

## Common Questions

**Q: Is STAGE-12 the same as AA?**

**A:** No. STAGE-12 helps you understand how groups like AA, CA, and NA work and helps you be more actively involved in them to further your recovery.

**Q: I've tried AA before but it didn't work for me. How will STAGE-12 be different?**

**A:** Your STAGE-12 counselor will help you look at your past recovery efforts and explore new ways to use 12-step groups to be more successful in the future.

**Q: How long is the STAGE-12 study?**

**A:** STAGE-12 takes place over 5-8 weeks; about the amount of time it takes to complete your outpatient treatment at this clinic. After the 5-8 week period we would like to see you again 3 and 6 months later to see how you are doing.

**Q: I'm not religious. Can I still be part of the STAGE-12 study?**

**A:** Yes. Wherever you are in your spiritual life, STAGE-12 will help you use that understanding to aid your recovery.

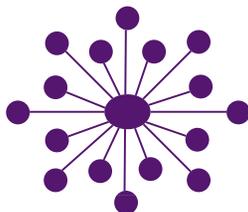
**Q: I didn't feel comfortable going to AA with my drug addiction. Can STAGE-12 help?**

**A:** Yes. Your STAGE-12 counselors will help you find the groups that work best for you.

## For more information

Please ask to speak with the study research staff. They can tell you more about the study and help you figure out if it would be right for you.

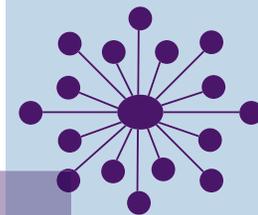
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**NIDA**  
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ON DRUG ABUSE



National Drug Abuse Treatment  
**Clinical Trials  
Network**

**ACTIVE HEALING  
THROUGH THE  
STAGE-12 PROGRAM  
& LIFESTYLE CHANGES**

**STIMULANT  
ABUSER  
GROUPS TO  
ENGAGE IN  
12-STEP**

**SHOULD I JOIN?**

National Institutes of Health  
U.S. Department of Health and Human Services

# ACTIVE HEALING THROUGH THE STAGE-12 PROGRAM & LIFESTYLE CHANGES

## What is this study about?

Thank you for your interest in this study!  
We have put together this brochure to help you decide if the STAGE-12 study is right for you. STAGE-12 stands for **STimulant Abuser Groups to Engage in 12-Step**.

This study seeks to find out if STAGE-12 can help people like you get off drugs and stay off drugs. STAGE-12 is for people who are addicted to stimulant drugs like cocaine, crack, or methamphetamine. STAGE-12 helps you understand how 12-step groups (like AA or NA) work and how to get started in them so you can be more successful in recovery.

## What is STAGE-12?

STAGE-12 is NOT the same as 12-step or AA. STAGE-12 breaks down how those programs work, making it easier for you to attend more meetings and to get the most out of them. STAGE-12 uses a combination of individual and group sessions, providing both one-on-one attention and a shared experience to help you better understand your addiction and take charge of your recovery.

## What if I want to join?

This study is for people 18 years or older who abuse or are dependent on stimulant drugs. You must be in treatment at this clinic and meet other characteristics for the study. If you choose to be in the study, you have a 50-50 chance of participating in STAGE-12 or in regular care at this clinic. You will be asked to attend research visits outside of treatment so we can see how you're doing.

## What should I expect?

If you are selected for regular care, you will receive the usual clinical treatment, without STAGE-12. You will meet with your regular counselor and attend regular treatment groups. If you are in STAGE-12, you will have group and individual sessions built into your regular care at this clinic so you won't attend extra treatment sessions. At the research visits, we will ask you about your drug use and about how you're doing so we can determine how well STAGE-12 or regular care is working.

We want to know how you're doing no matter how things are going. Our hope is that the information you provide about your own recovery experience in this study will help us design better tools for others seeking treatment in the future.

