

Introduction to Twelve Step Groups

FACILITATOR'S GUIDE



To the Facilitator

Before showing the video, take time to review this guide, which provides background information on the importance of Twelve Step group involvement early in recovery. It also contains a worksheet that you may assign to viewers after they watch the video. On the back of the DVD case, discussion questions are provided to encourage conversation.

Purpose of This Video

This engaging video encourages viewers to use Twelve Step meetings to aid them in their recovery from alcohol and other drug addiction. It is designed to help viewers feel less intimidated about attending their first meeting. Eight people in various stages of recovery discuss their first meeting and how and why they continue to go to meetings. This diverse group provides refreshing insight on what recovery can look like when Twelve Step groups become a cornerstone of recovery.

The video explores the basics: what a Twelve Step meeting is, how to find a meeting, what happens at a meeting, how to connect with people at a meeting, and how to maneuver successfully around some common stumbling blocks. Sponsorship is also discussed. The message is quite clear: Twelve Step meetings should be an integral part of long-term recovery. They provide support and fellowship for people who share a desire to stay clean and sober.

How Can This Video Be Used?

The video, along with discussion questions found on the back of the DVD case, can be used in a group setting or with individuals. An hour-long session is optimal for showing the video and discussing its content. However, the session length will vary depending on the number of people viewing the video. The facilitator may choose to photocopy the worksheet and have viewers do the exercises on their own after they have attended a Twelve Step meeting. Facilitators may need to provide writing implements for viewers to complete the worksheet. This video can be used in a variety of settings, including

- treatment centers
- community settings

- criminal justice settings, including DWI court and other drug courts

Learning Objectives for the Video

After viewing this video, viewers will be able to

- identify different ways of finding a Twelve Step meeting
- attend and participate in a Twelve Step meeting
- find ways to take something positive away from each Twelve Step meeting they attend
- approach and reach out to others at Twelve Step meetings regarding sponsorship or other fellowship opportunities

Reasons Why Twelve Step Programs Should Be Addressed While in Treatment

According to a 2005 journal report, people who participate in Alcoholics Anonymous (AA) at the same time they seek professional help for alcohol problems are more likely to be sober years later than those who initially seek only one or the other. This research indicates that those people who attend Twelve Step meetings early in recovery and often have a better chance of recovery than those who don't attend meetings.*

What Can You Do to Help Viewers?

Show the video, ask the discussion questions on the back of the DVD case, and then photocopy and hand out the worksheet contained in this facilitator guide. The

* Rudolf H. Moos and Bernice S. Moos, "Paths of Entry into Alcoholics Anonymous: Consequences for Participation and Remission," *Alcoholism: Clinical and Experimental Research* 29, no. 10 (October 2005): 1858-68.

two exercises on the worksheet are reprinted with permission from the *Client Recovery Workbook* by Hamilton Beazley. This workbook focuses on Twelve Step recovery and can be used in conjunction with this video. Ask viewers to attend a Twelve Step meeting and, afterward, complete the exercises on the worksheet. The video, worksheet, and questions are designed to spark discussion and can be used individually or in a group setting.



Conclusion

Twelve Step meetings are an excellent and often underutilized resource for those with a desire to stop drinking or using. By attending them early in recovery and often, viewers will have a chance to meet people who have different stories but share a desire to stay clean and sober. Viewers are encouraged to give meetings a try.

Introduction to Twelve Step Groups Worksheet

Exercise 1: Bringing Changes to Your Life Through Recovery

Are you willing to talk to people before or after your Twelve Step meetings?
Why or why not?

What did you learn in your last Twelve Step meeting that helped you?

How will you apply what you learned to your life?

Exercise 2: Getting the Most Out of Your Meetings

In the next meeting you attend:

1. Listen to what is said. Try to see how it applies to you. Give an example here of something from the meeting that helped you.

2. Ask someone at the meeting for his or her name and phone number. Write them down here.

After the meeting, ask yourself these questions and write down the answers here:

1. What was the best thing about the meeting?

2. What didn't you like about the meeting?

During the week, call the person whose phone number you wrote down.
What day of the week did you make that call?

What did you talk about with that person?
