

What are the Different Types of Addiction Support Groups?

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The different addiction support groups are designed to provide maximum support and recovery opportunities for individuals beginning or continuing recovery. However, these groups are best utilized when divided into smaller supportive structures. Group leaders work with their communities to structure supportive groups.

At the Robert Alexander Center, our groups are designed around the needs of the individual and community. As a result, our clients have access to high-quality addiction treatment and personalized rehabilitative care throughout the process. From [Kentucky detoxification treatment](#) through inpatient and outpatient treatment, our clients have ample opportunity to design and define their recovery goals based on abstinences and the structure of their support groups.

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Why are Recovery Support Groups Important?

Recovery support groups are supportive groups of individuals going through recovery of the same disease or disorder. They are crucially important to the healing process because they offer mutual support for individuals to speak about the problems they're seeing and how they can troubleshoot triggers and joint issues.

Support groups can be helpful in several ways. First, support groups offer practical support and discussion on daily activities. In group, people are encouraged to share and discuss their common experiences. By focusing on the present and the needs of the group community, the leader can move the group forward by identifying their specific successes and struggles.

What are the Different Types of Addiction Support Groups?

There are many different types of [addiction support groups](#) designed to offer specific help in different ways. Finding the correct kind of support group can offer some of the most beneficial treatment support. For example, there are support groups for alcohol use disorders, drug use disorders, family members of addicts, and teens who have addicted family members.

Alcoholics Anonymous is the most commonly known alcohol support group. Individuals who use alcoholics Anonymous meet with other unknown individuals struggling with alcohol abuse and work together to overcome their struggles by working through a 12-step program designed to work on forgiving themselves and others and moving forward.

Another similar program is Narcotics Anonymous. NA works like AA but is for individuals addicted to drugs. Through this process, individuals work with other drug-addicted individuals to act as a structured support system. Additionally, individuals who have been participating in the program for a more extended time can act as mentors for new members. These groups are supportive and serve as an encouragement to remain in recovery.

But, addicts aren't the only individuals who struggle with addiction's consequences. Family members often struggle with the habits of their loved ones, and it is crucial for them to receive treatment around recovery, as well. Family members of addicts can access AlAnon and Alateen recovery groups. These groups are age separated from family members of addicts and work to support them while their loved one lives and struggles with addiction.

How to Find an Addiction Support Group That Fits Your Needs

There are several ways to find addiction support groups that fit your needs. Most structured addiction treatment programs will involve a support group system, especially outpatient treatment programs, while in rehabilitation. However, if you are looking to attend addiction treatment as part of an aftercare program, it is easy to search online. By accessing AA.org, NA.org, AlAnon.org, or Alateen.org, you can access all structured meeting groups and choose the one that best fits your needs.

The Robert Alexander Center is happy to offer several structured support groups on our addiction treatment campus. To support individuals in all aspects of addiction treatment, our treatment specialists are knowledgeable and able to help you, from detoxification to outpatient care. With personalized treatment programs, our clients work through rehabilitation at their own pace. We provide supportive care for individuals with alcohol, drug, and comorbid disorders, and we are open to all walks of life in our state-of-the-art [Kentucky rehab center](#).

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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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