

What Makes LifeRing Different?

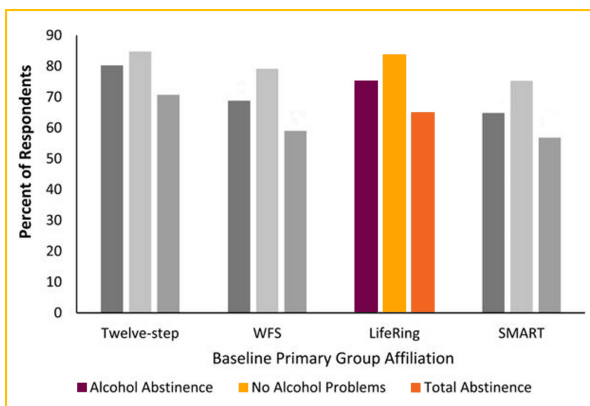
LifeRing supports **self-directed pathways**, **peer-to-peer connections**, and **Medication Assisted Treatment (MAT)** — which we view as a decision made between client and treatment providers.

We welcome everyone — whether they are struggling to pull together 24 hours of sobriety or are searching for new ideas to strengthen their recovery.

Founded in 1997, LifeRing empowers substance use recovery through proven methods of peer-to-peer support.

The success of our approach is evidenced in the **Peer Alternatives for Addiction (PAL) Study** — a national study comparing 12-step groups to mutual help alternatives.

PAL Study efficacy reporting identifies LifeRing as the leading secular recovery pathway:



Zemore, Sarah E et al. A longitudinal study of the comparative efficacy of Women for Sobriety, LifeRing, SMART Recovery, and 12-step groups for those with AUD. Journal of Substance Abuse Treatment vol. 88 (2018) 18-26.doi:10.1016/j.jsat.2018.02.004

91.2% of participants would recommend LifeRing to a friend.

— Peer Alternatives for Addiction (PAL) Study

Connection

Many of us recognize Johann Hari's powerful insight that **the opposite of addiction is connection.**

LifeRing Secular Recovery is a free, abstinence-based network of substance use recovery resources designed to build **supportive connections between peers** within safe environments tailored to their individual goals.



For more information, visit lifering.org/professionals



Positive Support For Your SUD Clients

LifeRing Secular Recovery is a vital ally for both healthcare providers and clients embarking on their journey to self-managed recovery

Our abstinence-based network encourages self-empowerment, peer support, and personalized recovery plans.

Partner with LifeRing to strengthen your clients' independence and resilience, helping them to live a life free from alcohol and drugs.



LifeRing Secular Recovery
California-based 501(c)(3) Nonprofit
800 811-4142 | lifering.org



Over 50% of LifeRing members were referred by therapists and healthcare professionals.

Who's Working with LifeRing?

Healthcare providers recognize LifeRing as a credible and effective community for their clients seeking to maintain sobriety. Doctors, nurses, therapists, and peer support specialists across the country refer their patients to LifeRing, including:

- The Mayo Clinic ■ Johns Hopkins
- Stanford Health Care ■ UCSF Health
- Kaiser AMRS ■ Sutter Health CPMC

Compatibility

The LifeRing Secular Recovery approach is compatible with a wide variety of abstinence-based treatment programs.

Healthcare professionals and treatment specialists easily identify elements of cognitive behaviorism, motivational interviewing, social-focused therapy, role-playing methodology, and many other schools of thought.

LifeRing fully embraces self-directed pathways as a practical approach to successful sobriety. Although the LifeRing approach is different from traditional 12-step plans, LifeRing has worked side-by-side with 12-step groups for over 25 years.

Multiple Paths

Striking the right balance of resources and community engagement is as vital for sustaining abstinence as the correct treatment plan is for effective patient care.

Every recovery journey is deeply personal and varies from person to person. LifeRing encourages members to include any other treatments or programs they believe will strengthen their personal recovery plan.

Multiple Resources

LifeRing provides a comprehensive network of abstinence-based recovery resources designed to cultivate peer-to-peer connections and empower the sober self.

LIFERING MEETINGS

- **Check-in:** How Was Your Week? Focus on current and coming weeks
- **Focus:** Recovery subgroups including: LGBTQIA+, Family & Friends, Veterans, Seniors, Co-Occurring Disorders, and Medical
- **Topic:** Focus of discussion varies
- **Workbook:** *Recovery by Choice* workbook
- **Chat Rooms:** Online text meeting

ADDITIONAL SUPPORT RESOURCES

- **eGroups and Forum:** Group messaging
- **ePals:** One-to-one newcomer guidance
- **LifeRing Library:** Including *Recovery By Choice* and *Empowering Your Sober Self*
- **Social Gatherings:** Hosted online and locally throughout the year

Collaboration

Unlike many other recovery support resources, LifeRing welcomes crosstalk in our meetings.

CROSSTALK is a conversational exchange of experiences and ideas for maintaining abstinence from alcohol and other addictive drugs. Members choose which techniques to adopt and most find such discussions and suggestions inspiring.

Sharing lived-experiences with other peers nurtures a sense of commitment and accountability, which reinforces the resolve to maintain sobriety.

Commitment

LifeRing is dedicated to providing positive recovery support for anyone wanting to overcome their substance use challenges. Our mission is to create a nonjudgmental environment where individuals can enhance their personal recovery programs.

3-S Philosophy

SOBRIETY

Make sobriety the top priority and abstain from all alcohol and drugs unless medically indicated.

SECULARITY

LifeRing conducts meetings without religious influence out of respect for all.

SELF-DIRECTION

Empowerment of the sober self through personal motivation and efforts.