



S O P H I E T R E T T E V I C K
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Recovery Support Tools and Resources
Online Support Groups, Apps, and Podcasts

12-Step Groups

- AA Online Meeting Directory <http://aa-intergroup.org/directory.php>
- AA – Online - http://12stepforums.net/alcoholics_anonymous_online_meeting.html
- AA COVID-19 Informational
Page https://www.aa.org/assets/en_US/en_updatesoncoronavirus.pdf
- AI-Anon – Online - http://12stepforums.net/alanon_family_group_online_meeting.html
- IDAA - <https://www.idaa.org/>
- In the Rooms: A Global Recovery Community <https://www.intherooms.com/home/>
- NA Online Meetings “Addicts helping Addicts Recover” <http://na-recovery.org/>
- NA – Online - http://12stepforums.net/narcotics_anonymous_online_meeting.html
- NA COVID-19 Informational
Page: https://www.na.org/admin/include/spaw2/uploads/pdf/Coronavirus_web_message_12_Mar.pdf
- Online Recovery Group (ORG) <https://onlinerecoverygroup.org/schedule>
- [Buddhism-based Recovery http://recoverydharma.online/](http://recoverydharma.online/)
- [Refuge Recovery](#)
- [SMART Recovery https://www.smartrecovery.org/community/](https://www.smartrecovery.org/community/)
- [LifeRing https://www.lifering.org/online-meetings](https://www.lifering.org/online-meetings)
- [All Pathways https://unityrecovery.org/digital-recovery-meetings](https://unityrecovery.org/digital-recovery-meetings)
- Young People in Recovery's virtual all-recovery meetings
(ARMs): <https://youngpeopleinrecovery.org/virtual-event-schedule/>

Recovery Support Apps

Sober Grid allows you to create online profiles and interact, support, and engage with other people in recovery using a platform similar to Facebook. You can also use the app to create anonymous check-ins about whether you’re sober or not, your mood, and what’s going on.



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SoberTool is an easy way to track your clean and sober days. The app includes daily motivational messages and reminders to keep you on target

The WEconnect provides you with daily reminders to stay on track with your recovery plan. You can create reminders to call your sponsor, go to a group meeting, or meditate — anything you need to provide that extra push.

AA Big Book This app gives you access to the full text of the Big Book, along with a meeting finder, podcasts, prayers, and personal stories. You can use the app to bookmark meaningful passages, make notes on individual chapters in the comment section, and search for specific keywords.

12 Step Meditation Daily Reflections for AA, NA, Al-Anon This app features hundreds of easy-to-follow guided meditations, as well as soothing music, prayers, and 12-step recovery audio.

I Am Sober to track your sober days and milestones, build new habits, and enjoy ongoing motivation from a community of people who get it.

Pink Cloud find meetings near you based on your location

Meditation Apps

Headspace

Simple Habit Daily Meditation

Calm

Stop, Breath, and Think

Ten Percent Happier

Podcasts

The Bubble Hour: invites listeners to share their stories of recovery from alcohol addiction. Each week, host Jean McCarthy holds space for a guest to tell their truth, and together they explore topics relative to recovery.

Busy Living Sober: a podcast with the mission of “giving people an opportunity to listen, learn and live a sober lifestyle without shame while having fun.”



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The Addicted Mind is about understanding addiction, its impact and the latest treatment options available. This podcast aims to create an environment of compassion for individuals caught in the destructive grip of the addictive process. It works to deliver real hope to people who are suffering from addiction's painful impact.

The Sober Guy: Host Shane Ramer is in recovery from alcohol. He interviews a mix of celebrity guests and everyday people who have experienced addiction or felt the impact of drug or alcohol use. He focuses on living a positive, healthy and sober lifestyle, and uses his podcast as a platform for sharing inspiration with others who want to live the same way.

Let's Talk Addiction and Recovery: Hear what leading addiction and recovery experts are talking about—addiction trends, topics and challenges as well as research, practices and advances that point the most promising way forward. Provoking interview series, brought to you by Hazelden Betty Ford Foundation.

The Boiled Owl Coffee Club: Casual conversations about recovery in Alcoholics Anonymous. Listen online or with any podcast management app.

Ten Percent Happier Podcast

Family Support Groups

- Al-Anon Family Groups - www.al-anon.org
- Nar-Anon Family Groups - www.nar-anon.org
- Celebrate Recovery - www.celebraterecovery.com
- Families Anonymous - www.familiesanonymous.org
- Parents of Addicted Loved Ones - www.palgroup.org
- The Addicts Mom - www.addictsmom.com
- SMART Recovery Family Group - www.smartrecovery.org/family/
- Rehab Works - www.rehabworks.net

Local Resources

- Makah Recovery Services: 360-645-2461
- Makah Mental Health Counseling: 360-645-2075
- Sophie Trettevick Indian Health Center: www.STIHC.org
- 12-Step and Family Support Groups are available in the community. Request more information with Makah Recovery Services.