RECOVERY SUPPORT GROUP

At **11:45am**

**Welcome Statement:**
[TO BE READ ALOUD BY CHAIRPERSON:]

Hi, my name is ______________________, and I am in Recovery. I want to welcome you to the NRAP Recovery Support Meeting. NRAP is a collegiate recovery program being run by the HYPER Student Organization here at UNLV.

Let's begin this meeting with a moment of silence, to do with as you may.

[Moment of silence]

I have asked _________________ to read “The Meeting Preamble”

I have asked _________________ to read “Our Group’s Guidelines”

As mentioned in “Our Group’s Guidelines” please limit you’re sharing to 3-5 minutes to allow as many people possible the chance to share. The Chairperson will share first. There is no need to raise your hand to be called on just speak up if you would like to share. We will stop the meeting around 12:35pm for announcements and other business.

[Chairperson shares first]

The meeting is now open for sharing.

At **12:35pm**

Chairperson: My name is ______________________, and I am in Recovery. That’s all the time we have for sharing. If you didn’t get a chance to share and would like to talk with someone after the meeting you are encouraged to do so. The HYPER student organization is also extending open drop-in hours on _________________ in the Rebel Wellness Zone on the 2nd Floor of the SRWC.

**Announcements:**

[Read upcoming student organization announcements]

Are there any recovery related announcements?

**Closing:**

Remember, what you hear at this meeting is confidential; leave it at this meeting. It is not for public disclosure or gossip. Please respect the privacy of those who have shared here today.

To end the meeting we would like to hear

- Something you are grateful for
Meeting Preamble:

Hi, my name is ____________, and I am in Recovery.

This is not a treatment or therapy group; no one is here in a professional capacity. Our purpose is to connect, grow, and thrive with our peers in recovery that share similar values and beliefs. We are not here to talk about others, to condemn, criticize, or judge anyone. Our desire is to improve the quality of our lives by looking honestly at who we are, by learning from listening to, and sharing with each other.

The NRAP Recovery Support Group meeting is created for students to share their experience, strength, and hope with each other. It is designed so students may help each other solve common problems that we face in recovery and show that recovery is possible.

This group is meant to supplement your individual recovery program or pathway of choice. We as a group believe that you should pick a primary pathway of recovery this can include faith based recovery programs (ex. Celebrate Recovery), mutual support groups (ex. 12-step programs like AA, NA, GA, etc.) and many others. We ask that each student attending respect other students program or pathway of choice. We focus on the similarities here, not the differences.

Disclaimer: Because NRAP is a program here at UNLV we are legally obligated to connect students dealing with self-harm or other issues with the appropriate University services. For Example, if you are contemplating harming yourself we must connect you with CAPS or another staff member that will be able to help you. There are many resources available to students here on campus and we encourage you to take advantage of them.
**Our Group’s Guidelines:**

Every meeting we remind ourselves of some basic group guidelines. Many of the guidelines are borrowed from 12-step meetings and are used as part of our group. Remember that whatever you hear at this meeting is shared with the trust and confidence that it will remain here. Who you see here, what is said here, when you leave here, let it stay here.

1) Everyone is invited to share, but no one is obligated to do so.

2) Please keep your sharing focused on recent experiences and events. Focus on your personal experience, strength and hope.

3) Limit your sharing to 3-5 minutes. Allow everyone in the group to share once before you share a second time.

4) Please no cross talking. Cross-talk occurs when individuals speak out of turn and interrupt one another. The group is disrupted, and focus is diverted from the individual whose turn it is to speak.

5) Refrain from asking questions. Questions will be answered after the meeting so that sharing will not be interrupted.

6) If you have recently used chemical substances which have had a mood-altering effect on your behavior, we ask you NOT to share until after the meeting.

7) We are not here to advise, soothe, or solve other people’s problems. We can share what we have done to change our own behavior, but not what we think someone else should do.

8) We ask that you respect all members of the group

9) Please maintain and respect the anonymity and privacy of members of the group

10) Always try to focus on the solutions
Recovery Milestone Recognition:

This group is not part of a traditional 12-step program. It is however, our desire to recognize those celebrating milestones of recovery. This is so other members can see the possibility of achieving freedom and recovery.

Besides milestones of recovery, it is our strong desire to recognize those who have not yet made recovery steps but who have the desire to be free.

For all those who come before this group, we will not only celebrate you, but we pledge to stand with you in all stages of your recovery.

**How this works:** please raise your hand if you have achieved the given recovery milestone being announced. This is to show the group that recovery is possible at any age.

**Say:** Is there anyone here today that has achieved a __________? (Follow the bullets below)

- 1 MONTH
- 2 MONTHS
- 3 MONTHS
- 4 MONTHS
- 5 MONTHS
- 6 MONTHS
- 7 MONTHS
- 8 MONTHS
- 9 MONTHS
- 10 MONTHS
- 11 MONTHS
- 1 YEAR
- 18 MONTHS
- 2+ YEARS

**Say:** Most importantly give yourself a hand for being in the process of recovery today. (Give yourselves a hand)

(And now.... Back to the chairperson)