

PROMOTING RECOVERY CONFERENCE GUIDELINES (TIPS)

These guidelines are for consumers and for staff to support consumers to get the most out of attending conferences and meetings. Agency supported conferences/meetings are a time to advance in our recovery.

1. It is best if you attend conferences with classes or workshops that will be of most benefit to you personally and if employed by NLCMH in your staff position.
2. Conferences offer you a chance to learn more about your life and recovery. You should attend all possible sessions; leaving early will not allow you to learn the most.
3. Be aware of the health needs of others. Recognize that others do not like smoking in vehicles and that no smoking is allowed in NLCMH vehicles. Give others a chance to enjoy the experience with no undue health matters.
4. See this as an opportunity to share your skills and talents with others. Do your best to represent yourself, others, and the sponsoring organization positively. Be considerate of others who want to learn and need minimum distractions during meetings/ sessions.
5. Some consumers need to take walks and cannot sit a long time at sessions. If you need to leave please leave the session quietly with minimum disturbance will benefit all concerned.
6. You can be a positive influence by using appropriate behavior so that others present see you as willing to learn new and interesting things. You are a model to others.

7. Do not drink and drive. Do not use illegal drugs or abuse alcohol. Be aware others may have a substance abuse problem. This does not show that you want to change things in your life. Showing others that these substances are not a part of your life will show others you are on your road to recovery.
8. When you come back from a conference please share the information learned as this can go a long way to helping others. Sharing information and helping others is another positive step towards your recovery.
9. You may have outside influences, family, friends and others who will not let you learn to your greatest ability. Being in the moment and learning at the conferences with minimum distractions will be better for everyone. We are at conferences to learn and share.
10. Have fun and get to know others, but also take full advantage of what the conference/ meeting has to offer. If you try to learn and share, your recovery goals can be achieved easier and faster when you think of them as a learning experience.
11. Be proud that you are a role model. Show you care about yourself and those around you. We can make a difference in each other's lives by using consideration and common sense when we face new challenges.