Recovery Group Mutual Aid - Concept brief

Understand the idea behind recovery group mutual aid and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Jordan's group includes people using different treatment and peer-support pathways.

The idea

A group can offer choice and shared learning without prescribing a single pathway.

An ordinary example

Jordan's group includes people using different treatment and peer-support pathways.

What this can look like

Use fictional examples to exchange one useful coping idea and one support request; permission is required before advice.

Check the fit

How can the group respect different definitions of progress? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

A return to use is information for reassessing care and support, not a verdict on personal worth.

Reflection

How can the group respect different definitions of progress?

Scope and adaptation

Adapt to individualized assessment and the person's chosen recovery goals. Worksheets do not manage intoxication, overdose, or withdrawal. Abrupt cessation of alcohol or benzodiazepines can be dangerous: seek medical guidance rather than using a worksheet to stop or taper. Follow existing emergency and overdose-prevention plans; medication choices belong with qualified prescribers.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Substance Use Disorders. Full source links and scope: library.morethantherapy.org/recovery/resources/SUR-A19-1