

# Navigating Your Route

CeDAR Alumni Program Est. 2006

## Getting Started:

- Save Alumni Coordinator, Meghan White's, contact information in your phone. If her contact information is saved and easily accessible, you are more likely to reach out when you are in need of recovery-related support and resources. C: 720.281.1605 | E: Meghan.white@uchealth.org
- Schedule a Coffee Talk. 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 meetings, activities, service opportunities, resources & more: <https://cedarcolorado.life/cedar-central/>

## Gaining Momentum:

- Show up! So much of finding your recovery rhythm starts with showing up. We encourage you to attend CeDAR's offered recovery meetings, groups and activities.
- Challenge yourself to not just participate but engage. Engagement can include sharing during meetings, staying for parking lot talk, welcoming new comers, engaging the CNL speaker etc.
- Get involved with service through a variety of avenues. A great way to start is to attend After Hours, the alumni group's business meeting held on the 3<sup>rd</sup> Thursday of the month at 8pm. Here, you will learn of open service positions and be able to contribute through feedback and idea sharing.

## Keep Going:

- As you move forward in your recovery journey, more service opportunities become available, allowing you to share your experience with the CeDAR community. You can join the Early Recovery Panel, share with outpatient groups on specific recovery topics and tell your story of recovery at CeDAR Night Live. Reach out for details and to learn of suggested sobriety times for each opportunity.
- We want to hear from you! Your ideas matter and so we encourage collaboration. If you have ideas for programming, service, activities or anything that could benefit residents and/or alumni, please let us know. This community has been shaped by the design of its members and will continue to be.
- Keep open lines of communication by participating in follow-up outreach. Outreaches are made at various intervals of your recovery for up to 18 months after discharge. This is a great way to remain accountable. Honest reporting allows for me to appropriately support you and get you reconnected.