

S.A.F.E. ALTERNATIVES® Support Group Guidelines

1. Members will make a 12-week commitment to attend the S.A.F.E. ALTERNATIVES® support group.
2. Members *MUST* call another member if unable to attend the meeting.
3. Members missing more than two groups (other than for an emergency) will drop out until the next six-week period.
4. Members must refrain from discussing specific self-injurious behaviors; e.g. “Last night I cut myself” or “I burned myself” etc.
5. Members shall have a strong desire to stop “acting out”.
6. Members may not call another member and say, “I want to kill myself”. If a member has suicidal or homicidal thoughts, they must call their therapist or a crisis hot-line (e.g. 800-273-TALK or 800-SUICIDE).
7. *No drinking or drugs* before group. Members who arrive intoxicated will be asked to leave group immediately and not return until the next six-week period.
8. Members with a drinking or drug problem are encouraged to seek help through AA, NA or other appropriate treatment.
9. Members will abstain from self-injury during group time. If a member does injure during group, they will drop out until the next six-week period.
10. Members shall not physically or verbally threaten anyone in the group. If a member violates this guideline, they will be asked to drop out until the next six-week period.
11. Members are responsible for their own *THOUGHTS, ACTIONS* and *FEELINGS*.
12. Members shall speak using “I” statements.
13. Group shall start on time and end on time. Members who are late more than twice may be asked to drop out until the next six-week period.
14. What is said in group and who is seen in group shall remain confidential. Members may share their experience, and only their experience, with other non-members (family, friends and therapist, etc.).

I, as a member of S.A.F.E. ALTERNATIVES® Support Group, agree to follow these guidelines; I am aware of the consequences for not adhering to these guidelines.

Signed by: _