



ROCKHAVEN AFTERCARE MEETING INFORMATION

GENERAL INFORMATION

1. The Aftercare Meeting will take place every Wednesday evening from 6:30 p.m. to 8:30 p.m. There will be a 10-minute break at approximately 7:30 p.m.
2. The Aftercare Program will run on a three-week cycle.
In Weeks 1 and 2, the meetings will involve sharing and feedback only.
In Week 3, a 30-minute presentation will be given on selected topics and then sharing and feedback will follow. Group members will be involved in choosing the presentation topics.
3. The group will be open to all Rockhaven Alumni and all male clients returning from treatment centers who have completed their programs.
4. The meeting will be held in the Rockhaven Board Room until such time as the group outgrows this room.
5. Each member will be given an information package which includes an Oath of Confidentiality, a Catalyst Information Sheet, Group Guidelines and a Feedback information sheet. The first two of these must be completed and handed in to the group facilitator following the first meeting.

TOPICS TO BE COVERED (in priority order)

1. Relapse Prevention
 - a) PART I - This presentation will focus on the following:
 - * dealing with cravings
 - * the "firsts" in early recovery
 - * signs of relapse thinking and danger signals
 - * a safety plan
 - * community resources
 - b) PART II - This presentation will focus on dealing with emotions in recovery:
 - * loneliness and boredom
 - * self esteem and self image
 - * stress
 - * expectations vs. reality
2. Working "The Program"

There are certain 'suggestions' in 12-Step meetings that help members to stay clean and sober. They are as follows:

 - * joining a Home Group
 - * getting a Sponsor
 - * reading the "Big Book" in A.A. & "Narcotics Anonymous" in N.A. (etc.)
 - * slogans
 - * doing service work
 - * giving back
 - * connecting with 'the fellowship'
 - * attitude of gratitude
 - * prayer & meditation
3. Goal Setting and Financial Planning

Members will identify goals and the necessary steps to reach them, and be given the tools to do a budget and begin financial planning.
4. Grief

The myths about grief will be addressed and a presentation will be made on dealing with significant losses in our lives.

5. Relationships
This presentation will focus on the following:
 - * lust vs. love
 - * setting boundaries

6. Communication Skills
This presentation will focus on:
 - * listening skills
 - * aggression vs. assertiveness
 - * healthy communication skills
 - * being responsible for your own emotions
 - * being aware of your body language

7. Fun in Recovery
This presentation will focus on:
 - * socializing without alcohol and drugs
 - * self-discovery (re: hobbies, etc.)
 - * learning to laugh at yourself

8. Concurrent Disorders
A new focus in the mental health & addictions field is the idea of concurrent disorders. This presentation will deal with the following:
 - * staying clean & sober with a mental illness
 - * acceptance and self-responsibility
 - * dealing with the stigma of both diseases

9. Parenting in Recovery
This presentation will focus on the following:
 - * learning good parenting skills
 - * 'natural consequences' vs. discipline
 - * breaking the cycle
 - * age-appropriate rules

PLEASE NOTE: There are many other topics that can be presented. The Committee picked eight topics they felt were most important and the facilitator will add to this list as necessitated by the group.