

### Alternative Groups to 12-Step Programs

Group	Website	Goal	Description
Celebrate Recovery	<a href="http://www.celebraterecovery.com">www.celebraterecovery.com</a>	“A Christ-centered recovery program.”	Uses a reworked version of the 12 steps that incorporates biblical quotations.
HAMS (Harm Reduction, Abstinence and Moderation Support Network)	<a href="http://hams.cc">http://hams.cc</a>	“Support for safer drinking, reduced drinking, or quitting.”	The 17 Elements of HAMS contain a number of CBT-based tools. Active online presence, but few face-to-face meetings.
LifeRing Secular Recovery	<a href="http://lifering.org">http://lifering.org</a>	“Abstinence-based, worldwide network of individuals seeking to live in recovery from addiction to alcohol or other non-medically indicated drugs.”	Like SMART but abstinence-based. Limited to substances, not habits. Peer-to-peer support with sharing of personal strategies for continued abstinence. Self-empowerment approach. Offers discussion meetings.
Moderation Management	<a href="http://www.moderation.org">www.moderation.org</a>	“Dedicated to reducing the harm caused by the abuse of alcohol.”	For people who want to abstain from or moderate their alcohol use. All participants are encouraged to abstain for 30 days initially. Active online presence, but few face-to-face meetings.
Secular Organizations for Sobriety (SOS)	<a href="http://www.sossobriety.org">www.sossobriety.org</a>	“Sobriety is the number one priority in a recovering person’s life. As such, he or she must abstain from all drugs and alcohol.”	Firm position on abstinence. Meetings are more focused on sharing “experiences, insight ... strength and encouragement” among participants than on specific tools for recovery.
Women for Sobriety	<a href="http://www.womenforsobriety.org">www.womenforsobriety.org</a>	“We are capable and competent, caring and compassionate, always willing to help another; bonded together in overcoming our addictions.”	For women only. Self-empowerment approach that encourages emotional and spiritual growth and the acceptance of addiction as a disease.

From the Article:  
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 by A. Tom Horvath, PhD  
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