



ORT Professionals – How you can help your local ORT recovery meeting *and how they might help you..*

1. Attend any local ORT recovery meeting yourself so you know what you are talking about when you recommend it to people attending/ staff in your service.
2. Actively refer people who attend your service to the ORT recovery meeting. Active referral= accompany person yourself the first time/ get a volunteer to take person along/ phone the local meeting contact to ask if someone might take the person you are referring to the meeting.
3. Respect the autonomy of the mutual aid meeting. It is not a service subject to the same practices as institutions and agencies of treatment. It is independent of your service. It is entirely run by people in recovery from ORT for people seeking recovery from ORT.
4. You can lend additional support to the local ORT recovery meeting team by offering free meeting rooms, photocopying, donate coffee and tea , biscuits for the meetings.
5. When you set up your own ORT detox support group within your treatment service, you can ask the ORT recovery meeting team for help finding People with lived experience of ORT recovery to share at your groups.

ORT **AND** **ME**
RECOVERY **©**