



# How to improve your chances of being accepted to the free SHARE! Advanced Peer Specialist Certificate training

## ATTEND SELF-HELP SUPPORT GROUPS BEFORE THE CLASS STARTS

One of the best evidence-based peer interventions is self-help support groups. To improve your chances of being accepted to the training, attend at least three of the following self-help support groups a week:

One of the meetings should be:

- 1) **Recovery International** – [recoveryinternational.org](http://recoveryinternational.org)

Recovery International is the best self-help support group for any mental health consumer.

2 & 3) Choose from

**Co-Dependents Anonymous**--see [www.lacoda.org](http://www.lacoda.org) or [www.coda-tvcc.org](http://www.coda-tvcc.org)

**Debtors Anonymous** –[socialda.org](http://socialda.org)

**Underearners Anonymous** -- [underearnersanonymous.org](http://underearnersanonymous.org)

**Neuroticos Anonimos** (for Spanish speakers) -- [www.neuroticosanonimos.us](http://www.neuroticosanonimos.us)

**Adult Children of Alcoholics/ Dysfunctional Families (ACA)** --- [socialaca.org](http://socialaca.org)

If you are already attending Narcotics Anonymous, Cocaine Anonymous or Alcoholics Anonymous, please attend an alternative sobriety group such as Refuge Recovery, SOS, SMART Recovery, Free N One or Celebrate Recovery.

The expectation is more than just meeting attendance – the benefits come from working the program.

That includes:

- Showing up early or on time for the meeting
- Sitting in front
- Raising your hand to read literature, share or otherwise participate
- Getting the phone list and making calls between meetings
- Read the literature of the program
- Use the tools of the program, such as journaling, meditation, using spots, working the steps, bookending etc.
- Ask for a sponsor in those meetings which use sponsors
- Seek out opportunities outside the meeting to meet people and have fellowship