

SHARE! Recovery Retreat Application

Name _____ Birth Date _____

Gender _____ (Pronouns) _____

Date _____ Social Security _____

Email _____

Referral Source (How did you hear about S!RR)? _____

Address _____

Home Phone _____ (Message, ok? _____ Text, ok? _____)

Additional Phone _____ (Message, ok? _____ Text, ok? _____)

Emergency Contact (name, phone, relationship) _____

What made you interested in coming to the SHARE! Recovery Retreat?

Is there something specific you're hoping to work on or accomplish while you are staying with us?

Thanks so much for everything you've shared with me—it's really helpful. I'd like to give you a better idea of what day-to-day life at the SHARE! Recovery Retreat looks like, so we can decide together if it feels like a good fit for you. Are you in a comfortable place to talk for about 30 to 45 minutes right now, or would another time work better? *(If yes, continue. If no, schedule a better time or offer to call back.)*

As I mentioned, the SHARE! Recovery Retreat is a participatory program. The morning house meeting can last up to an hour and a half. Daily chores take about an hour. In addition, there are two one-hour recovery meetings at the house and one outside support group meeting in the evening. We've found that those who participate in all the activities for the full 14 days tend to get the most out of their experience.

Our support groups and activities focus on things like building self-esteem, developing resiliency, reducing stress and anxiety, making new friends, and learning tools to support mental health. There's also time for cooking, sharing recipes, cleaning, gardening, and practicing how to manage a household. By the way, what's your favorite meal? _____

Every night, we take a van to a self-help support group in the community. Are you willing and able to commit to the Retreat's daily schedule? _____ Just so you know, the Retreat is in a quiet neighborhood right across from an elementary school. Does any of that bring up questions for you? How does it sound so far?

One of the most important parts of the Retreat is that we all support each other while working on our own growth. We work to create a safe space where people can share openly—whether it's about emotions, trauma, mental health, family, or everyday challenges. Would you say this has felt like a safe and comfortable conversation so far? Where are you today in your journey? Since we've been talking, have any new goals come up that you'd like to work on? *(If the person needs more time to think about it, that's okay – you can always check in about it later.)*

Thanks again so much for sharing. I just have a few more questions to help us get to know you better and see how we can support you—and possibly connect you with other programs. Are you thinking about getting a job right now? If so, what kind of work are you interested in? (If yes: “We have a great program called V2J that helps people work toward their job goals—would you like to hear more about it?”)

What are some things going on in your life right now that you’d like to change?

Can you tell me a little about your current living situation? What do you enjoy doing in your free time—any hobbies or interests? What are some things you’d like to be able to do with the right support?

Do you want to live more independently? _____

Are you able to care for yourself, including taking your own medications and psych meds as needed?

The SHARE! Recovery Retreat provides a respite from anything that might impede an individual’s recovery, and operates as a drug-free, alcohol-free, gambling-free, and pornography-free environment. Are you willing to honor these guidelines while staying at the Retreat?

Do you have any on-going medical conditions, allergies, or disabilities we should be aware of? Is there anything else you’d like us to know about you that might help us support you better?

Finally, to protect everyone and keep the house insect-free, we have a welcome process for new arrivals. That includes a shower and heating your clothes and belongings in a bedbug-proof device. Everything needs to be heated to 120° for about an hour and a half. So, we ask that you bring no more than five outfits. Is that something you’re comfortable with? Have you had any recent exposure to bedbugs?

Thank you for taking the time to share all of this—it’s really helpful.

If you have any questions or need help completing the application, please call us at **626-677-3850**, or email this application to retreat@shareselfhelp.org

Office use