



**Honorable Lauren C. Moore**  
**Drug Court Judge**

*Dr. Daryl D. Jackson, Program Coordinator*

***The Greater Cleveland Drug Court will now start offering Self-Help/Recovery Support Groups.*** Self-help groups, also known as mutual help, mutual aid, or recovery support groups, play a vital role in substance abuse treatment in the United States, and research has shown that active involvement in support groups significantly improves the likelihood of remaining clean and sober.

In a self-help group, the members share a common problem, often a common disease or addiction. Self-help groups can occur in a wide variety of forms, from two individuals sharing experience and coping strategies, to small groups gathering in community meeting rooms, to large, incorporated organizations offering information, support and advocacy services.

Those who attend often find a deep sense of fit – a sense of finally connecting with others who suffer the same difficulties. Within this community of like-minded individuals, recovery support groups help a person to reach for recovery and take responsibility for his or her alcohol and/or drug problems.

**Who:** Open/Free to ALL

**What:** Open Self-Help/Recovery Support Group

**When:** Every Drug Court Wednesday

**Where:** Honorable Lauren C. Moore, Drug Court Judge /Courtroom (14A)

**Time:** 9:00 AM-10:00 AM

For more **Information on Self-Help/Recovery Support Groups** please contact:

Mr. Thomas Mulgrew, Bailiff Supervisor (216) 664-4723

Mr. Wallace Green, Probation Officer (216) 664-3287

Dr. Daryl D. Jackson, Program Coordinator (216) 420-8871