



Recovery International Telephone Meetings FAQ

Is a Recovery International telephone meeting a 12-step program?

None of the meetings in the Recovery International system are 12-step programs. Experience has shown no conflict between Recovery International and 12-step programs and they can be used simultaneously if necessary in a person's specific situation.

Are Recovery International telephone group leaders mental health professionals?

No. Telephone group Leaders are your peers. Leaders have all practiced the Recovery International system in their lives, receive ongoing leader training and are authorized by our organization annually.

Where can I get the books that will be helpful to me as I learn and practice the Recovery International method?

The main texts, *Mental Health Through Will Training*, *Manage Your Fears Manage Your Anger*, *Selections From Dr. Low's Works* and other materials can be purchased at www.LowSelfHelpSystems.org.

Where can I get other meeting materials?

Visit www.LowSelfHelpSystems.org or call (866) 221-0302 to get materials that will be helpful.

How do I learn to give examples?

You will learn primarily from listening to others give their examples, by following the Example Outline sheet and using the Sampling of Tools and Terms. Using the Example worksheet to write your example is helpful as well. When you are ready to give your first example the group leader will help you and the four steps will be read to guide you as well.

When can I expect to see results in my own life?

As you begin to practice the Recovery International self-help tools, you will begin to see situations in a different light. Attending phone meetings where you can learn from the experiences of others is an opportunity to learn and practice.

What is an Open telephone meeting?

An Open telephone meeting is one that is available to those who, for a wide variety of reasons, are unable to access Recovery International meetings in their community or prefer to be in telephone meetings rather than face to face ones. They serve as a way to become familiar with the Recovery International method. Open meetings use the standard Recovery International group meeting format.

What is an Assigned telephone meeting?

Assigned telephone meetings are held weekly and are available to those who have attended four to six "Open" telephone meetings. There are fewer attendees on each phone call meeting but they are expected to meet consistently at the day and time of the meetings. Assigned meeting attendees have more opportunities to share examples. Assigned meeting attendees are encouraged to become a member of our organization.



What is a Literature telephone meeting?

Literature telephone meetings enable those who are visually impaired, reading challenged or just have an interest in learning more about our self-help system to benefit from the books and recordings of neuropsychiatrist Abraham Low, MD, our organization's founder and the person who developed the self-help tools which are a part of our programs.

What is an Introductory telephone meeting?

Introductory telephone meetings are held twice monthly and are a way to learn about the history of our organization and the Recovery International method, get specifics about the weekly meeting structure and have any of your questions answered. These sessions are open to anyone. See the meeting schedule for details.

How many telephone meetings may I attend each week?

You are welcome to attend as many Open, Literature and Introductory telephone meetings as you wish. You can find telephone meeting schedule information at www.LowSelfHelpSystems.org.

How long do meetings last? Am I expected to stay for an entire meeting?

Meetings generally last 60 to 90 minutes. You are expected to remain for the entire call if at all possible.

Why am I asked to identify myself?

It is very helpful for the group meeting leader to know callers and their location. It is also necessary if you choose to participate in the meeting so that you may be called upon. It is also a way for us to determine the number of people who are utilizing the telephone meetings so we can continually improve service.

Can I talk to someone from my telephone group between meetings?

Ask your telephone meeting group leader for the way to access information about making mutual aid phone calls for assistance between meetings.

Is there a telephone meeting in Spanish?

There is one weekly Open telephone meeting per week in Spanish; check schedule for day and time.

Why does it say Free Conference and yet I need to access the calls at my own expense?

The conference connection service is a public service opportunity; each individual pays their own expense.

*What is *6?*

At this time our conference call companies use *6 (the * and 6 keys) to enable you to mute (not be able to be heard if you are speaking) or un-mute (able to be heard when you are speaking) your telephone line. You will know whether you are muted or unmuted when you enter the call by listening to the telephone operator. You simply press *6 to change from mute to un-mute and vice-versa if needed or instructed to do so.

NOTE: In Addition to this FAQ informational sheet please see What to Expect at Recovery International Telephone Meetings or contact Joan Nobiling, Phone Meeting Coordinator, joan@lowselfhelpsystems.org; 607-432-2565.