native American community nationwide since 1988, including sobriety, recovery, addictions prevention and wellness/Wellbriety learning resources. White Bison is dedicated to creating and sustaining a grassroots Wellbriety Movement that provides culturally-based healing to the next seven generations of Indigenous Peoples.		

		<p>According to White Bison, Wellbriety means to be sober and well. It 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.</p> <p>The “Well” part of Wellbriety is the inspiration to go on beyond sobriety and recovery, committing to a life of wellness and healing everyday.</p> <p>Source: White Bison, Inc. Visit WhiteBison.org for more information www.whitebison.org , www.wellbrietytraining.com, and www.coyhispublishing.com.</p> <p>There are meetings across the nation and Canada.</p>		
<p>Women for Sobriety (WFS)</p>  <p>Women for Sobriety</p>	<p>Only women may attend Women For Sobriety meetings. However, WFS is not anti-man or radically feminist</p>	<p>Women for Sobriety, Inc., is a non-profit organization dedicated to helping women discover a happy New Life in recovery from Substance Use Disorders.</p> <p>Currently there are no physical meetings in Bloomington-Normal but online meetings and Meeting Locator tools are available at: https://womenforsobriety.org/meetings/</p> <p>*Online meetings only in Bloomington-Normal area.</p>	<p>Promotes spirituality but not necessarily Higher Power</p>	<p>“An organization of women for women”. Founded in 1975, the WFS New Life Program is based on thirteen Acceptance Statements which encourage emotional and spiritual growth.</p> <p>Stresses spirituality as the "fundamental object of life" the solution to alcoholism is described as being within the mind of the female alcoholic, not requiring a Higher Power</p>