

Online Resources In American Sign Language (ASL) For Deaf People in Recovery

Providing resources directly in ASL by people who are Deaf will help an individual connect their experience to others who share their culture and knowledge. Here are a few online resources to use:

DODA: Deaf Off Drugs and Alcohol YouTube Channel:

<https://www.youtube.com/user/DODArecovery/videos>

Offers a recovery story in three parts as well as the 12 Steps, 12 Traditions, 12 Promised, Lord's Prayer, and Serenity Prayer in ASL.



Owning Our Decisions (OODASL) YouTube Channel:



<https://www.youtube.com/channel/UCcEXghI3wIZFgzY28M-xU-g>

Owning Our Decisions is an educational drug awareness project created by Silent Voice Canada in association with Parent Action on Drugs (PAD). Each video describes 1 of 5 recreational drugs, its effects, and its risks.

Online 12 Step Meetings Plus Daily Meditations, Thoughts, and Prayers

<https://www.sardiprogram.com/dodameetings/>



Sounds of Sobriety (SOS): This online email group was formed to help us who have a hearing loss (deaf, deafened, or hard of hearing) to find a place to recover from alcoholism. For many of us, face-to-face AA meetings no longer work. All members of AA, or those who think they may have a problem with alcohol, are welcome. [SOS online group-subscribe@yahoogroups.com](mailto:SOS_online_group_subscribe@yahoogroups.com)

The Transformation Center

Recovery Stories in ASL focused on both mental health and substance use disorder.

<https://www.youtube.com/watch?v=yihQPfmGQxU&index=7&list=PLnjWmrSW3LjdCnKz1fkL6RwXOaC7ZFtnJ>



12 Step Interpreted Meeting – Foxhall, MN

Each week, an open AA meeting in Eden Prairie, MN makes an ASL video and audio video of their meeting. This is a meeting people from the MN CD Program and those in the community have attended for many years. The AA group provide the interpreter and they are a larger meeting and truly self supporting. For recordings of past interpreted meetings:

<https://drive.google.com/drive/u/0/folders/0B3vj4fiMYOa2S1Q0WXdBbnhDcE0>

12 Steps in ASL: How to Work the Steps

<https://www.youtube.com/watch?v=AZtQZelhvPE>

