

MODULE 2: THE THREE PILLARS OF RECOVERY (NETWORK, RESILIENCE, AND CHARACTER STRENGTHS)

rec@ver

Network-Professional Guidance

LEARNING GOALS AND OBJECTIVES OF THE ACTIVITY:

Objective n° 1

The importance of professional guidance

- Participants will understand the importance of seeking professional advice, provide access to trained professionals who can offer guidance and support tailored to individual needs.
- Participants will be equipped with techniques how to identify useful professional guidance.
- Through activities participants will determine situations in which professional advice may be appropriate, or necessary, to seek.
- Participants will be more open to examine their individual attitudes and misconceptions towards seeking professional help.

Objective n° 2

Access to professional resources

- Participants will learn about types of professional resources (educators, coaches, recovery communities, online platforms, guides).
- Participants will learn how to search for, evaluate and be able to access relevant and helpful services. (local and online)
- Through activities participants will gain knowledge about new methodologies and techniques for recognizing and evaluation of professional help.

Objective n° 3

Connecting to trained professionals

- Participants will connect with trained professionals who can provide personalized guidance and supports based on individual needs.
- Participants will develop greater confidence to be able to engage in dialogue as a means of professional networking, and develop a personalized guidance.



Co-funded by
the European Union



MODULE 2: THE THREE PILLARS OF RECOVERY (NETWORK, RESILIENCE, AND CHARACTER STRENGTHS)

Network-Professional Guidance



ACTIVITY DESCRIPTION AND MATERIALS

Activity description



1. Target group – adult educators, mentors of change
2. Time – 2 hours

1. Multimedia content: (Canva presentations, videos)
2. Digital workbook with a list of professional resources (for example: websites, hotlines, mentorship resources, online platforms, professional statistics)
3. Worksheets "The Guidance Plan" will provide further engagement and apply the experience to their own practice.
4. Bibliography with additional resources.

Materials



METHODOLOGY USED FOR THIS ACTIVITY



Group discussion

This method allows participants to think about personal stories or observations when professional assistance is needed and required. Throughout the activity will be asked reflective questions and creating a safe space for authentic sharing. It helps to identify barriers to help-seeking behavior, promote awareness of the methodologies used in professional guidance and its impact in recovery.



Guided role-play activity

Participants will engage in role-playing exercises that simulate real-life scenarios involving clients seeking professional guidance. Participants will understand the importance of seeking professional advice and determine what type of assistance can be sought and how to navigate the referral or engagement. They practice what it means to listen to someone with or near the need for support, ask open-ended questions, listen without bias and help determine next steps for professional guidance through evaluation and understanding the individual needs.



"Guidance plan"

Participants will be equipped with techniques how to identify useful professional guidance. Participants will be more open to examine their individual attitudes and misconceptions towards seeking professional help. Participants will learn how to search for, evaluate and be able to access relevant and helpful services. (local and online) Participants will create "Guidance plan" for resolving the problem in the scenario of the story proposed, offering the main steps with provided guidance, resources. In the "Guidance plan" participants will write the tips for facilitation of connection to trained professionals.



A circular discussion on practice what has been learned

The methods will allow the participants to consolidate the learning from the activities and clarify any remaining doubts. Participants work in a circle to explore how to identify needs, to provide insights on professional guidance. Participants will engage in dialogue as a means of professional networking.



Co-funded by
the European Union

MODULE 2: THE THREE PILLARS OF RECOVERY (NETWORK, RESILIENCE, AND CHARACTER STRENGTHS) Network-Professional Guidance



ACTIVITY DESCRIPTION

1. Introduction

The coach introduces the topic by explaining the main goals and the importance of professional guidance, building network with trained professionals, evaluating and recognizing useful professional guidance.

2. Group discussion

The educator divides the participants into groups of 3/4 people. This activity allows participants to discuss about personal stories or observations when professional assistance is needed and required. Through this activity the participants will discuss the importance of seeking professional advice, connecting to trained professionals, useful resources (online and local). It allows for participants understand the all aspects of guidance and its impact during the recovery. Participants will be more open to examine their individual attitudes and misconceptions towards seeking professional help. The discussion provides the reflexive questions such as:

- What is the main role of professional guidance and how to identify it?
- How to identify barriers to help-seeking behavior? What are the main obstacles of seeking professional advises? (*Lack of resources, materials, skills for building a trust with trained professionals, etc.*)
- Which recourses you can recommend?

3. Viewing multimedia content

The coach shows videos and presentations about how to recognize the useful resources, where to find professional support, providing professional statistics for highlighting its relevance in the recovery. Moreover, the coach introduces a digital workbook with a list of professional resources (for example: websites, hotlines, mentorship resources, online platforms). The main objectives are:

- how to teach clients how to access relevant resources.
- providing access to trained professionals who can offer guidance and support tailored to individual needs.
- equip participants with techniques and methodologies how to identify useful professional guidance.

4. Guided role-play activities

4. Guided role-play activities

Participants will engage in role-playing exercises that simulate real-life scenarios involving clients seeking professional guidance. The coach provide to participants a real case scenario for evaluation.

The aim of the participants will then be to outline a correct methodology for each case, evaluation professional support.

Afterwards, the coach will evaluate the work done, providing a summary.

-create "Guidance plan" for resolving the problem in the scenario of the story proposed, offering the main steps with provided guidance, recourses.

In the "Guidance plan" participants will write the tips for facilitation of connection to trained professionals.

Scenario of the real story:

Liam, a 28-year-old man, has had an ongoing drug addiction for several years. He has attempted to stop in the past but recently finished a 30-day residential treatment program and has been sober for 3 months. Currently, Liam is experiencing a sense of isolation.

His previous social support system had been comprised of all people who were part of his addiction lifestyle and he doesn't feel any support from them anymore. He is also primarily struggling with anxiety about remaining sober for the long haul after treatment, and this is leading to feelings of depression. He is beginning to feel daunted by all of this and is having thoughts of using again to cope. He hasn't reached out to a counselor, support group, or online professional social support even though he recognizes that it would be beneficial to at least engage others in recovery. He also is unsure of what type of professional support he needs or how to access professional support or resources. Your work as a recovery support professional is to help Liam acknowledge that it is important for him to seek professional support, in order to accessing the best source of the service he needs support, find adequate support for him, and connect him to a professional source of support to help him with his recovery.

Question: *"How would you help Liam understand why it is important for him to seek professional support and guidance ?*

5. A circular discussion on practice what has been learned

In a final circular discussion, participants will share their insights and reflections from the activities. It allows the participants to consolidate the learning from the activities and clarify any remaining doubts. Participants work in a circle to explore how to identify needs, provide insights on professional guidance. Participants will engage into a dialogue as a means of professional networking.

The main topics for discussion:

- importance of profesional guidance, advice and support from trained professionals.
- lessons what have been learned (insights,ideas,methods,tools)
- main tips searching for relevant and helpful services.
- developing a personalized guidance.

The final circular discussion helps to recognize the progress, all lessons that have been learned, insights, skills for evaluation resources, profesional guidance, and identifying needs for individual support.