



Addiction Recovery Support Services and Information

Recovery Research Institute

Recovery Support Services and Information

Recovery support services are intended to provide access to social support, employment, housing, and a variety of other services for people in recovery from substance use disorder. The major types of recovery support services and information featured below are covered in the following pages

Recovery
Community
Centers

Recovery
Residences

Recovery
Coaching

Mutual-Help
Organizations

Education-Based
Recovery Support
Services

Addictionary

Recovery
Bulletin



Recovery Community Centers

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What are recovery community centers?

Recovery community centers are also known as recovery support centers or recovery cafés. They are non-residential community-based hubs that offer a broad range of recovery-oriented, peer-delivered services that support addiction recovery within a rich social context.



Recovery community centers provide a variety of specific services to help people achieve and maintain recovery.

What do recovery community centers provide?

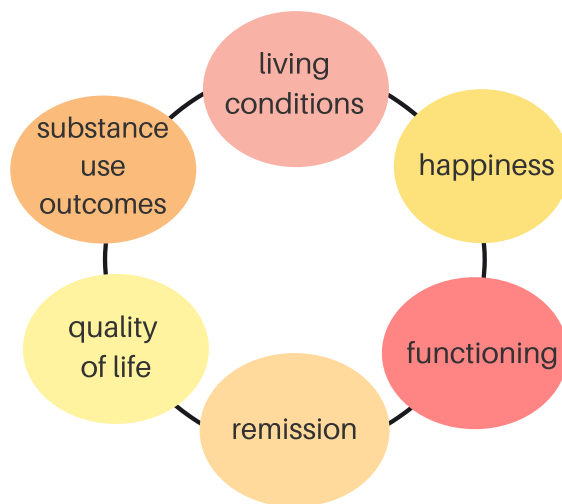


Is there a cost to participate?

No, these services are free for participants.

What do we know about the benefits of participating?

Preliminary evidence suggests benefits include improvements in...



What is the best way to learn about recovery community centers in my local area?

More information can be found on the [Special Topics and Resources](http://recoveryanswers.org/resource/recovery-community-centers/) section of the Recovery Answers website, (recoveryanswers.org/resource/recovery-community-centers/).

You can also check out your local or state public health department website. Try an internet search of the terms "recovery community center," "recovery support center," and "recovery café," alongside the name of your town or city.



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Recovery Residences

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What are recovery residences?

Recovery residences are supportive living environments that are free of alcohol and other substances. People may reside there for months, or even years, with others who are also on a journey of recovery.



What do recovery residences provide?

Recovery residences offer a safe, sober living environment with room and board and mutual support from other residents in recovery. Employment and self-care are encouraged and facilitated.

What do we know about the benefits of participating?

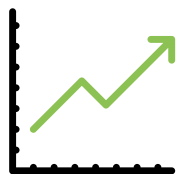
Studies examining recovery residences have shown significant improvements in...



employment



criminal justice
involvement



remission



treatment
engagement

Who runs recovery residences?

Residents themselves are often responsible for decision-making and financial self-sufficiency. Residents also provide informal case management for each other, offering advice on health care access, employment, managing legal problems, and engaging with social services. In other instances, recovery residences are professionally managed or monitored.



Is there a cost to participate?

There is usually a charge. Fees range from extremely low-cost (e.g., a small proportion of an individual's total income) to higher-cost, depending on location and facilities.

How do I learn more about recovery residences?

More general information can be found on the [National Association of Recovery Residences website \(NARR.org\)](http://National Association of Recovery Residences website (NARR.org)), or the [Special Topics and Resources section of the Recovery Answers website, \(recoveryanswers.org/resource/recovery-residences/\)](http://Special Topics and Resources section of the Recovery Answers website (recoveryanswers.org/resource/recovery-residences/)).

More local information can be obtained via internet searches for "recovery residences," "Oxford House," "sober homes," and "halfway house."



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Recovery Coaching

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What is recovery coaching?

Recovery coaches, sometimes known as "peer recovery support specialists," are trained to provide accessible and flexible mentorship and information, and service linkage to people in or seeking recovery.

→ **ACCESSIBILITY**

→ **FLEXIBILITY**

→ **SUPPORT**

What does recovery coaching provide?

Recovery coaching offers diverse assistance in navigating complicated systems of health care and provides linkages to community-based recovery support services. Recovery coaching supports the transition between levels of care, connects patients with helpful services, and facilitates engagement with mutual aid organizations. It operates within the broader recovery ecosystem, extending the bounds of conventional treatment.

What do we know about the benefits of participating?

Early studies on peer-based recovery support services have shown positive improvements in substance use outcomes and engagement with treatment services. Participants report finding recovery coaching very helpful.



Recovery coaching serves people with substance use disorders who need more flexible, accessible support and linkages to helpful services.

Recovery coaching typically is provided by people with lived experience of substance use disorder, who are trained in recovery coaching models, and typically have at least 2 years of recovery.

Is there a cost to participate?

If you access these services through a recovery community center, recovery coaching may be free. If you access these services through a hospital system, recovery coaching may be covered by your insurance plan. Recovery coaching may also be available through out-of-pocket payment.

What is the best way to learn about recovery coaching?

Recovery coaching is typically available through recovery community centers, addiction treatment, or hospital systems. You can find these services in your local area by searching online for "recovery coaching," or through other community-based entities and clinics that serve people with substance use disorders.



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Mutual-Help Organizations

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What are mutual-help organizations?

Mutual-help organizations, also referred to as "self-help groups" or "mutual aid," consist of groups of individuals with a common problem that come together to share their experiences, while providing help and support to each other.

What do they provide?

- Identification with a community of people with similar experiences
- Flexible support during and between formal mutual-help meetings
- Strategies, techniques, or philosophies that guide recovery



Mutual-help organizations typically serve people interested in recovery, as well as family members seeking help for a loved one.

What do we know about the benefits of participating?

Dozens of clinical trials and cost-effectiveness studies have demonstrated that Alcoholics Anonymous (AA) and clinical treatments that link patients to AA are effective and cost-effective for addressing alcohol use disorder.

AA participation is associated with:

- substantially enhanced remission rates
- increases in cognitive-behavioral coping skills, self-efficacy, recovery motivation, and spirituality
- positive changes in social networks
- reductions in impulsivity and craving

Other research is beginning to show potentially similar support for other mutual-help organizations.

Most mutual-help organizations are fully run by participants, though some organizations (e.g., SMART Recovery) can have trained, non-peer facilitators.

Is there a cost to participate?

Mutual-help organizations are typically free to participants. Donations are voluntary, and activities are often funded by donations at the group level or through the parent organization.

What is the best way to learn about mutual-help organizations?

Meeting information can be found online by searching the organization's name. Below are some popular mutual-help organizations:

Alcoholics Anonymous

SMART Recovery

Moderation Management

Celebrate Recovery

Women for Sobriety

LifeRing Secular Recovery

More information can be found on the Special Topics and Resources section of the Recovery Answers website, (recoveryanswers.org/resource/peer-based-recovery-support/).

Find in-person and/or online meetings for each organization using the following website links:

- aa.org and aaintergroup.org/meetings
- smartrecoverytest.org/local/
- moderation.org/moderatedrinkingsupportoverview/support-meetings/
- locator.crgroups.info/
- womenforsobriety.org/meetings/
- lifering.org/f2fmeetings/ and lifering.org/online meetings/



Education-Based Recovery Support Services

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What are education-based recovery support services?

Education-based recovery support services include recovery high schools and collegiate recovery programs, which aim to help students achieve their academic goals while supporting their recovery from substance use disorder. These services may exist as independent schools or as programs integrated into non-recovery schools.

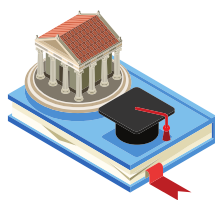
Recovery high schools

are actual professionally run schools, but with recovery support services therapeutically integrated.



Collegiate recovery programs

are therapeutically integrated recovery support services operating as extracurricular entities within a collegiate environment that often have professional supervision and oversight.



What kinds of services do they provide?

- age-similar peer recovery support
- supervision
- sober recreational activities
- relapse prevention counseling
- mutual-help meetings

What do we know about the benefits of participating?

Preliminary studies have shown that recovery high schools are associated with positive improvements in substance use outcomes, academic performance, and social functioning.

Although there is less empirical evidence on collegiate recovery programs, individuals report benefits from participation, and satisfaction with finding peers supportive of their recovery. Relapse rates are extremely low.

Is there a cost to participate?

Education-based recovery support services are sometimes paid for by the school district (for high school programs) or by the university (for collegiate-based recovery programs). Some fees may be charged, depending on the institution, municipality, or state.

What is the best way to learn about education-based recovery support services?

You can find out more about recovery high schools on the [Association of Recovery Schools website](http://recoveryanswers.org/schools) (recoveryanswers.org/schools).

You can find out more about collegiate recovery programs on the [Association for Recovery in Higher Education website](http://recoveryanswers.org/collegiate) ([collegiaterecovery.org](http://recoveryanswers.org/collegiate)).

More information can be found also on the [Special Topics and Resources](http://recoveryanswers.org/resources/education-based-recovery-services/) section of the Recovery Answers website, (recoveryanswers.org/resources/education-based-recovery-services/).



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Addictionary®

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What is the Addictionary?

The Addictionary is a glossary of addiction-related terms that describes the many facets of substance use disorder, its treatment, and recovery support services. It includes **Stigma Alerts** for language or terminology that has been found to increase stigma and discrimination.

What is the purpose of the Addictionary?

If we want addiction destigmatized, we need a language that's unified, and that accurately reflects the true nature of substance use disorder.

Research shows the language we use to describe substance use disorders impacts people and services, and how the disorders are understood. Studies demonstrate that exposure to stigmatizing terms can induce cognitive biases that affect clinical judgements and quality of care. Research also indicates stigma reduction increases the likelihood of individuals seeking help, staying in treatment, and achieving long-term remission.

Even within the addiction field, there is confusion about what certain terms mean. Consequently, the aims of the Addictionary are:

to improve the accuracy and precision of terminology surrounding addiction and combat discrimination.

to destigmatize and advocate for consensus in the field of addiction.

Who is the Addictionary for?

The primary audience is everyone - people with lived experience and their families, clinicians, researchers, policymakers, and members of the media.

Where can I find it?

Check out the Addictionary on the [RRI website](http://www.recoveryanswers.org/addiction-ary/) ([recoveryanswers.org/addiction-ary/](http://www.recoveryanswers.org/addiction-ary/)).

It is also a featured resource on Google's [Recover Together website](http://www.recovertogether.withgoogle.com) ([recovertogether.withgoogle.com](http://www.recovertogether.withgoogle.com)).



www.recoveryanswers.org/addiction-ary/





Recovery Bulletin

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What is the Recovery Bulletin?



A monthly publication summarizing and translating the latest research findings on addiction treatment and recovery. Summaries are

contextualized to provide maximum helpfulness for clinicians, administrators, policy makers, and the general public.

What's it for?

To enhance the value and utility of addiction science for practitioners, researchers, policymakers, and the public good. The goal is to summarize the latest discoveries and make research findings accessible for everyone.



Who is the Recovery Bulletin meant for?



Clinicians and providers



Researchers



Policymakers



Individuals and families

How can I read the Recovery Bulletin?

The Recovery Bulletin is available to everyone for free. You can subscribe on the Recovery Research Institute website (recoveryanswers.org), where you can also check out hundreds of past articles in the online archive (recoveryanswers.org/addiction-research-summaries/).

Each Recovery Bulletin Article Answers These Questions...

What problem does this study address?

How was this study conducted?

What did this study find?

What are the implications of the study findings for various stakeholders?