Contents

```
Foreword
           xiii
Preface xv
1. Introduction
PART I
2. The Recovery Approach in Mental Health and Addiction
   The Paradigm Shift From Medical Model to Recovery Model
   Recovery Philosophy
                          16
   Peer Helpers
   Recovery Groups
3. How Recovery Groups Differ From Other Kinds of Groups
   Self-Help Ethos and Recovery Philosophy 23
   Types of Groups 24
      Self-Help and Support Groups
      Psychotherapy and Task Groups 25
      Ideal Types 26
      Choosing a Group Type 27
4. Groups for Addiction and Mental Health Conditions
   Twelve-Step Groups for Addiction
   Non-Twelve-Step Groups for Addiction
   Twelve-Step Groups for Mental Health Conditions
   Non-Twelve-Step Groups for Mental Health Conditions
   Groups for Families and Friends
```

```
viii
     Contents
PART 2
5. Connecting With Independent Self-Help Recovery Groups
   Founders 44
   Starting a Local Chapter
   Linking People With Self-Help
   Professional Leadership of Self-Help Groups
   Ethical Issues Related to Linking to Self-Help by Professionals
6. Facilitating Support Groups
   The Preformation Stage
      Who Needs the Group?
      What Kind of Program Do You Want?
      Do You Have Enough Potential Members?
      Will the Group Be Time-Limited, or Will It Continue Indefinitely?
      Do You Have an Appropriate Meeting Place?
      Who Will Lead the Group—a Member or a Professional/Staff Person?
   Leadership
   The Forming Stage
   The Storming Stage
                         63
   The Norming Stage
   The Performing Stage
                          64
   Problems That Come Up in Support Groups
      Member Attrition and Absences
      The Monopolizer
      Bringing Outsiders to the Meeting
      Inappropriate Emotional Expressions
      Unwillingness to Risk in the Group 67
      Leader Burnout
      Postmeeting Upsets
      Coming to the Meeting Drunk or High on Drugs
      Diverse Populations Not Represented
      Confessions of Criminal Behavior 69
7. How Recovery Groups Help
```

7. How Recovery Groups Help 7
Cohesiveness 71
Universality 72
Instillation of Hope 72
Support 73

```
Giving Information and Advice
                                    74
   Achieving a Sense of Belonging
   Making a Difference and Having a Sense of Mattering 76
   Teaching Coping Methods
                              76
   Identity Transformation
    Becoming Empowered
   Achieving Insight
                      79
    Reframing 80
   New Way of Life and Redefinition of Self 81
   Encouraging Helping Factors
   Avoiding Unhelpful Factors
8. Analyzing a Group's Climate, Philosophy, and Structure
    Social Climate in Groups
    Group Philosophy or Worldview
    Group Structure 93
    Twelve-Step Meeting Structure 96
9. Who Needs a Group? The Process of Affiliation
    Who Comes Back 100
      Being an Extrovert and Need for Affiliation
      Openness to Spirituality
      The Importance of Group Fit
   Affiliation as a Process 103
    Stages of Change-Readiness
   Processes of Change 107
10. Four Models of Self-Help Recovery Groups
   Al-Anon Family Groups
      History
               112
      Program
                 113
      Research
                 119
      Meeting Structure
      Starting a Group
    Recovery International 120
      History
      Program
                 120
      Research
```

```
x Contents
```

```
Meeting Structure
                         123
      Starting a Group
                        124
    Schizophrenics Anonymous
      History
               124
      Program
                125
      Research
                126
      Meeting Structure
                         126
      Starting a Group
                        127
    Dual Recovery Anonymous
      History
              128
      Meeting Structure
                         128
      Starting a Group
                        128
PART 3
11. Recovery Groups and Advocacy
    National Council on Alcoholism and Drug Dependency
    Advocacy, Anonymity, the First Step, and the Twelve Traditions 137
    Recovery Community Organizations
   National Alliance on Mental Illness
    Consumer/Survivor Organizations 146
12. Housing, Employment, and Mutual Help
    Fairweather Lodges
                        152
      Founder 152
      Founding Story
      Program Today
                      154
      Financing
      Diffusion
                 156
      Success Rates
                    157
    Oxford Houses
      Founder
      Founding Story
      Program Today
                      158
      Financing
                 159
      Diffusion 159
      Success Rates
                    160
    Fountain House
                     161
      Founder
                161
```

Founding Story 162 Program Today 163 Financing 165 Diffusion 165 Success Rates 165

13. Online Groups 169

Utility and Benefits of Online Groups and Meetings Kinds of Participation 174 Positive Values 175 Disadvantages and Concerns 175 Areas of Uncertainty or Concern 177 The Danger of Exploitation 178

Conclusion 184

ACKNOWLEDGMENTS 187 GLOSSARY 189 INDEX 193