

Recovery Dojo Agreements and Commitments

We welcome you into the Recovery Dojo (RD). We expect you to keep the following commitments to yourself and to others in the Dojo in order to keep this a respectful and productive place for all.

1. Confidentiality

- Respect the privacy of everyone in Webex meetings. What is said in group, stays in group.

2. Attendance

- I agree to log onto the Webex group every day, on time and with my assignments completed. Dojo meets every Monday-Thursday from 10am-3pm.
 - **If I cannot attend for any reason, I will call Kelly before 9:30am (540-541-8354).**
 - It is not ok to be doing errands during group. Please plan all errands and appointments for after 3pm when group is over. Please avoid constantly walking around during group- its distracting.
 - **No riding around in cars during group. I will be told to log off and counted absent.**
 - **Showing up on time makes you eligible for FREE GAS Cards.**
 - Three unexcused absences = dismissal from the group.
 - Two late times = one absence. This includes unexcused lateness after each break in the day.
3. **10-15 minute breaks are given every hour so you can use the bathroom, snack, smoke, etc. Dojo Breaks for lunch every day from 12-12:30. (Recharge your phone over lunch)**
4. **Smoking is not permitted during group or individual sessions.** Tobacco products of any kind are NOT permitted including vapes, Juuls, chew & snuff. We have a no tobacco policy for these reasons:
- To protect the health and safety of you and others.
 - Nicotine is a highly addictive drug that is/was a factor in creating addiction patterns in your brain. Your recovery process will be strengthened by not seeing, smelling, tasting or hearing about behaviors that activate these brain pathways.
5. **Keep healthy boundaries.** Do not hang out with other group members outside of group except for seeing each other at NA/AA meetings. Do not offer to give things to or do work for other group members. No intimate/sexual relationships between group members.

6. Respectful Participation

- **Cell phones are to be turned off or silenced during the group. Reading texts or answering/making calls can be done only during breaks or at lunch time. Put your phone on Do Not Disturb.**
- Dress appropriately – no clothing that is too revealing or displays substance related images/words.
- Please use respectful language and be respectful of all differences in race, religion, gender, and sexuality.
- Do not tell 'war stories' or brag about your substance use experiences in group. Talking about drug use, faking drug screens, or dealing drugs can trigger other people's craving and keeps those ideas active in our minds.
- **If I show up high/drunk I will be logged off of the group and my referral source will be notified.**

Client Signature: _____

Aspects of a Healthy group:

- Follows group commitments and understands the purpose of them.
- Accepts feedback and consequences for not following commitments.
- Openly shares both successes and struggles. Gets at the real issues.
- Provides feedback and support to one another.
- Confronts one another out of concern and care for their peer's well-being.
- Provides a safe environment.
- Understands services are tailored for the individual and does not expect all treatment decisions to be the same.
- Shines a light on addiction. No secrets.
- Uses time in group to strengthen recovery.