

"I gotta be honest- I don't want to get back to in-person meetings...[virtual meetings] opened the world up to be in places I never would've been in, to meet people I would've never met." Man in recovery to the Christian Science Monitorⁱ

E- RECOVERY SUPPORT COMMUNITIES AND PROGRAMS*

While not a comprehensive list of online recovery support communities and programs, we hope it will act as a starting point for communities seeking to refer individuals to recovery support during this challenging time.

Examples of Faith and Community-based Recovery Support Programs

- **Faces & Voices of Recovery's Guide to Mutual Aid Resources:** A compendium of recovery support programs and communities—many of which now offer virtual meetings and resources. [Bit.ly/2tjCsy1](https://bit.ly/2tjCsy1)
- **Online Intergroup of Alcoholics Anonymous:** Hosts a directory of online meetings featuring 1,000+ online AA meetings worldwide, ranging from video or telephone conferences to email or chat groups in many languages, available 24/7. <https://aa-intergroup.org>
- **Celebrate Recovery (CR):** A 12-step, Christian recovery program. Some CR groups are offering meeting in person and others are hosting live online worship and encouragement. Contact local CRs to find out what they are offering). CelebrateRecovery.com
- **SMART Recovery Online (SROL):** Online community where individuals with addiction, their family and friends, and other specialized audiences can interact with SMART (Self-Management and Recovery Training) volunteers and each other to aid in overcoming addiction. <http://www.smartrecovery.org/srol-2>
- **In The Rooms (ITR) Online Communities and Meetings:** ITR is an online social network for recovery community. Its mantra is the acronym HITCH (Help, Inform, Touch, Connect, and Heal). <https://bit.ly/2IPozjs>

Examples of Mobile Recovery Communities

Consider sharing this list of mobile apps that nurture and sustain virtual recovery communities through 24-hour connections. Many of them are free and offer peer-coaching support (which may incur a fee). Examples include:

- **Sober Grid:** www.sobergrid.com
- **R/Tribe:** www.rtribe.org
- **WEconnect:** www.weconnectrecovery.com
- **Nomo (It's Time to say No More!):** <https://saynomo.com>

Examples of National Networks, Resources, and Referrals to Local Programs

- Jewish Addiction Awareness Network (JAAN): JAANetwork.org
- Young People in Recovery: YoungPeopleInRecovery.org
- Association of Recovery in Higher Education: CollegiateRecovery.org
- National Association for Christian Recovery (NACR): NACR.org
- Buddhist Recovery Network: BuddhistRecovery.org
- Millati Islami: www.millatiislami.org
- The Calix Society: CalixSociety.org
- Jewish Alcoholics, Chemically Dependent Persons, and Significant Others (JACS): <http://bit.ly/2oM89vo>

Examples of Ways to Connect Community Members to Treatment and Services:

- [Findtreatment.gov](https://www.findtreatment.gov) Behavioral Health Treatment Services Locator from the Substance Abuse and Mental Health Services Administration (SAMHSA).
- [SAMHSA.Gov/Find-Help/National-Helpline](https://www.samhsa.gov/find-help/national-helpline) SAMHSA's National Helpline: 800-487-4889(TTY); 24/7, free, confidential help (English/Spanish).
- United Way's [211.org](https://www.211.org) or [Drug Abuse.com](https://www.drugabuse.com) for local recovery programs or self-help support groups.
- [AlcoholTreatment.NIAAA.NIH.gov](https://www.alcohol.treatment.niaaa.nih.gov) NIAAA Alcohol Treatment Navigator points the way to treatment options.
- [CarePortal.org](https://www.careportal.org) connects faith communities to local children and families in crisis.

** NOTE: References to private organizations, external websites or any specific commercial product, process, service, manufacturer or company does not constitute its endorsement or recommendation by HHS or the U.S. Government. HHS is not responsible for the contents of any "offsite" webpage referenced from this server.*

ⁱ Matusek, Sarah. *Addiction in the Time of COVID-10*, The Science Christian Monitor, Retrieved 11.17.2020
<https://www.csmonitor.com/USA/2020/0708/Addiction-hope-and-recovery-in-the-time-of-COVID-19>

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