Session 34: My Community Connection Plan

Duration: 60 minutes • Recovery education group. Ensure all participants are seated and ready

Materials: Current local resource list; Appendix D handouts; phones (brief use)

Learning objectives — by the end of this session, participants will be able to:

- Name one specific recovery community and one additional support community they will attend weekly after Phase 4 completion (Session 36); graduation is Session 60, with meeting times and a ride plan
- Identify a named contact person in each
- Plan the first four weeks of attendance in the 90-day plan (Appendix D)

Opening (3 minutes)

Newcomer bridge (60 seconds): This is Phase 4 — Living Free. The one idea today is that recovery continues in two named communities — a recovery community and a support community of the participant's choice — with contacts, dates, and rides. You are welcome here without earlier sessions; everything you need for today is in this session. Programs end; communities are how recovery continues. Today good intentions become logistics: two communities — named, scheduled, with a contact person, a first date, and a ride with a backup — written into your 90-day plan while this program's support is still daily.

Check-in prompt (8 minutes)

Name, craving 0–10, one word for your week — then: "What has actually kept you showing up to things in your life — a person expecting you, a role to fill, a ride arranged — and which of those can we build in on purpose?" Log every craving score on the roster.

Passing is honored — you may pass any question, prompt, or practice without explanation, step out and rejoin, and choose a partner-only option where one is offered.

Teaching (20 minutes)

Programs end; recovery communities are how recovery continues. This session converts good intentions into logistics. A recovery community: meetings, alumni gatherings, or a recovery support group — named, scheduled, and with a person who will notice an absence. A second support community, chosen by the participant: a congregation, a mutual-help fellowship, a service or volunteer community, or another group where they are known and expected — named, visited at least once before Phase 4 completion (Session 36) where possible, with a named human contact and a transportation answer for the first four weeks. The evidence behind the logistics is Week 2's: people attend what is expected, scheduled, reachable, and missed when absent. We also name the awkwardness honestly — being new, being known, old associations near old places — and solve it in advance with the contact person, the ride, and the accountability partner rather than pretending courage substitutes for planning. The support community is the participant's choice, for four weeks; no church attendance is required. Pathways note: recovery has more than one doorway. Non-12-step and secular options — including SMART Recovery, LifeRing, Women for Sobriety, and secular meetings — are real

choices here, alongside 12-step fellowship. The participant chooses the pathway that fits; the facilitator never ranks one pathway above another.

- **A name and a time beat a category** 'Find a meeting' fails. 'Tuesday group, 7 p.m., with ___ expecting me, riding with ___' succeeds. Every field of Appendix D follows this rule.
- **Visit before Phase 4 completion (Session 36)** The first visit is the hardest by a factor of ten; taking it while the program's support is still daily converts a cliff into a step.
- **Absence must be noticeable** Choose communities — and tell the contact — such that missing triggers a call. Being missed is a designed feature, not vanity.
- **Two communities, two jobs** The recovery community feeds vigilance, identification, and the chain-watch from Session 28; the second community feeds belonging, purpose, and service (Session 32's gift gets an address here). Most people need both, and neither resents the other.

Sources & Evidence — Facilitator background — do not teach

The Cochrane review found manualized Alcoholics Anonymous / Twelve-Step Facilitation interventions produced higher rates of continuous abstinence than other established treatments for alcohol use disorder (Kelly et al., 2020); peer and community support are core dimensions of recovery (SAMHSA, 2012; White, 2008). Key sources for this session: Kelly, Humphreys, & Ferri (2020); White (2008); Zemore et al. (2018); SAMHSA (2012). Evidence strength: Strong for mutual-help abstinence outcomes; moderate for peer support generally. Spiritual practice: Fellowship and worship — correlates with peer support, group cohesion, and community connection; evidence: Moderate to strong (Kelly et al., 2020; Yalom & Leszcz, 2020). Full citations: Appendix H. The session's Scripture material is in its optional handout (Appendix I), as theological foundation, quoted from the King James Version.

'Evidence strength' grades the correlated mechanism, not the spiritual practice itself

Pause midway through teaching: ask, "What part of that sounds most like your life right now?" Take two or three answers, connect them to the teaching, and continue. Teach in your own words — the bullets are your map, not a script to read aloud.

Discussion questions (10 minutes)

1. Name your two communities — or, if genuinely undecided, name the two you will visit in the next two weeks and the decision date.
2. Who is your contact in each, and have they been told? If not, when exactly will you tell them?
3. What is your transportation answer for weeks one through four, and its backup?
4. What almost kept you from a community before (shame, an old face, a doctrine fight, a schedule) — and what is the plan for that specific obstacle?

Skill practice (12 minutes)

Connection Sprint: using the program's current local resource list (meetings, alumni gatherings, and support communities, with times, contacts, language, and transport notes — maintained by the Program Director), each participant completes the Community section of Appendix D in the

room. Phones may be used briefly to save contact numbers and set the first-visit date in their calendar. Facilitator verifies every plan has: two communities, two named contacts, first dates, and a ride plus a backup ride — or a dated step toward each missing field, written in the room. Say the script once to your partner, in your own short words.

Personal application — homework (5 minutes)

Make your first visit (or your decision visits) before Session 36 and report it in check-in. Introduce yourself to your named contact — 'I'm completing the New Day program and I'm building my community plan' is the whole script. Short version: 'I'm building my community plan.' Participants write it in their workbook before leaving. Facilitator: name the homework again at the door as people leave.

Facilitator notes and cautions

The resource list makes or breaks this session: facilitators flag gaps or stale information to the Program Director rather than sending participants to dead ends. Never steer a participant toward or away from any particular community — including any faith community — beyond the participant's own conscience, commitments, and family situation; our job is connection, not placement. Every plan includes a recovery community plus one further support community of the participant's choosing.

Closing (2 minutes)

A name and a time beat a category, every time. Make your first visit before Session 36 and introduce yourself to your contact — the script is one sentence long. Next session: mentoring and accountability after Phase 4 completion.

Fidelity check for this session: objectives named at the start ☐ craving scores logged ☐ skill practice completed in full ☐ homework written down by participants ☐ session note filed today ☐