Self-help organizations across the world, such as Alcoholics Anonymous, Croix d’Or, The Links, Moderation Management, Narcotics Anonymous, and SMART Recovery, have attracted tens of millions of individuals seeking to address addiction problems with drugs or alcohol. For the first time, this book provides an integrative, international review of research on these organizations, focusing in particular on the critical questions as to how they affect individual members and whether self-help groups and formal healthcare systems can work together to combat substance abuse. Keith Humphreys reviews over 500 studies into the efficacy of self-help groups as an alternative and voluntary form of treatment. In addition to offering a critical, state-of-the-art review of the international body of research in this area, he provides practical strategies for individual clinicians and treatment systems to interact with self-help organizations in a way that improves outcomes for patients and for communities as a whole.

Keith Humphreys is Associate Professor of Psychiatry at the Stanford University School of Medicine, and Director of the Program Evaluation and Resource Center. He has received national and international awards for his work, and has served on expert consultant panels for the Center for Mental Health Services, the National Institute of Alcohol Abuse and Alcoholism, the Office of Behavioral and Social Science Research, the Department of Veterans Affairs, and the Office of Juvenile Justice and Delinquency Prevention.
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Contents

Acknowledgements x

1 Definitions, scope, and origin of the health-related self-help group movement 1

Points of departure 1

Goals of this book 2

Goal 1: to describe addiction-related self-help organizations 2

Goal 2: to evaluate how self-help group involvement affects members 3

Goal 3: to provide guidelines for clinical and policy interaction with self-help groups 4

Goal 4: to bring science to bear on controversial issues in the field 5

The scope of this book

Range of societies examined 8

Benefits and challenges of an international scope 9

Range of addiction-related and non-addiction-related self-help organizations addressed 11

Range of disciplines covered 12

What self-help organizations are and what they are not 12

Nomenclature 12

Essential characteristics of self-help organizations 13

Optional features of self-help organizations 17

Differentiating self-help organizations from other interventions 21

Generic factors behind the development of the self-help group movement in the modern world 24

Five inter-related forces that have fostered the modern self-help group movement 26

Improved public health and wealth 26

Weakening of familial ties 27
## Contents

<table>
<thead>
<tr>
<th>Limits of professional assistance</th>
<th>28</th>
</tr>
</thead>
<tbody>
<tr>
<td>The rise of consumerism in health care</td>
<td>30</td>
</tr>
<tr>
<td>Benefits of participation</td>
<td>31</td>
</tr>
</tbody>
</table>

### 2 An international tour of addiction-related mutual-help organizations 33

#### Background and context 33

#### Origins, philosophy, and membership of addiction-related self-help organizations 35

- Alcoholics Anonymous 35
- Abstainers Clubs 43
- Al-Anon Family Groups 46
- All Nippon Sobriety Association/the Sobriety Friends Society (Danshukai) 51
- Blue Cross (Croix Bleue) 54
- Clubs of Treated Alcoholics 57
- Double Trouble in Recovery 60
- Free Life (Vie Libre) 63
- Jewish Alcoholics, Chemically Dependent Persons, and Significant Others 65
- The Links 67
- Moderation Management 70
- Narcotics Anonymous 74
- Nicotine Anonymous 77
- Oxford Houses 78
- Pui Hong Self-Help Association 80
- Rational Recovery 82
- SMART Recovery 84
- SOS/LifeRing Secular Recovery 86
- Women for Sobriety 88

#### Comparisons and contrasts 90

### 3 Does self-help group participation lead to positive addiction-related, psychiatric, and medical outcomes? 94

#### Conceptual background 94

- The case for evaluating whether addiction self-help groups “really work” 94
- Evaluating self-help groups as analogous to professional healthcare interventions 95
## Contents

Randomized clinical trials as a regulating ideal in treatment research ........................................... 96
Randomized trials are not necessarily the best guide to useful knowledge .................................................. 96
Randomized trials have additional shortcomings specific to self-help group evaluation ............................. 97
Correlational studies and quasi-experiments are no panacea either ......................................................... 98
Outcome studies of specific addiction-related mutual-help organizations ........................................... 99
  Al-Anon Family Groups .................................................................................................................. 100
  All Nippon Sobriety Association and the Sobriety Friends Society (Danshukai) .................................. 102
  Clubs of Treated Alcoholics ........................................................................................................... 103
  Double Trouble in Recovery ........................................................................................................... 103
  Moderation Management ............................................................................................................... 104
  Narcotics Anonymous ................................................................................................................... 104
  Nicotine Anonymous .................................................................................................................... 106
  Oxford Houses .................................................................................................................................. 107
  Pui Hong Self-Help Association .................................................................................................... 108
  Rational Recovery ......................................................................................................................... 108
  Secular Organization for Sobriety ................................................................................................... 109
  Women for Sobriety ....................................................................................................................... 109
Outcome studies of AA ..................................................................................................................... 109
  Experimental and quasi-experimental studies of AA as a sole intervention ................................. 111
  Longitudinal studies of AA’s effectiveness in combination with treatment .................................. 115
  Summary of AA effectiveness studies .......................................................................................... 119
Three intriguing questions about AA’s effectiveness ........................................................................ 119
  Mediators of AA’s influence on drinking outcomes ........................................................................ 119
  AA’s potential for population-level benefits ................................................................................... 123
  Weaknesses and possible harms of AA .......................................................................................... 125
Summary ........................................................................................................................................... 126

4 A different perspective on change in self-help organizations: spirituality, identity, life stories, friendship networks, and politicization .................................................................................................................. 128
Moving beyond the treatment-outcome perspective ........................................................................... 128
Scope and background .................................................................................................................. 130
## Contents

<table>
<thead>
<tr>
<th>Domain 1: spiritual change</th>
<th>131</th>
</tr>
</thead>
<tbody>
<tr>
<td>Understanding spiritual change in substance-abuse-related self-help organizations</td>
<td>137</td>
</tr>
<tr>
<td>Domain 2: identity and life-story transformation</td>
<td>141</td>
</tr>
<tr>
<td>Domain 3: friendship-network composition</td>
<td>144</td>
</tr>
<tr>
<td>Domain 4: politicization and empowerment</td>
<td>146</td>
</tr>
<tr>
<td>Summary</td>
<td>148</td>
</tr>
</tbody>
</table>

### 5 How should government agencies, healthcare organizations, and clinicians interact with self-help organizations?

| External support of self-help organizations: benefits and risks | 149 |
| Direct health benefits | 149 |
| Healthcare cost reductions | 150 |
| Challenges to collaboration | 152 |
| Summary: moving carefully forward | 154 |

#### Strategies for governmental support of addiction-related self-help organizations

| Legitimating rhetoric | 155 |
| Direct financial support of self-help organizations | 156 |
| In-kind resource provision | 156 |
| Investments in self-help support organizations | 157 |
| Media and information campaigns | 159 |
| Training and education for professional helpers | 160 |
| Research support | 161 |
| Self-help groups as participants in relevant policy arenas | 163 |

#### Strategies for individual clinicians and treatment agencies

| The need for a collaborative mindset | 164 |
| Avenues for collaboration | 166 |
| Making effective referrals | 167 |
| Empirically supported referral strategies | 167 |
| Consultation and an experimental attitude over a priori matching | 168 |
| Common worries about referral | 169 |
| Helping to start self-help groups | 174 |
| Technical assistance, lectures, research help, and media referral person | 174 |
| Attending self-help groups as a professional | 175 |

### Epilogue: summing up, moving forward

| Some answers for the Martian | 177 |
Contents

What are addiction-related self-help organizations and where do they come from? 177
What effects do self-help organizations have? 179
How might professionals interact with self-help organizations? 180
Toward a better tomorrow 180

References 182
Index 219
Acknowledgements

Anyone who writes a book has many people to thank for its virtues, and only himself to blame for its shortcomings. My greatest debt for this book is to Peter Mendel, who must have inhaled ten decades’ worth of library dust while scouring the interdisciplinary literature on self-help organizations. Peter’s trenchant analysis of prior self-help group research was essential groundwork for this book. Doyanne Horst also did heroic service by proof reading the entire manuscript and reference list, and by obtaining Spanish grey literature. Colleen Loomis caught many typographical errors that had escaped my eyes and also helped me to obtain and understand some French articles. Tomofumi Oka offered the same assistance with some Japanese literature, and also patiently answered my series of nigling questions on the distinctions between Danshukai, Danshu- Tomo-no-Kai, and Zenzoku Danshu Renmei. A number of scholars graciously took the time to critique draft sections of the text and to provide important insights into self-help organizations. My warmest thanks for such assistance goes to James Awbrey, Ehab El-Kharrat, A. Thomas Horvath, Lee Ann Kaskutas, Ernest Kurtz, Noriko Kurube, Linda Kurtz, Alexandre Laudet, Klaus Mäkelä, and Josef Ruzek. Series editor Griffith Edwards richly deserves the title of “honorary midwife” for inspiring me with intellectual and personal support throughout the entire process of conceptualizing and revising the book. Last, but certainly not least, I am also indebted to Alcoholics Anonymous, Blue Cross, and Jewish Alcoholics, Chemically Dependent Persons and Significant Others for clarifying specific aspects of their organizations, as I am to the hundreds of members of various self-help organizations who have shared their stories with me over the years.