

RESOURCE LIST

EDUCATIONAL RESOURCES

VIDEO

[HOW CHILDHOOD TRAUMA LEADS TO ADDICTION - GABOR MATÉ](#)

BOOK

ALLEN CARR- EASY WAY TO CONTROL ALCOHOL

GROUPS - ENCOURAGE ABSTINENCE

[ALCOHOLICS ANONYMOUS](#) (AA)- AA IS WELL ESTABLISHED WITH MANY LOCAL AND ONLINE MEETINGS (ACCESSIBLE VIRTUALLY EVEN DURING THE NIGHT WITH OTHER TIME ZONES). AA DOES REFERENCE BELIEF IN A "HIGHER POWER", ALTHOUGH MANY NONBELIEVERS GAIN VALUE BY INTERPRETING THIS AS "COMMUNITY", "A HIGHER VERSION OF THEMSELVES", OR A "DEEPLY HELD VALUE". SPONSORS HELP BUILD AN INDIVIDUAL, ONGOING RELATIONSHIP AND SUPPORT.

[NARCOTICS ANONYMOUS](#)- SAME AS AA, FOR ALL OTHER SUBSTANCES.

[LOCAL GROUP "TTI"](#)- VIRTUAL AND IN PERSON IN TROY AND OXFORD.

[WOMEN FOR SOBRIETY](#) IN PERSON IN ANN ARBOR.

[ONLINE COMMUNITIES](#)- INCLUDES FREE MUTUAL SUPPORT COMMUNITIES AND SOME PAID SUPPORT PROGRAMS.

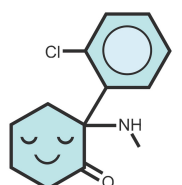
SECULAR RECOVERY

[SMART RECOVERY](#)- WELL ESTABLISHED, VIRTUAL AND IN-PERSON. DISCUSSIONS HAVE A FOCUS ON SKILLS, AND PSYCHOEDUCATION ON MOTIVATION, COPING, MANAGING THOUGHTS, AND LIVING A BALANCED LIFE. HIGHER POWER/SPIRITUALITY NOT EXCLUDED OR INCLUDED. DOES NOT USE A DISEASE MODEL, NOR IDENTIFICATION AS AN "ADDICT". NO SPONSORS.

[SECULAR AA MEETINGS](#)- IN PERSON GROUPS.

[LIFERING SECULAR RECOVERY](#)- ONLINE GROUPS, ALL SUBSTANCES, GENERAL AND SPECIFIC MEETINGS FOR MEN, WOMEN, LGBTQ+, EATING DISORDERS, CO-OCCURRING, VETERANS, POC, FAMILY AND FRIENDS.

[SOS SECULAR ORGANIZATIONS FOR SOBRIETY](#)- CAN HELP TO START A SECULAR SOBRIETY GROUP.



MODERATION/HARM REDUCTION/NON-ABSTINENCE

[UM INDIVIDUAL CONSULTING FOR ALCOHOL REDUCTION](#)

[MODERATION MANAGEMENT](#)- FOCUSES ON ALCOHOL REDUCTION, IS NOT EXCLUSIVE TO ALCOHOL. ONLINE GROUPS, SOME GENERAL, SOME POPULATION SPECIFIC.

BUDDHIST RECOVERY

[REFUGE RECOVERY](#)- IN PERSON IN MILFORD AND TROY. MANY ONLINE GROUPS.

[RECOVERY DHARMA](#)- SOME IN PERSON GROUPS IN THE DETROIT AREA. IN PERSON GROUPS IN ANN ARBOR AT DAWN FARM SPERA RECOVERY CENTER. ONLINE GROUPS BOTH GENERAL AND POPULATION SPECIFIC.

COMPREHENSIVE

INDIVIDUAL, GROUP, AND OTHER RESOURCES THAT TYPICALLY ACCEPT INSURANCE

[HENRY FORD MAPLEGROVE CENTER](#)

[UNIVERSITY OF MICHIGAN ADDICTION TREATMENT SERVICES](#)

[SOBRIETY HOUSE](#)

INTENSIVE OUTPATIENT

[SKYWOOD RECOVERY](#)-VIRTUAL AND IN PERSON (ROYAL OAK) OPTIONS. ACCEPTS MANY INSURANCES.

[RIVER'S BEND PC](#)- 12 STEP BASED, IN-PERSON IN TROY. DAY OR NIGHT INTENSIVE OUTPATIENT PROGRAMS. ACCEPTS MANY INSURANCES.

RESIDENTIAL

[LIBERTY HOUSE](#)- FENTON, MICHIGAN, BEAUTIFUL VENUE, ACCEPTS MANY INSURANCES.

[SKYWOOD RECOVERY](#)- AUGUSTA, MICHIGAN. ACCEPTS MANY INSURANCES.

[DAWN FARM](#)- 12-STEP BASED, YPSILANTI AND ANN ARBOR, MICHIGAN. DOES NOT ACCEPT INSURANCE BUT IS AFFORDABLE WITH SCHOLARSHIPS AVAILABLE.

