



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

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 or www.coda-tvcc.org

Debtors Anonymous –socialda.org

Underearners Anonymous -- underearnersanonymous.org

Neuroticos Anonimos (for Spanish speakers) -- www.neuroticosanonimos.us

Adult Children of Alcoholics/ Dysfunctional Families (ACA) --- 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