

MCC Dual Recovery Committee Meeting

August 21, 2014

Educational Component

Formats for Effective DRA Meetings

Discussion Meetings: There is a variety of methods and subjects that can be used in a discussion meeting. The facilitator or any member of the group can agree to take the topic for a meeting. Topics can range from struggles in maintaining recovery, spirituality, recovery slogans, the importance of sponsorship in the program, and many others. For some discussion meetings a topic is used from readings in a meditation book, or a reading from the Dual Disorders Recovery Book. In most meetings members go around the table or room to share with the option to pass.

Step Meetings: Step Meetings are held using the 12 Steps and Dual Disorder book and Workbook. In some meetings the group may try to read the step, the readings, and use and share on the readings and workbook exercises all in one meeting. Our group has always spent more time on each step. The last time our group went through the steps it took almost a year! And that was working them at both our weekly meetings. Our group now does a step meeting one meeting and a discussion meeting for the second meeting.

Speaker Meetings: At speaker meetings either an individual or many individuals within the group or a guest speaker shares their recovery story. This meeting can take up an entire meeting or a shorter time followed by a discussion.

Fishbowl Meetings: In a fishbowl meeting, slips are made up of various recovery topics and concepts. An actual fishbowl or (a basket, box, or baseball cap) is filled with the topic slips and each person in the meeting picks out a slip and shares on the topic they picked.