

**After Care Group Rules**

1. **Confidentiality:** What is said in this group must stay in the group. (Who you see here, what you hear here let it stay here).
2. **Phones:** The use of mobile phones is not allowed during group times and must be placed on silent or switched off. In the case of an emergency phones may be permitted to be left on provided the group are made aware of this at the start of group. This will happen at the announcement section of group.
3. **Refreshments:** There is no eating or drinking of hot drinks during group, water will be available and soft drinks are permitted.
4. **Feedback:** Giving feedback ideally will come from peoples own experiences, however whether someone has experience or not feedback must always come from a place of concern and will be communicated in a respectful manner. Group members are expected to not interrupt others while they are speaking, or when they are taking time to process thoughts and emotions. I.e. moments of silence.
5. **Participation:** Members are asked to participate equally in group.
6. **Relationships:** Romantic/sexual relationships are not permitted between group members.
7. **Relapse:** If relapse occurs the person will be supported, if relapse occurs on a second occasion, the person will be stepped out of group until such time as their readiness for group can be assessed by the facilitators. It is the responsibility of the person who has relapsed to inform facilitators prior to group that relapse has occurred. The misuse of prescribed or un-prescribed mood altering medication is seen as a relapse. If someone has relapsed on the day they will not be permitted to attend that evening’s session.
8. **Attendance:** Any person who is absent from two group sessions in any calendar month will have their attendance/commitment to group reviewed by facilitators. Persons who cannot attend an aftercare group should contact the project prior to 4:30pm on the day and if contact is attempted after this time a message should be left on the answering machine.
9. **Time keeping:** Group starts at 6pm. All members are expected to be here for the start of group. Any member who is unable to make it to group before 6:30pm will not be able to enter group for that evening. There may be occasions where facilitators will allow for someone to enter the group after this time if they deem it to be imperative to the individual’s recovery.