

# Tweet Chat Script from Andre Evans of Sovereign Health Treatment Center discussing “How to Maximize the Benefits of Your Support Group Experience” – March 30, 2015

---

**AH:** Welcome to today’s #AHchat! Our topic is “Support groups before and after treatment”

**AH:** Special thanks to Sovereign Health Group for helping us make this twitter chat possible!

**AH:** We would like to start by welcoming our special guest, Andre Evans, who will be tweeting as @sovhealthofca

**AH:** Andre is the Assistant Program Director of Sovereign Health Group and is joining us to share his expertise on this topic. Welcome Andre!

**AH:** If you are joining us on the chat today, welcome! Feel free to introduce yourself as we go along our tweet chat.

**AH:** It’s great to have you all here today! Let’s get started with some of our questions.

**AH:** @sovhealthofca Q1: Please tell us a little about yourself and your background. What is your role at Sovereign Health?

**Andre:** A1: I have been working in the counseling field for over 12 years, 10 of those years have been in the mental health industry.

**Andre:** A1: My first experience was in the education system as an Instructional Assistant

**Andre:** A1: I worked with students in remedial classes, assisting both the school counselors and school psychologists.

**Andre:** A1: These students were diagnosed with various learning and behavioral disorders

**Andre:** A1: Such as mental retardation, motor skills & communication disorders, pervasive developmental, ADD & disruptive behavior disorders.

**Andre:** A1: Following the education field, my next experience led me to family counseling services

**Andre:** A1: I worked with our legal system on behalf of a child or family on issues

**Andre:** A1: Such as gang-related matters, child custody, child supervision, divorce, single/co-parenting, and merging families to name a few.

**Andre:** A1: My roll at Sovereign Health is assisting the Program Director in the Clinical Department.

**Andre:** A1: These daily task vary from day to day and include a variety of things.

**Andre:** A1: I welcome a new clinicians into or department, and support clinical supervisors and clinicians in all departmental related matters

**Andre:** A1: I also represent the clinical department when working with other professional departments at sovereign health

**Andre:** A1: Lastly, I support clinical moral, process/forecast future department challenges, create training procedures, and assist in accepting pts

**AH:** Thank you for sharing Andre! Your role seems very exciting and valuable.

**AH:** @sovhealthofca Q2: What is the importance of support groups in recovery?

**Andre:** A2: Self-help: Support group meetings focus on mutual aid and strategies for living fullest life possible.

**Andre:** A2: Participants continually seek to provide hope, reassurance and encouragement to one another.

**Andre:** A2: Participants have the common goal of wanting to live successfully with their illness and do not criticize the choices other group members make.

**Andre:** A2: Rather, they encourage each other to learn from the experiences shared and make their own informed decisions.

**Andre:** A2: Most groups offer free educational materials about mental health services or are involved in outreach or advocacy in their local community.

**AH:** @sovhealthofca Q3: How can a support groups help an addict maintain recovery for the long-term?

**Andre:** A3: Many people mistakenly believe that recovery is simply a matter of abstinence.

**Andre:** A3: Get the addict to stop drinking, using, or engaging in addictive behavior – detox them – and they'll be in recovery.

**Andre:** A3: If it were only that simple, we wouldn't have the problems we do today.

**Andre:** A3: Treatment professionals and researchers now believe that there are many aspects of recovery, and there are numerous pathways to follow.

**Andre:** A3: Recovery is a process of change through which an individual achieves abstinence, as well as improved health, wellness and quality of life.

**Andre:** A3: A recovery management approach that provides long-term supports and recognizes the many pathways to wellness and health.

**Andre:** A3: Support groups can play an important part of this approach

**AH:** @sovhealthofca Q4: What kind of support groups are available for recovering addicts?

**Andre:** A4: A person can find a support group for addiction on several websites

**Andre:** A4: This includes Alcoholics Anonymous (AA) ([aa.org](http://aa.org)), Adult Children of Alcoholics (ACA) ([adultchild.org](http://adultchild.org)), Al-Anon.org ([al-anon.org](http://al-anon.org))

**Andre:** A4: Also Nar-Anon ([nar-anon.org](http://nar-anon.org)), Narcotics Anonymous(NA) ([na.org](http://na.org)), 12 Steps ([12step.org](http://12step.org)), [12StepTreatmentCenters.com](http://12StepTreatmentCenters.com)

**Andre:** A4: These are just a few of many

**Andre:** A4: There are also several online self-help forums and addiction organizations that can offer support groups.

**Andre:** A4: (IMPORTANT: I am not responsible for the content of these sites. Nor do I necessarily endorse all the statements in these sites. However I do believe they contain useful information.)

**Andre:** A4: Once you have completed your rehabilitation program, you should try to surround yourself with people who can encourage you to stay sober.

**Andre:** A4: Many people find that a support group is the best source of encouragement, and finding a support group is not that difficult.

**AH:** @sovhealthofca Q5: What encouragement would you offer to a person recovering from addiction or substance abuse?

**Andre:** A5: I would encourage an individual suffering from addiction to connect with a family member, friend or mental health professional

**Andre:** A5: These people can provide the much needed love and support during the healing process

**Andre:** A5: A professional who specializes in addiction can help identify the most appropriate treatment

**Andre:** A5: It's important to reach out and ask for the help you need, as the resources for recovery are available.

**Andre:** A5: There is hope for healing and recovery.

**Andre:** A5: A10: Also check out Sovereign Health's website to gain awareness and education on the right treatment program for him or her

**AH:** Thank you Andre for sharing this great information about support groups and the addiction recovery process

**AH:** If you or a loved one has been suffering with an addiction, we hope this information encourages you to get connected

**AH:** Seeking out treatment is critical for hope, healing, and recovery

**AH:** For more information about Andre and the Sovereign Health Care Group, visit their website at [www.sovcal.com](http://www.sovcal.com)

**AH:** Thank you to everyone who participated in our Twitter Chat today! And thank you for the great insight @sovhealthofca!

**AH:** Please stay tuned for future Twitter Chats from AH!

**AH:** If you are in need of resources for substance abuse, visit our website at [www.addictionhope.com](http://www.addictionhope.com)