

Secular Alternatives to Twelve Step Programs

Some individuals seeking ways to resolve AOD-related problems object to the spiritual or what they perceive as the religious nature of Alcoholics Anonymous and other Twelve Step Programs. Secular alternatives have emerged but the availability of local meetings varies depending on one's location. The following is intended as an information sheet to be handed to clients seeking an alternative to Twelve Step Programs.

Secular Alternatives to Twelve Step Programs

Program	Web Site or National Telephone Contact	Local/Regional Contact
LifeRing Secular Recovery	http://www.unhooked.com 1-800-811-4142	
Men for Sobriety	E-MAIL: NewLife@nmi.com 215-536-8026	
Moderation Management	http://moderation.org . (212) 871-0974	
Rational Recovery	http://www.rational.org 530-621-4374	RR no longer hosts recovery support meetings
Secular Organization for Sobriety / Save Our Selves	http://www.cfiwest.org/sos/index.htm . (323) 666-4295	
SmartRecovery®	http://www.smartrecovery.org/ (866) 951-5357	
Women for Sobriety	http://www.womenforsobriety.org/ (215) 536-8026	