

How are Support Groups Used in Recovery?

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Addiction support groups are used in recovery as part of the rehabilitation process. Using peer support through addiction treatment provides individuals with a community who have experienced the same struggles and are working to make the same positive life changes.

At the Robert Alexander Center, we provide individuals with access to multiple types of support groups to provide the caring support in recovery through our treatment process. At RAC, we believe in combining the best traditional and alternative therapies to offer people of all walks of life refuge and safety on our recovery campus.

Contact a representative from the Robert Alexander Center today to see how our support groups can help you stay motivated and make you feel supported through treatment.

What is a Recovery Support Group?

A recovery support group is a group of people that gather regularly to discuss their struggles and support one another with their recovery process. These groups encourage individuals to work together as sponsors and peer supports throughout the process.

Support groups are considered one of the five group therapy models, along with psychoeducational groups, skills development groups, cognitive-behavioral/problem-solving groups, and interpersonal process groups. Support groups function to provide a space where individuals can focus on their personal growth while supporting those around them.

These groups are popular as an additional supportive measure to addiction treatment but often are unsuccessful when used in the place of rehabilitative care. Most famously, [Alcoholics Anonymous](#), [Narcotics Anonymous](#), and Al-Anon all function as recovery support groups to give individuals a space to share and come together in support.

How are Support Groups Used in Recovery?

Support groups are a place for individuals to interact with like-minded individuals about the struggles they are also going through. These groups support the thinking and learning from rehabilitation and help individuals learn interpersonal skills like awareness, communication, and collaboration. Support groups should be a positive interaction space where self-aware individuals can request help while getting positive feedback for the drug-free lifestyle they are maintaining.

According to the National Library of Medicine, "In a support group, members typically talk about their current situation and recent problems. The discussion usually focuses on the practical matters of staying abstinent, such as dealing with legal issues or avoiding places that tempt people to use substances. Group members are encouraged to share and discuss their common experiences." This process identifies concerns and supports individuals through the process of problem-solving.

What are the Benefits of Support Groups?

The benefits of recovery-based support groups include the presence of a leader to direct discussion, monitor participation, and growth, and provide a safe and supportive space for an individual struggling with addiction.

In a support group, a person has been through the same struggles leading the group. This individual will often be someone who has been in recovery for an extended period and is familiar with the struggles and difficulties that individuals in a recovery support group face.

Additionally, support groups often encourage the support of a peer mentor, which can provide direct support in several different ways. First, it can be supportive to the mentor, helping them think and reevaluate their processes, and then, to the mentee by providing a support system in someone they respect and admire.

Finding Recovery Support Groups in Kentucky

There are many great [support groups available in Louisville, Kentucky](#). Individuals who are ready to get help and change their lives should consider contacting their insurance company to ensure that their treatment is covered. After determining appropriate treatment facilities and coverage, it is essential to see what they have in aftercare and throughcare support groups.

You can also check out your local AA, NA, and Al-Anon groups. These recovery support groups are community-based and community-led by individuals that have recovered and are giving back to their community through support and guidance.

Lastly, you can check out the Robert Alexander Center. RAC is a [Kentucky rehab center](#) where our clients work through community-based recovery support groups on campus and locally. We provide guidance and support to our clients experiencing addiction and work to ensure a safe and healthy recovery.

[Contact us today](#) to see how we can help you or your loved one recover.

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The Robert Alexander Center for Recovery is a brand new, state-of-the-art addiction treatment center in Kentucky, offering evidence-based treatment for substance abuse.

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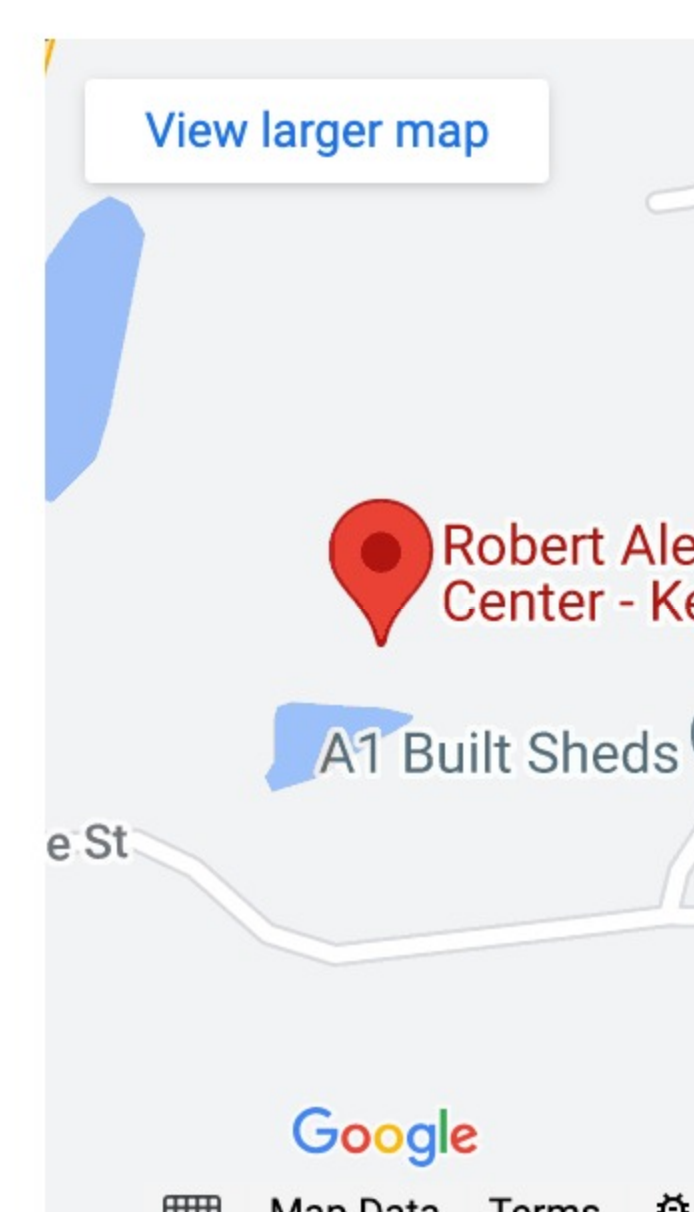
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