



RTO BINDER

Recovery Through Outreach (RTO)

Meeting Binder

Peer Support • Purpose • Community • Service

Recovery Through Outreach (RTO)

The Five Pillars

Purpose

Helping others find purpose while continuing to discover our own.

Service

Recognizing that service to others can be part of the healing process.

Community

Giving back and strengthening the communities around us.

Acceptance

Welcoming all people without judgment.

Dignity

Treating ourselves and others with dignity, compassion, and respect.

The 9 RTO Principles

Unity

Service

Dignity

Voluntary Participation

Humility

Responsibility

Confidentiality

Acceptance

Positive Action

Recovery Through Outreach (RTO)

Meeting SOP & Structure

RTO is peer-led and not therapy or emergency care.

1. Welcome & Opening
2. Opening Reflection
3. Check-In Round
4. Discussion Topic
5. Outreach Planning & Monthly Service Discussion
6. Closing Circle

Meeting Support: Optional voluntary contributions may support meeting and outreach needs.

Attendance Verification: Please connect with the facilitator following the meeting.

Recovery Through Outreach (RTO)

Opening Reading

Welcome to Recovery Through Outreach. RTO is a peer-led support and outreach meeting built on purpose, dignity, service, and community. Participation is voluntary, and we seek to support one another through connection, honesty, and acts of kindness. Together we work toward healing, purpose, and positive action.

Veteran's Creed

I am a veteran.

I have seen and done things many may not understand.

I am a warrior.

I will never accept defeat.

I will never quit.

I will never leave a fallen comrade behind.

If they are hurt, I will carry them.

If I cannot carry them, I will drag them.

I will help them face their enemies, including the demons within.

They are my brothers.

They are my sisters.

I am a veteran.

Recovery Through Outreach (RTO)

Closing Reading

Healing and growth are journeys, not destinations. May we leave carrying compassion, gratitude, and courage while remembering that purpose can be rediscovered through kindness, service, and community.

Let us take a moment of silence for those we have lost and for those who are still struggling.

(Pause)

“Pain is okay.

Falling down is okay.

Crawling is okay.

Bleeding is okay.

Quitting is not.”

May we leave here remembering that none of us walked this path alone.

Keep moving forward.

Recovery Through Outreach (RTO)

Monthly Outreach Planning Worksheet

Month / Date	
Outreach Project	
Community Need	
Location / Partner	
Supplies Needed	
Volunteer Roles	
Sponsor / Donation Needs	
Next Action Steps	
Target Date	

Recovery Through Outreach (RTO)

Facilitator Notes & Meeting Summary

Date	
Location	
Facilitator	
Discussion Topic	
Main Takeaways	
Outreach Decisions	
Volunteer Commitments	
Follow-Up	

Recovery Through Outreach (RTO)

Crisis & Support Resources

988 Suicide & Crisis Lifeline

Veterans Crisis Line — Dial 988 then Press 1

Emergency Services — 911

RTO is peer support and outreach and not emergency care.

Recovery Through Outreach (RTO)

Outreach Follow-Up & Accountability

Project / Event	
Volunteers	
Completed	
Challenges	
Remaining Work	
Next Action Date	

Recovery Through Outreach (RTO)

Facilitator Guidelines

- Lead through service and humility.
- Encourage participation but never force sharing.
- Maintain meeting structure and flow.
- Avoid medical, legal, or clinical advice.
- Protect dignity, confidentiality, and acceptance.
- Keep outreach part of each meeting.

Recovery Through Outreach (RTO)

Outreach Review & Lessons Learned

Every outreach is an opportunity to learn, improve, and better serve our communities.

Outreach Project / Event	
Date / Location	
What Went Well / Successes	
Challenges or Difficulties	
Lessons Learned	
Ideas for Improvement	
Resources or Support Needed Next Time	

Next Outreach Recommendations