



FIRST CLASS
U.S. POSTAGE
PAID
FARMINGTON, CT
PERMIT NO. 38

A comprehensive plan consists of four major components

- ✔ **Medical** – professional healthcare which may include medication, in order to address physical issues.
- ✔ **Psychosocial care** (counseling/therapy) – the process of learning new techniques to effectively deal with addiction-free life and prevention of relapse. Also, counseling can help to meet immediate goals.
- ✔ **Family and friends support** (and religion if applicable) – non-addiction-related support is a reminder of what life is all about and what is preserved by treating an addiction. This activity replaces time spent seeking drugs by the afflicted individual.
- ✔ **Peer support** – help, understanding and encouragement from people who have shared similar experiences.

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The Meaning of Peer Support

What is it?
Expectations.

AddictionSurvivors.org

AddictionSurvivors.org is a not-for-profit organization (501c3 tax exempt status pending) dedicated to providing peer support communities for those with addiction disorders and their families and friends.

Addiction affects many aspects of a person's life.

Whether it is drug or alcohol related, the outcome of untreated addiction can be devastating, debilitating and even fatal. Often, the friends and family of people with addictions are affected negatively as well. That's why a recovery plan must be comprehensive and address the key aspects of addiction in order to ensure long-term addiction remission. Since everyone is different, no one plan can be right for everyone.¹ People will need to construct their own custom plan with the help of their personal recovery team (doctor, counselor, family, outside support system).



This brochure focuses on the peer support component. Peer support can be found in non-healthcare provider groups such as: Alcoholics Anonymous, SMART Recovery, Alanon, SOS and online chat/discussion communities. "Peer support is based on the belief that people who have faced, endured, and overcome adversity can offer useful support, encouragement, hope, and perhaps mentorship to others facing similar situations."²

