

SHARE! Recovery Retreat Application

Name _____ Gender _____ Birth Date _____

Date _____ Social Security _____

Email _____

Referral Source? _____

Address _____

Home Phone _____ (Message ok? _____)

Additional Phone _____ (Message ok? _____)

Emergency Contact (name, phone, relationship) _____

At the SHARE! Recovery Retreat, there will be support groups and activities to work on self-esteem, resiliency, reducing stress and anxiety, making friends, building skills, learning tools for better mental health as well as opportunities to cook and share recipes, clean, garden and manage a household. Each night we take a van to different self-help support groups in the community. The Retreat is located across the street from an elementary school, do you have any questions so far? How does this sound?

As we all support each other as a community and work individually toward our own goals, some of the things that come up are wellness, emotional wellbeing, trauma, mental health and family issues. One of the things that we do is to create a safe space to talk about whatever issues might come and whatever goals we may have. Has this been a safe interaction so far? Where you today, and what are your goals?

Why do you want to be at the SHARE! Recovery Retreat?

What do you think you could accomplish during your stay?

As I said before the SHARE! Recovery Retreat is a participatory program. Daily chores take about an hour to do. The morning house meeting is up to one and a half hours. There are two other one-hour recovery meetings in the home and one outside meeting in the evening. We have noticed that those who participate in all the activities for the 14 days walk away with the most benefit. Are you willing and able to commit to the Retreat's daily schedule?

(Thank you for everything you've shared so far the next set of questions are about your goals and help us connect people to other programs.) Are you interested in getting a job? If so, what kind?

How do you feel about where you are in your life right now?

Describe where you're living now. What do you do on your own and what do you need help with?

Do you want to live more independently? _____

Are you able to care for yourself, including taking your own medications? _____

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

Do you have any ongoing medical issues or allergies we should know about, including recent exposure to bedbugs?

To protect everyone's safety and keep the house insect-free, we have a special process for inviting new people in, which is showers and heating belongings in a bed-bug proof device. The clothes have to heat to 120° for an hour and half so we ask that you bring no more than more than five outfits. Are you comfortable with that?

Is there anything else you would like others to know about you?

What is your favorite meal?

Thank you for sharing. This has been very helpful.

If you need help completing this application or have questions, please call 626-677-3850.

You may email this application to retreat@shareselfhelp.org

Office use