**Allegheny County Coalition for Recovery**

**Drug & Alcohol Recovery Committee**

**Agenda –**

**Monday, October 11th, 2021, 1pm-2:30pm**

I.         Welcome/ intros. > Tariq S., Terri W, KP, Jessica Borosky, Montaja S.

II.       Review Minutes from September

III.      Announcements

Open positions

1.)      Minute Recorder

2.)      Voting For New Co-Chair Position

3.)      Advisors Position

4.)      Ad-Hoc Work Group

IV. Updates

1.        Steps to Finalizing the Client Self Advocacy Section

Discussed were   mini role-playing tools to have users practice   with their life skills coach, CPS/CRS and other liaisons as well as having a fill in sheet so they can write down their questions/concerns to further this practice.

* Hyperlinks to video examples of role playing---seeing the need of role playing, creating ideas for documents for examples
* Probing question- When do you advocate for yourself?

Definition – Speaking up and out for you your wellness. Expressing my needs as a person in care.

The importance of advocating –

When to advocate

Who to have in your corner? Peer support, pharmacist, PCP, Family, Friend

**What would be the wording/format for this section?**

**How do we package this? Paper? Digital?**

*Keep in mind:  The Foundation of this advocacy section is getting the client familiar with their team, knowing the connection between mental health, physical health, emotional health and addiction.*

**Agenda Topics: Relapse Prevention Education**

What is Relapse Prevention?

What Does Relapse Prevention Look Like?

Is Relapse Prevention Possible or Not?

How does the Stages of Change tie into this?

Next Steps:

•         Confirm Ad-hoc work group w/ committee

•         Taking The Next Steps to Finalize Advocacy Section

•         Taking Steps in Developing the Relapse Prevention Education Section

Next DAR Meeting: Nov 8th, 2021 @1pm

Next Agenda topic: Taking Action with Self Advocacy and Relapse Prevention Education