



Alumni In Recovery - Recovery Member Guidelines for Speaking in Schools

The guidelines are the framework for our members speaking at schools and community-based events. They provide clear and consistent messaging at presentations for our hosts to rely upon. ***We are guests at the places we speak and should adhere to responsible sharing through our brand guidelines.***

STAY TO TOPIC: JOURNEY FROM YOUTH > ADDICTION > RECOVERY & RESOURCES available to you.

If you are one of three presenters, the first presenter can “lead” and do the introduction to services.

INTRODUCE: Start with your name, age, where *you* attended school, the AinR™ mission, and why participating is important to you. What being in recovery means, and why you abstain from substance use.

A good place to start! Ask the audience if they’re aware of the **GOOD SAMARITAN LAW**. **Please keep your share to 15 minutes max** (*This allows time for questions; avoid lengthy answers.*)

Always use age-relatable content, which will help keep your audience engaged so they can identify with your sharing.

YOUR STORY: Discuss where you were at their age; include feelings, behavior, activities, and your school performance before (and after) you began substances. Be specific about how you felt so that they can relate to you better. **Share how and when the path of drug/alcohol abuse started. Emphasize age-relatable moments.**

Inform & Educate your audience about withdrawal symptoms (if it pertains to your story).

Define Terms such as Detox, Rehab, Abstinence, Recovery, Stigma, and Black Out. Explain withdrawal symptoms such as alcohol, opiates, and benzodiazepines (i.e., Xanax). **Avoid slang words/terms** (i.e., Roxy). **Question Students** if they know what the terms you are using mean.

Refrain from profanity/slang. *You can make a powerful statement without it!* **Avoid** glorifying drug/alcohol use, detailed illegal activities, long stories/tangents, and talking about the “love of the drug” (Be mindful of the age of your audience)..

Speak about Abstinence/Recovery. Define the word abstinence, how/why you live a life free of drugs and alcohol as part of recovery, and the lifestyle choices that you get to make as a result of being clean and sober, etc.

Encourage Students to opt for positive choices. Provide healthy alternatives; the importance of supportive friends that value smart and healthy choices.

Only referencing names *if it is a positive experience or of neutral information* (this pertains to personal experiences of school administrators, law enforcement, DARE programs and treatment centers).

LEAVE TIME FOR STUDENTS TO ASK QUESTIONS/if none, ask *them* questions at the end of your presentation.

AinR™ is not part of a 12-step organization and is not intended to be delivered in such a way. You are not there as an AA or NA member. We are attempting to educate about the dangers of substances, and that addiction is a preventable and treatable disease process. We want to help destigmatize and demystify through your valuable service.

Alumni In Recovery - Recovery Member Guidelines for Speaking in Schools (*continued*)

Clothing: No midriffs, no t-shirts that are opinionated statements (not including sports teams). In general, be mindful of what you are wearing, which may be distracting to the students or distasteful as guests in a school

If Taking Pictures for AinR™ Purposes (with staff permission only), ensure no images of students' faces are taken.

Don't Label any students as alcoholics or addicts or say they will become one — just that substance use is the potential path.

Do not single out any students to make a point for any reason.

Alumni In Recovery does not speak of outside issues (i.e., religious, political, causes) or anything beyond the scope of these guidelines about your own experience and the general facts of addiction.

Alumni In Recovery does not endorse or promote any business or organization when speaking in schools, to the media, and the general public. These include AA, NA, and professional services.

12-Step References:

Limit oversharing regarding 12-step fellowships and the steps. Be generalized about the recovery process and refer to yourself as “a person in recovery” (*instead of the AA/NA verbiage such as “My name is (---), and I am an alcoholic/addict.”*). AinR™ is not affiliated with 12- step programs. Be clear that you are a member in recovery and not there to speak on behalf of any organization or business other than being there on behalf of AinR™. This is not to say you cannot refer to AA or NA as a resource in which you were helped. Or if you have a particular experience that ties into your story. If you work in treatment, this is for your free time and not while speaking for AinR™.

If anyone is interested in extra information about 12-step programs, offer to discuss more with them after the speaking presentation.

Respect Anonymity outside the 12-step fellowships. Do not refer to other members during presentations as part of AA or NA fellowships programs.

For reference if asked: AA: (800) 245-1377 or www.aa.org & NA: (908) 687-8566 or www.na.org

All members are vetted for in-school sharing through coordinators and senior members and AinR™ Speaker Guidelines. It is up to the coordinator as to who is appropriate for all in-school speaking presentations.

SHARING INFORMATION

Never Give Your Personal Contact Info to Students Although you may give out the AinR™ contact@alumniinrecovery.org email or general business card if they are interested in getting involved or have a family member or friend to refer to the organization.

Students are minors, and we are guests of the schools hosting us as presenters. You may give school personnel your info, although it is not part of our organization's mission nor in our scope of purpose to meet with any students outside of staff supervision. If you do not wish to give your contact info, please provide staff with our contact email – contact@alumniinrecovery.org or refer staff to an Alumni In Recovery coordinator.

SHARING RESOURCE INFORMATION. In the event, you are asked to provide a list of treatment resources, refer them to your local AinR™ coordinator for further info.

GOOD SAMARITAN LAW

Regarding alcohol and drug overdoses, this law offers legal protection to people who give reasonable assistance to those who are, or whom they believe to be, injured, ill, in peril, or otherwise incapacitated.

The protection is intended to reduce bystanders' hesitation to assist for fear of being sued or prosecuted for unintentional injury or wrongful death.