

# Wayfinding Through CeDAR's Alumni Program

## Getting Started

- Save your Alumni Coordinator's contact information. C: 720.281.1605 E: [Meghan.white@uchealth.org](mailto:Meghan.white@uchealth.org). Reach out to Meghan if you are in need of support or recovery resources. It is helpful to maintain open lines of communication with all members of your support system, including your peers.
- Schedule a Coffee Talk with Meghan. This is a great opportunity to map out a recovery plan. You can also share your interests & goals as they relate to recovery and engagement with Alumni Services.
- Become a member of the private CeDAR Alumni Facebook group. Contribute to the activity of the group by posting recovery-related content, liking and commenting. This is a form of social media service-work and helps to keep the group healthy and dynamic.
- Bookmark and routinely check CeDAR Central - a landing page which centralizes all of the information you need to stay connected to CeDAR's Alumni Community, including meeting links, upcoming events, service sign-up & more.

## Gaining Momentum

- Participate in a balance of virtual and in-person programming offered through CeDAR's Alumni Program. Programming includes recovery meetings and support groups, sober social events, service opportunities and more. If you have an idea for programming, contact your Alumni Coordinator!
- Contribute to the alumni community through service. We are always looking for new weekly meeting leads and a grounding exercise reader. Supporting the other alumni-led meetings such as the Big Book Study and CeDAR Night Live through service is another great way to get involved and meet others in the community.

## Keep Going

- Share your experience of recovery with CeDAR's IOP groups on the virtual stage of CeDAR Night Live. We generally encourage 1+ years of recovery time to partake in this service opportunity.
- Deepen your involvement within CeDAR's alumni community by becoming a CeDAR Ambassador. We hold monthly meetings to discuss the health of the community and programming. We also plan upcoming activities.
- Keep open lines of communication by participating in the follow-up program. Outreaches are made at various intervals of your recovery for up to 18 months after discharge. This is a great way to seek support
- For more information on CeDAR's Alumni program, please visit:  
<https://www.cedarcolorado.org/addiction-treatment-programs/alumni-services>