

Zoom Group Rules

BY VOLUNTARILY ENGAGING IN GROUP, I AGREE TO THE FOLLOWING:

1. I agree to be respectful of others.
2. I agree to be in a private location, apart from any others, and free from distractions. (This means other, non-group members cannot be present during your group time. This includes, but is not limited to, children, significant others, other household members, etc.)
3. I agree not to use other electronics during group, including but not limited to television, video games, radio, computers or devices other than the one being used for Zoom, or any social media i.e. Facebook, Twitter, Instagram, etc.
4. I agree to no bring distractions and not engage in distracting behaviors during group. (This includes side talking, cell phones vibrating or ringing, smoking or using tobacco, food or drinks that are distracting to other, and other distracting behavior to be determined by the group facilitator.)
5. I agree to not taking prescribed or over-the-counter medications during group times. (If you need to take a medication, either wait until a break from group or excuse yourself from the group before leaving to take the medication.)
6. I agree to prioritize this group and find childcare for my group time.
7. I agree to be abstinent from all substances, including alcohol.
8. I understand that my group involvement is essential for success in this program. (This means that you need to be timely, unless pre-approved by your group facilitator. No late arrivals will be accepted. Please do no schedule other appointments during this time. If you miss more than three groups during your initial group phase, it may be grounds for discharge from the program. Excused absences may be personal, medical illness with a note from a physical, family death with documentation, court, and severe family illness with documentation.)
9. I agree that if the group facilitator offers a break during group, that I will return in a timely manner as directed by the group facilitator.
10. I understand that discussion regarding substance use and jokes regarding substance use are not appropriate for this environment. (There won't be tolerance regarding glorification of substance use or jokes regarding substance use. Additionally, do no engage in euphoric recall or "war stories" from your past use.
11. I understand that confidentiality is essential in the group. (This means that what happens in group stays in group. Additionally, anonymity is essential during recover, so please refrain from identifying others that either are or are not present.)
12. I agree to engage in group activities appropriately. (If you are asked a question, please make an attempt to answer appropriately. If you have trouble engaging meaningfully, please speak with your counselor.)
13. I agree not to socialize with the group members outside of group time. (This includes social activities, lending money, or having other from the group on your social media sites.)
14. I agree it is up to the group facilitator to follow through with group rules. (It is also up to the group facilitator to create a safe environment. Please address issues with the facilitator if you feel you need to. If you violate these rules the facilitator may ask you to leave the group session. This will be an un-excused absence, and if you continue to violate the rules you may not be permitted to remain in group. Please see your counselor with questions.)
15. I agree to explore opportunities within sober support in the community and will attend and participate with two 12 step meetings every week. I will submit the documentation of the 12-

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step meeting weekly to the group facilitator. I will discuss with my counselor my progress with this involvement.

16. I understand that if I sign releases of information for courts or other referral sources, that my urine screen results will be forwarded along with my progress in treatment, including in group. I understand that if I have questions or concerns I need to speak with my counselor for clarification.