

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

## Network-Community Involvement

### LEARNING GOALS AND OBJECTIVES OF THE ACTIVITY:

#### Objective n° 1

##### Community Involvement

- Encourage clients to engage in community activities and foster its positive effect on recovery process
- Discuss the importance of engaging in community activities during recovery
- Learn methods for fostering active engagement in community
- The impact of the community involvement in the field of recovery coaching

#### Objective n° 2

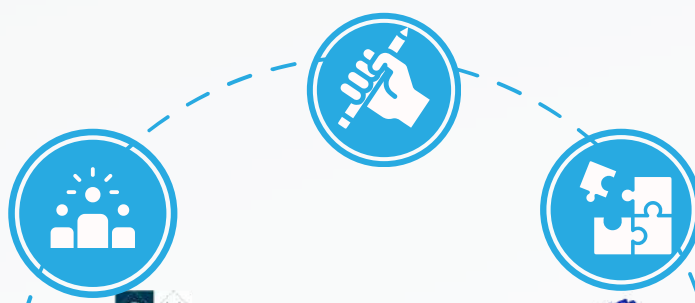
##### Building a sense of belonging and connection

- Building connection like an effective recovery coaching tool through community involvement
- Engaging recovery communities to provide connection and foster a sense of belonging
- Discuss the importance of volunteering and giving back and its role in the recovery

#### Objective n° 3

##### Fostering a network with communities

- Engaging individuals to participate in community activities like volunteering and support groups
- Teach clients how to find the relevant activities to participate
- Teach clients how to develop connection with support recovery groups, communities
- Guide clients how to integrate into communities and to build the strong network through active participation



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### ACTIVITY DESCRIPTION AND MATERIALS

#### Activity description

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

#### Materials

- Multimedia content: presentations (Canva or Power Point), videos, animations
- Digital workbook that list local community programs, volunteer options, support groups, and other professional resources.
- Scenarios for role playing
- Bibliography and additional resoures for further study.



### METHODOLOGY USED FOR THIS ACTIVITY



#### Group discussion

This method allows participants to engage into the discussion, finding new insights and ideas, understanding about personal stories or observations in their lives and identify the role of community engagement. Also, participant will discuss how the support groups help to build a sense of belonging and connection.



#### Good practice

The case studies based on good practice can motivate and encourage participants to take part in different community activities, understanding its positive impact during recovery. Good practice examples from real life can teach how to be active in society, building a sense of connection.



#### Giuded role playing simulation

Participants can practice in different scenario situation for building connection like an effective recovery coaching tool through community involvement. Through this method, participants can indentify the importance of volunteering and giving back and its role in the recovery. It helps to guide clients how to integrate into communities and to build the strong network through active participation



#### Storytelling tool in the field of recovery coaching

Storytelling is a powerful tool which allows participants to foster sense of belonging and connection through their real experience or another stories.



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## **ACTIVITY DESCRIPTION**

### **1. Introduction**

The coach starts by explaining the importance of a community involvement and its impact and effect during recovery. The coach will use multimedia content (presentations, videos, animations).

The main topics that will be discussed are:

- discuss the importance of engaging in community activities.
- the role of volunteering and giving back and its role in personal recovery
- how to build a sense of belonging and connection through community involvement
- how to find the relevant activities to participate which is relevant to individual's needs

### **2. Group discussion**

In this activity, participants will take part in a facilitated group discussion where they share their opinions on the significance of community engagement in the recovery process. The coach will ask some reflective questions, encourage open dialogue, and seek to help everyone feel comfortable contributing to the discussion.

The group discussion will be outlined with reflexive questions such as:

- How does engaging in community activities help with the recovery process?
- What kinds of activities or groups do you find useful in joining, and why?
- What are some strategies and methodologies you can use to remain consistent in involvement with these communities?
- How to help the client find the community activity and how to be active in society, building a sense of belonging and connection.

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### 3. Good practice:

The coach will present the cases of good practices of community involvement and its positive results in the recovery process.

The main goals are:

- show the good practice examples for motivation.
- learn new methods for fostering active engagement in the community through good practice examples.
- encourage participants to use the good practice exchange method in recovery coaching.

### 4. Giuded role playing simulation

The coach will present different scenarios for participants in order to find the best solutions, using the methodologies and tools, helping to improve the recovery process.

The participants will be divided into groups and with roles like mentor and client.

The coach will ask all participants to create a small digital workbook that lists local community programs, volunteer options, support groups, and other professional resources that is relevant for specific scenarios.

### Scenario proposal:

**Name: Max**

**Age: 36**

Max has been suffering from drug addiction, but before he has been sober 2 weeks after the recovery sessions. During the recovery, he did not go to support groups, did not do any community activities, and just went to a recovery mentor from an unknown webpage on the Internet. He understands that being involved in the community, such as volunteering or joining groups for recovery support could be healthy, but he feels immobilized by a fear of discrimination or being judged. After 3 weeks of recovery coaching, he could not reduce stress, anxiety and started to use drug again. His parents were died and he only has his son Alex, who does not support him and live in another country. Too many years ago Max and his son Alex used to play football together and it was a very good memory for them, but right now his relationship was broken.

Max feel very alone and rejected from society and his son, does not feel a sense of belonging and connection, because of using drugs he has lost all his friends. He experiences overwhelming anxiety and an feeling that there is no place for him and he does not belong to any community.

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### Tips for mentors:

- discuss the importance of engaging in community activities for recovery.
- identify the main problems of Max during the recovery and why it had not a longtime effect
- encourage Max to participate in activities that are relevant to his needs. Propose activities like: volunteering, support groups, professional guidance, and additional resources and materials.
- how to build a sense of belonging and connection through community involvement
- help Max to improve his relationship with his son Alex.

### 5. Storytelling:

In this activity, participants will share personal stories or another stories which should be based on the advantages of volunteering, comunity involvement acvivities and its positive effects in one's recovery.

The stories can encourage clients to engage in community activities and increase motivation for community involvement.

The storytelling is a powerful tool, which can benefit in the field of recover coaching like a innovate and strong method during the recovery.

### 6. Final discussion on lessons what have been learned:

After all activities, participants will provide constructive feedback on lessons what have been learned.

Also, in the final discussion, participants share with insights and tips how guide clients how to integrate into communities and to build the strong network through active participation.

The coach will share with the bibliography and additional resoures for further study.