

Alcohol Use Disorder Treatment and Recovery Support Options

Find Substance Use Treatment Services

1. NIAAA Alcohol Treatment Navigator: <https://alcoholtreatment.niaaa.nih.gov/>

- Information about alcohol use disorder (AUD), types of treatment programs and guidance for selecting a treatment approach.
- Includes information on costs and insurance coverage.

2. Colorado LADDERS (Office of Behavioral Health): <https://www.colorado.gov/ladders>

- Search for licensed substance use treatment programs in Colorado

3. SAMHSA Treatment Locator: <https://findtreatment.samhsa.gov/>

- Search for substance use treatment programs nationally

Online Recovery Support Programs

A. Online programs with NO COST to participate

1. SMART Recovery: <https://www.smartrecovery.org/>

Self-Management and Recovery Training (SMART)

- Nationwide community of mutual support groups
- Addresses any type of addiction
- Emphasis on self-reliance, science and rational thinking
- No spiritual or religious focus
- Downloadable and interactive support, inspirational worksheets and other tools
- Family/friends online group
- 4-Point Program:
 - 1) Enhance and maintain motivation to abstain
 - 2) Cope with urges
 - 3) Manage thoughts, feelings and behaviors
 - 4) Balance momentary and enduring satisfactions

2. LifeRing – Secular Recovery: <https://lifering.org/online-meetings/>

- Face-to-face, online meetings, 24-hour chat room and email groups
- U.S. and global
- Abstinence focus
- “Dogma-free” and emphasis on empowering the “sober self”

3. Refuge Recovery: <https://www.refugerecovery.org/>

- Buddhist-based
- Online meetings
- Meditations

4. Recovery Dharma: <https://recoverydharma.org/>

- Buddhist-based
- Peer-led
- Principles: Meditation, self-inquiry, wisdom, community
- Local autonomous meetings – online options
- Abstinence focus – medication as part of treatment is ok

5. Eight Steps Recovery: <https://www.valeriemason-john.com/eight-step-recovery/recovery-meetings-worldwide/>

- Based on Buddhist teachings and open to anyone (do not have to be Buddhist)
- Online meetings
- Gender-specific meeting options

6. Women for Sobriety: <https://womenforsobriety.org/>

- Based on 13 “acceptance statements” to encourage emotional and spiritual growth
- Abstinence focus
- Certified moderators and chat leaders who lead online gatherings
- All expressions of female identity are welcome

7. She Recovers Foundation: <https://sherecovers.org/>

- Online support group
- Critical conversations
- Yoga
- Coaching

8. In The Rooms- A Global Recovery Community: <https://www.intherooms.com/home/>

- Global registry of recovery coaches
- Endorses multiple pathways: 12-step, non-12-step, wellness, mental health
- 130 weekly online meeting options

9. Moderation Management: <https://moderation.org/>

- Support for people who are ready to reduce their level of drinking rather than strictly focus on abstinence (many participants choose periods of abstinence)
- Emphasis on small manageable change steps to build confidence
- Options: face-to-face meetings, video and phone meetings, chats, private online support communities, a forum, a listserv and private Facebook group

10. Alcoholics Anonymous: <https://www.aa.org/>

- Search for meetings by state/zip code

B. Online programs with a COST to participate

1. The Luckiest Club: <https://www.theluckiestclub.com/>

- Emphasis on building community, many paths to change, no dogma; alcohol/drugs, food and other types of addictions
- Diverse team of group coordinators and coaches
- *Basic level:* \$14/month - online daily meeting options and a private community forum
- *Academy level:* \$40/month - additional personalized group coaching and master classes

2. Tempest: <https://www.jointempest.com/>

- Services: online community support, practical tools, personalized roadmaps; more frequent, personalized, intensive sessions and support with the higher cost options
- 3 levels: 1) Community - \$149/year; 2) Daily - \$400/year; 3) Complete - \$850/year
- Option to add accountability coaching (additional fee)

3. Check-Up & Choices: <https://checkupandchoices.com/>

- Begins with a free screener (AUDIT) to assess level of alcohol use risk
- Addresses alcohol or drug use
- Online programs and modules
- Confidential
- Must sign up to learn about cost

Apps and Websites

1. Rethinking Drinking (NIAAA): <https://www.rethinkingdrinking.niaaa.nih.gov/>

- Interactive website focused on unhealthy alcohol use education; making a change plan, and downloadable tools to support change (cutting back, abstinence and/or treatment)
- Print booklets in English or Spanish can be ordered at no cost

2. Drink Control - Drink Tracker: <https://apps.apple.com/us/app/drinkcontrol-alcohol-tracker/id456207840>

- For iPhone/iPad
- Free with premium features for sale
- Track and monitor drinks and drinking history – including alcohol and calorie content
- Compare drinking to moderate drinking guidelines

3. Drinks Meter: <https://apps.apple.com/us/app/drinks-meter/id568394934>

- For iPhone/iPad
- Free
- Anonymous feedback on alcohol use and comparison to the drinking patterns of others
- Track alcohol calories and financial expenditures
- Provides alcohol use guidance based on health and family history
- Goal tracking with Drinks Diary
- Tips and advice
- AUDIT screener imbedded in the app

4. Alcohol and Women's Health – SBIRT Program in Colorado:

<http://www.sbirtcolorado.org/womens-health-alcohol>

- Interactive app that explores how alcohol can affect physical and mental health, and social well-being
- Interact with virtual nurse practitioner Maria and explore the stories of three women
- Free to download on Apple or Android stores

5. Sober Time: <https://sobertime.app/>

- Sober day counter and built-in community with robust privacy provisions
- Daily motivational messages, track financial savings, goals, milestones and more
- Available on Google Play and Apple