

Attend a Group or Class

The Department of Community and Human Services provides substance use treatment for adults (18+) with concerns of substance misuse including those for whom mental health may also be a concern. Examples of such groups include but is not limited to Matrix, DBT, MRT, Compassionate Recovery Practices and Seeking Safety.

Individual recovery happens and stays stronger when there is connection to a larger group, family or community. To that end, the Department provides space for public groups not only for clients, their families and friends, but also for those in general public living with substance use. Everyone in recovery needs support, and those who are concerned about a person with a substance use problem needs support too.

Understanding recovery classes give those with addiction, their relatives and friends the chance to learn about the effects of alcohol and other drugs on the brain and on their lives. The group leader, DCHS outpatient therapist, also provides information about the resources in the City of Alexandria for those interested in making changes in their relationship with alcohol and drugs. Knowing more about complex health, biological, thinking and emotional aspects of substance use disorders guides people through recovery and allows friends and family to provide better support. Understanding Recovery (Wednesdays 11:00am - 12:00pm) covers following topics:

- Triggers and cravings
- Alcohol and MAT
- AA/NA Matrix panel
- Stimulants
- Road map for recovery
- Families in recovery
- Avoiding and coping with relapse
- Neurobiology of addiction
- Opioids and MAT
- Co-occurring disorders
- Communication traps
- Living with an addiction
- Cannabis

Need Help?

If you or someone you care about needs help with addiction, call anytime at:

703.746.3535 | Intake, Business hours
703.746.3636 | 24 hours
703.838.5054 | TTY

➤ For those currently using alcohol or other drugs in need of a safe and supportive setting to address the physical withdrawal symptoms, please call 703.746.3636 to reach the Residential Treatment Line. Assistance in accessing local services is available 24/7.

➤ For those who use intermittently or who have recently begun establishing abstinence, please call Central Intake at 703.746.3535 to schedule an assessment of your needs and preferences and to be referred to available programs.

➤ For those who use opioids (heroin, Oxycontin, Percocet, fentanyl, etc) and who are interested in participating in the Opioid Treatment Program, please call 703.746.3610 and leave a message to speak with the Opioid Intake Coordinator.

Recovery Groups & Classes for the Public



Department of
Community and
Human Services



Department of
Community and Human Services
4850 Mark Center Drive
Alexandria, VA 22311
703.746.3600 | 703.838.5054 TTY



703.746.3600

www.alexandriava.gov/DCHS

Self-Help Community

There are variety of in-person and online self-help meetings offered in the community. 12-step Recovery groups use a 12-step model targeting specific addictions. Each is a fellowship of men and women who share their experience, strength and hope with each other so they may solve their common problems and help others to recover from addiction. Self-Management and Recovery Training (SMART Recovery) teaches people how to control their addictive behavior by focusing on underlying thoughts and feelings. Participants in SMART learn skills to manage their cravings and urges for the long term.

Depending on individualized needs, senior therapists provide linkage to peer support services as well as 12 step community such as AA, NA, Smart recovery, MA and CA. For those interested in online recovery community supports, following websites can be explored:

www.aa-intherooms.com
www.aa-intergroup.org
www.soberrecovery.com
www.ca-online.org
www.ma-online.org

Understanding Recovery Group

Understanding Recovery classes give those with addiction, their relatives and friends the chance to learn about the effects of alcohol and other drugs on the brain and on their lives. The group leader—a DCHS Outpatient therapist—also provides information about resources in the City of Alexandria for those interested in making changes in their relationships with alcohol and drugs. Knowing more about the complex health, biological, thinking and emotional aspects of substance use disorders guides people through recovery and allows friends and family to provide better support.

Wednesdays

11 a.m.-12 p.m. Understanding Recovery



Recovery Topics

Understanding Recovery Topics

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