

Some people want THE list and proclaim it as such in media. But people are always starting and adapting groups that meet their needs. So please understand this is a very rough draft list of 12-Step groups (and other groups that adapt the 12-steps or use "anonymous" or have adapted the steps in different ways to different issues). Please note that the figures on the numbers of local groups are a rough approximation (primarily from 1997 data – so it's old!). Contact information on most groups, but not all, are on a website database at [www.selfhelpgroups.org](http://www.selfhelpgroups.org). They welcome any corrections and especially any additions at [ed@selfhelpgroups.org](mailto:ed@selfhelpgroups.org). (Understand that people are always starting new groups, e.g., Pathways to Peace [[www.pathwaystopeaceinc.com](http://www.pathwaystopeaceinc.com)] for anger management, which was started by 12-Step people, but adapts only part of the Twelve Step program. Pathways to Peace Groups started first in NY State (6 groups), but after interest from Cleveland, there are now 4 groups meeting there. Nowhere else yet.)

#### 12-Step Groups:

Alcoholics Anonymous (international - 94,000 groups)  
Al-Anon Family Groups (international - 32,000+ groups)  
Alateen (international - part of Al-Anon Family Groups - 4,100+ groups)  
Abuse Alternatives Anonymous (1 group in Westchester, NY)  
ACOA - Adult Children of Alcoholics (international - 1,700+ groups)  
Adult Children of Sexual Abuse (4 groups in Florida)  
Adult Children of Sexual Dysfunction (several groups in Minnesota)  
Anesthetists in Recovery (national)  
ARTS Anonymous (Artists Recovering thru Twelve Steps, creativity, other problems - int'l - 90 groups)  
Benzodiazepines Anonymous (several groups in CA)  
Bettors Anonymous (several groups in Massachusetts)  
Calix Society (national - Catholic alcoholics - 44 groups)  
Caregivers Anonymous (caring for elderly relatives - 1 group in NJ)  
Chapter Nine (recovering couples - a few groups in NY City area & MD)  
Chemically Dependent Anonymous (national - 90 groups)  
Children's & Youth Emotions Anonymous (national - 10 groups; related to Emotions Anonymous)  
Chronic Fatigue Syndrome Anonymous (2 groups in NJ)  
Clergy Helping Clergy (groups in Minnesota)  
Cocaine Anonymous (international - 1,500 groups)  
Co-Anon Family Groups (cocaine - groups in New York City and Los Angeles - 40 groups)

Co-Dependents Anonymous (national - 3,500+ groups)  
Co-Dependents Anonymous for Helping Professionals (international - 25 groups)  
Compulsive Eaters Anonymous - H.O.W. (national - 250 groups)  
Compulsive Stutterers Anonymous (national model - 4 groups)  
Convicts Anonymous (to stop criminal behavior, there were 3 groups in Washington State)  
Criminals & Gangs Anonymous (model 12-step group that has several groups within California prisons)  
Co-S.A. (national - codependents of sex addicts)  
Crystal-Meth Anonymous (15 groups in CA)  
DD-Anon (loved ones of those with dissociative or multiple personality disorder - 1 group in WI)  
Debtors Anonymous (national - 400+ groups)  
Depressed Anonymous (international, 5 groups)  
Diabetics Anonymous (1 group in CA)  
Dis-Ability Anonymous (1 group in New York City)  
Divorce Anonymous (mostly in CA)  
Domestic Violence Anonymous (international - 32 groups, mostly in CA)  
Double Trouble Recovery, Inc. (national, based in NY)  
Drugs Anonymous (national - formerly Pills Anonymous - 10 groups)  
Dual Disorders Anonymous (chemical dependency & psychiatric recovery - 23 groups in Illinois area)  
Dual Recovery Anonymous (chemical dependency & psychiatric recovery - 30 groups nationwide)  
Eating Addictions Anonymous (national - 6 groups)  
Eating Disorders Anonymous (international - 20 groups)  
Emotions Anonymous (national - 1,400 groups)  
Emotional Health Anonymous (national - 50 groups)  
Ethnic Anonymous (prejudice, 1 group in Washington State)  
Families Anonymous (national - 500 groups)  
Families of Sex Offenders Anonymous (1 group in Connecticut)  
Fear of Success Anonymous (national - 5 groups)  
Food Addicts Anonymous (international - 118 groups)  
Gamblers Anonymous (international - 1,200 groups)  
Gam-Anon (international - 380 groups)  
Gamateen (national)  
Gangs Anonymous (former gang members - 1 group in Boston)  
Grievers Anonymous (groups in Chicago area)

HIVIES (international- those with a history of substance abuse & who are HIV+ or think they are)  
Homosexuals Anonymous (national - 55 groups)  
Incest Survivors Anonymous (international)  
International Doctors in AA (national)  
International Lawyers in AA (international - 40 groups)  
International Nurses Anonymous (international)  
International Pharmacists Anonymous (national)  
Love-N-Addiction (national - 50 groups)  
Lovers Anonymous (lost relationships, negative beliefs - 1 group in New Orleans)  
Marijuana Anonymous (international - groups primarily in California - 100 groups)  
Methadone Anonymous (international - recovery from chemical dependency - 300 groups)  
Narcotics Anonymous (national - 25,000+ groups)  
Nar-Anon (international)  
Nicotine Anonymous (national - formerly called Smokers Anonymous - 500+ groups)  
Nic-Anon (1 group in California- families/friends of smokers/recovering smokers)  
Neurotics Anonymous (international - 158 groups)  
Obsessive-Compulsive Anonymous (national - 50 groups)  
Overcomers Outreach (Christian community, all addictions - national - 1,000 groups)  
Overcomers - Victory Through Christ (international - 132 groups)  
Overeaters Anonymous (international - 9,000 groups)  
O-Anon (national - overeating - 50 groups)  
Physician Assistant Recovery Network (international - physician assistants, all addictions)  
Pill Addicts Anonymous (national - 6 groups)  
Pills Anonymous (NY City - 2 groups)  
Prescriptions Anonymous (3 groups - Atlanta, Wash. DC & Utah)  
Psychologists Helping Psychologists (national)  
Psychiatrically Recovering Alcoholics (several groups in NJ)  
Racism & Bigotry Anonymous (those hurt by, 1 group in CA)  
Recoveries Anonymous (national - any "self-destructive symptoms" - 20 groups)  
Recovering Couples Anonymous (focused on relationship; international - 85 groups)

Relationships Anonymous (St. Louis, Missouri area)  
Repeat-Offenders Anonymous (national - 10 groups)  
S.A.R.A. (Sexual Assault Recovery Anonymous, Canadian national - incest and sexual abuse)  
Sex Addicts Anonymous (national)  
Sexual Abuse Survivors Anonymous (national 10 groups)  
Sexual Recovery Anonymous (international 19 groups)  
Sexaholics Anonymous (international)  
Sex and Love Addicts Anonymous (international - also known as Augustine Fellowship, S.L.A.A.)  
S-Anon (international - family/friends of sex addicts)  
Sexual Compulsives Anonymous (international)  
Shoplifters Anonymous (1 group in Minneapolis)  
Social Workers Helping Social Workers (national - 3 groups)  
Spenders Anonymous (1 group in Minneapolis)  
Suicide Anonymous (attempters - 3 groups in TN)  
Survivors of Incest Anonymous (national - 900 groups)  
Sexual Abuse Survivors Anonymous (national - 10 groups)  
T4-anon (AIDS)  
TARA - Total Aspects of Recovery Anonymous (national - any addiction or dysfunctional behavior - 17 groups)  
Therapists in Recovery (1 group in San Diego, CA)  
Trauma Survivors Anonymous  
12-Step Caucus of Physician Assistants (national)  
Unwed Parents Anonymous (national)  
Workaholics Anonymous (international - 78 groups)  
Youth Emotions Anonymous (national - 11 groups)

### **Groups that have adapted the 12-Step Approach**

Academics Recovering Together - ART (national - university/college faculty, chem. dependency)  
Combat Veterans Anonymous (for PTSD- groups developed in VA Hospitals in FL & GA)  
Dentists Concerned for Dentists (national - alcohol/chemical dependency)  
Double Trouble (groups in NJ -alcoholics who are on medication for psychiatric problems)  
Grow, Inc (over 100 groups in Illinois and starting in several other states - mental health)  
ICAP (national - alcohol/chemical dependency, for current/former female religious/nuns)

J.A.C.S. (national - Jewish Alcoholics, Chemically dependent persons & Significant others)  
M.I.R.A. (several groups in Illinois - Mentally Ill Recovering Alcoholics)  
Overcomers Outreach (national- Christian support for addictions, sharing 12 steps through Bible)  
Phobics Anonymous (national)  
Schizophrenics Anonymous (about 12 groups in Michigan area - 6 steps)

### **Other "Anonymous" Groups**

(Here are groups that use the "anonymous" name, but appear not to be 12-step.)

Batterers Anonymous (national)  
Cleptomaniacs & Shoplifters Anonymous (1 group in Michigan)  
Clutterers Anonymous (groups in California - not clear if they are self-help)  
Depressives Anonymous (primarily groups in New York City)  
Emphysema Anonymous (national newsletter)  
Free-N-One Recovery (national - 30 groups)  
Fundamentalists Anonymous (national - 50 chapters)  
Impotents Anonymous (national - over 100 groups)  
I-Anon (national - for spouses of impotent)  
Kleptomaniacs Anonymous (1 group in NYC)  
Messies Anonymous (national)  
Molesters Anonymous (model group - 10 groups nationwide)  
Parents Anonymous (emotional/physical child abuse)  
Wobblers Anonymous (national - those suffering adverse reactions to antibiotic drug, Gentamicin)

### **Groups No Longer Active in USA**

Domestic Violence Anonymous (had several groups in San Francisco)  
Neurotics Anonymous  
Sexual Abuse Victims Anonymous (Canadian)  
Shoppers Anonymous International  
Survivors (was for death of a loved one, to include childhood losses - had groups in a few states)  
Survivors of Transexuality Anonymous (group operated in NJ - no longer meeting)  
Victims Anonymous

### **Status Unclear**

Any current contacts or clarification for the following group would be appreciated:

Prostitutes Anonymous (was national & based in U.S)

### **FELLOWSHIPS FOR PROFESSIONALS THAT ADDRESS THEIR ADDITIONAL NEEDS DEALING WITH EMPLOYMENT CONCERNS**

"As professionals in the health care field, we always support, protect, and nurture the sick till the day they die. But should a colleague become ill with alcoholism or drug abuse, the reaction of our own professional community is often closer to that of a lynch mob." - Russ, a group member. In such situations, professionals are more often fired rather than provided with help or support- thereby losing the insurance that they need for treatment. Denial of the problem, by other professionals, especially those in need - is very high. If they are fortunate enough to recognize their addiction, they often feel that they are all alone.

An increasing number of self-help groups, run by and for recovering professionals, provide support and understanding to their members. Some are also open to family members. These groups indicate that they supplement the basic help provided by AA, NA, GA, Al-Anon, and others. They deal with the special problems faced in specific professions, such as the loss of one's license to practice, the easy accessibility to drugs, or the stigma sometimes faced by a helping professional seeking help. Among the national networks are those such as: **International Doctors in AA** (open to doctoral-level healthcare professionals); **International Nurses Anonymous** (any nurse in recovery); **International Lawyers in A.A.**; **Social Workers Helping Social Workers**; **Psychologists Helping Psychologists**; **Therapists In Recovery**, **Pharmacists Concerned for Pharmacists**; **Anesthetists in Recovery**; **Physician Assistant Recovery Network**; **Academics Recovering Together** (college & university faculty or administrators), the **Intercongregational Alcoholism Program** (for Catholic nuns and former nuns); **National Association of Responsible Professional Athletes**, and the **Nat'l Association of Lesbian and Gay Alcoholism Professionals** (the majority of whose members are in 12-Step programs). Another national group is **Co-Dependents Anonymous For Helping Professions**. Others, that are developing into national networks, include ones such as the **Dentists Concerned for Dentists**, **Realtors**

**Concerned for Realtors, Recovered Alcoholic Clergy Assn (Episcopal) and Clergy Serving Clergy.**

The groups help in various ways. Pat, a nurse, gave an example of one member's problem: "In applying for her nursing license in the new state to which she had just moved, she was truthful and answered the question, 'Have you ever been treated for alcohol or drug addiction?' by responding 'Yes, I am a recovering alcoholic regularly attending 12-Step meetings'. Her license was denied by the board, which indicated that her attendance at a 12-Step meeting reflected how she has not recovered and therefore is not able to assume nursing responsibilities in their state. With the support of her self-help network, she is appealing the ruling." For information on any of the networks cited above, call the Clearinghouse or use keyword search engine at our web site ([www.selfhelpgroups.org](http://www.selfhelpgroups.org)).

Listing was partially updated 1/00 (but estimates of number of local groups are from 1997-98)