

Support Groups

Support groups help clients develop and expand a sober network.

Mutual support groups (also known as self-help groups) are an important part of becoming abstinent from alcohol and other drugs not only for people who are in recovery, but also for family members. Attending support groups helps build life-long recovery through learning new skills and strategies, as well as developing relationships with others in the recovery community who are committed to sober living.

Research consistently shows that treatment success multiplies when clients build strong sober support networks. This is especially impactful during young adult years when peer feedback and relationships are paramount. These connections create a foundation of accountability and encouragement that extends far beyond formal treatment.

ASAP Hosts Mutual Support Meetings

ASAP provides space for these meetings at our facility:

- Tuesday 7:00 PM Narcotics Anonymous (NA) and Nar-Anon (simultaneous but separate meetings)
- Thursday 7:00 PM Smart Recovery

In addition, participants in the TRIP and PIVOT programs participate in a weekly Alcoholics Anonymous (AA) meeting during their treatment hours.

Finding the right sober support group can transform the recovery journey from a solitary struggle into a shared experience of growth. Many ASAP graduates report that the relationships formed in these groups become instrumental in maintaining long-term sobriety and developing a fulfilling, substance-free lifestyle.

Attending Outside Support Groups

Clients in substance use programs are required to attend outside support group meetings to complete the program. Clients in our mental health programs or individual therapy may also benefit from (or be asked to attend) these types of groups.

Teens and young adults are most likely to benefit from meeting attendance if there are other young people participating. For a full listing of support group meetings, see websites for [NA](#), [AA](#), [SMART Recovery](#), and [Celebrate Recovery](#). Additionally, the following meetings have been identified to ASAP as being led by young people or being popular with young people: