

Psychotherapy

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Recovery Meetings and Programs

Refuge Recovery

- Buddhist inspired approach to treating addictions of all kinds
- For local meetings visit:

Alcoholics Anonymous

- Twelve-step recovery program
- For local meetings visit: <http://www.sonomacountyaa.org/aa-meetings/>

SMART Recovery

- Self-management for addiction recovery, a cognitive behavioral approach to recovery
- For local meetings visit: <https://www.smartrecovery.org/local/meetings/>

Celebrate Recovery

- Christian based recovery program
- For local meetings visit <http://locator.crgroups.info/>

Al-Anon and Alateen

- Al-Anon and Alateen are twelve step programs for people who have a family members struggling with addiction. Al-Anon is for people of all ages, while Al-Ateen is geared towards teenagers.
- For local Al-Anon meeting visit: <http://www.al-anon.alateen.org/find-a-meeting>
- For local Alateen meetings visit: <http://www.al-anon.alateen.org/for-alateen>

Inpatient, Outpatient, or Sober Living

Finding the right place for addiction treatment can be a difficult process. It is most easily navigated by reaching out to a treatment coordinator. Treatment coordinators will help you find somewhere that is right for you or a loved one.

- For help finding the right place, contact Jimmy Recourt with Parent Team.
 - Phone number: (619) 715-3569
 - Email Address: Jimmy@ParentTeam.com

Meditation Resources

- www.OneMindDharma.com is Elizabeth and Matthew Sokolov's meditation website. The website has daily guided meditations, meditation podcasts, and online meditation courses.
- <http://spiritrock.org/> Spirit Rock is a meditation center in Marin County that hosts meditation meetings, retreats, day-longs and more.
- <https://InsightTimer.com/> Insight Timer is an app available on iPhone and Android phones that includes guided meditations, meditation timers, and ways to track your meditation.
- www.HeadSpace.com Head Space is a website and iPhone and Android app that includes guided meditations as well as support with mental health issues.

Educate Yourself About Addiction

National Institute on Drug Abuse

- Visit: <https://teens.drugabuse.gov/>
- Learn more about how drugs affect the brain

National Institute of Health

- Visit: <https://www.nih.gov/news-events/news-releases/drug-use-trends-remain-stable-or-decline-among-teens>
- Learn more about the rates of drug and alcohol use among high school students

National Council on Alcoholism and Drug Dependence

- Visit: <https://www.ncadd.org/get-help/take-the-test>
- Although it is not conclusive, you can take a quiz to see if you have signs of drug or alcohol abuse.