

Tweet Chat Script from Daniel Krasner, CIPof The Ranch at Dove Tree discussing “How to Maximize the Benefits of Your Support Group Experience” – March 30, 2015

AH: Welcome to today’s #AHchat! Our topic is “Maximizing the benefits of your support group experience”

AH: Special thanks to Ranch at Dove Tree for helping us make this twitter chat possible!

AH: We would like to start by welcoming our special guest, Daniel Krasner, who will be tweeting as @dovetree_texas

AH: Daniel is joining us to share his expertise on this topic. Welcome Daniel!

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: @dovetree_texas Q1: Please tell us a little about yourself and your background. What is your role at Ranch at Dove Tree?

Daniel: A1 My name is Daniel Krasner – I am the National Clinical Solutions Provider for The Ranch at Dove Tree

Daniel: A1: I have been with the company almost four years

Daniel: A1: The Ranch at Dove Tree is based out of Lubbock, Texas but I live in Atlanta, Georgia.

Daniel: A1: My role is to connect and share resource information about The Ranch at Dove Tree with healthcare professionals and schools

Daniel: A1: As well as other treatment programs in the field that work with individuals and families suffering from substance use disorder

Daniel: A1: I also work with families who are seeking help with chemical dependency.

Daniel: A1: A little about me outside of work – I am 28 years old, I am coming up on 10 years sober

Daniel: A1: I am getting married in November and I have two sweet labs

Daniel: A1: one has been with me since I got out of my last treatment center over 9 years ago

Daniel: A1: Also, I love ice hockey.

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

AH: Congratulations on your 10 years sober and upcoming marriage!

AH: @dovetree_texas Q2: What are the benefits of support groups in addiction recovery?

Daniel: A2: Support groups provide opportunities for relationships from sponsor to friend to acquaintance.

Daniel: A2: They give people sounding boards and foster community kindness.

Daniel: A2: Support groups can also help build a person's sense of purpose in life, to a community, and to others.

AH: @dovetree_texas Q3: What are some suggestions for maximizing benefits offered through support groups?

Daniel: A3: Show up early to the support group and if possible, introduce yourselves,

Daniel: A3: shake some hands, and let people know you're new and looking for support.

Daniel: A3: For the shyer individual, simply try sitting next to people whose comments you like

Daniel: A3: Look for a member who you liked what they had to say and ask him/her to help introduce you to some people and show you the ropes.

Daniel: A3: Sometime later, if appropriate, you should try grabbing a coffee with the folks you like.

Daniel: A3: Another suggestion is to listen and look for similarities in people instead of finding differences and thinking you aren't like them.

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

Daniel: A4: There are the usual 12-step groups from Alcoholics Anonymous to Narcotics Anonymous to Gamblers Anonymous.

Daniel: A4: There are mental health support groups, depending on the place where one lives.

Daniel: A4: Also one ought to consider support groups for loved ones of addicts, like parent/family/sibling support groups, etc

Daniel: A4: These are just a few of many

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

Daniel: A4: (If (in addition) you're a survivor of, say, cancer you can try groups for survivors.

AH: @dovetree_texas Q5: If a person is looking to connect to a support group, where can they look?

Daniel: A5: Check the listings online. Type in your city, the support group name, and scroll through the results for what looks right.

Daniel: A5: Try many instead of just one.

Daniel: A5: If you're socially inclined, ask other members/attendees which groups they like to go to in addition to the current one they are at

Daniel: A5: Someone in a leadership position can be helpful too. You can also call hotlines.

AH: @dovetree_texas Q6: What encouragement would you offer to a person recovering from addiction or substance abuse?

Daniel: A6: Try your best not to judge a place by one or two people

Daniel: A6: Don't just try a place once, attendance is always different

Daniel: A6: Try another meeting at a specific location

Daniel: A6: For example, if Tuesday night is low in attendance, try Friday night.

Daniel: A6: Or if you want a meeting w/fewer attendees, more young people/females/males, etc just seek out someone at the group who seems to know & ask

Daniel: A6: Most people are willing to help you connect to the support you need

Daniel: A6: Also healthcare professionals like therapists can be quite knowledgeable

Daniel: A6: In addition to social workers at hospitals, who can be helpful too.

Daniel: A6: It's important to know that support groups can be a great resource for addiction recovery

AH: Thank you Daniel 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 Daniel and the Ranch at Dove Tree, visit their website at www.ranchatdovetree.com

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

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 or visit [Ranch at Dove Tree](#).