



Adult Support Group (ASG) Guidelines

All support groups are peer-led, facilitated by licensed therapists and dietitians, open to the public, and provided at no cost to attendees.

Adult Support Group (ASG)

Pro-recovery, gender inclusive, 18+, FREE

Every Wednesday

6:00-7:00 pm eastern time

ASG is intended to meet the needs of individuals who are struggling with disordered eating and reinforcing recovery from eating disorders. The group is facilitated, offers support, feedback, and is a safe environment where attendees may talk openly with others who are sharing similar experiences. ED support groups can be an important supplement to outpatient eating disorder treatment. It is a non-judgemental environment and a place to empower, support, and inform recovery. Our ASG is gender inclusive and pro-recovery. This group is not designed for family members/friends/loved ones. If you are interested in obtaining a list of other support group options (or other resource & referral information) please reach out to the CRC for ED Helpline (828.337.4685) or contact info@crcfoed.com).

ASG Guidelines

As a participant in the ASG, I agree to the following:

- Group attendance is open to any person interested in support for their personal recovery from disordered eating or eating disorders. It is expected that attendees joining these groups are committed to recovery.
- The confidentiality of each group member will be respected. It is critical that you hold in confidence the identity of, or information about, anyone you may know through ASG. To that end, please situate yourself in a private area during virtual ASG.
- Each group member will be an active participant by listening attentively and discussing the subject matter with other group members as appropriate.
- Group members are expected to have their cameras on. It is suggested that attendees set their view to gallery view to see other participants. If participants

are not comfortable seeing themselves on the screen, there is a setting on your Zoom to turn off the self view.

- Our facilitators are professionals with extensive training and experience in helping individuals deal with eating disorders. The facilitator is the group leader and is responsible for this group as a whole. There is an expectation to treat the professional leader with respect at all times.
- It is strongly recommended that participants use this support group as an adjunct to individual or group therapy, as support groups are in no way a substitute for working with a clinician or participation in higher levels of treatment.
- The group will make all efforts to support one another in a positive manner, using respectful language and tone.
- Group members are expected to share their **own** experience rather than give advice to others.
- In order to avoid potential triggering reactions, attendees will avoid discussion or description of negative food behaviors, intense trauma experience, and any numbers related to food, weight, or size. Negative/ineffective behavior verbiage is not acceptable in this support setting.
- Use of any other technology that may be distracting to the group is prohibited.
- Group members may share their contact information with each other at their own discretion.
- Attendees must abstain from the use of alcohol or other substances prior/during the group.
- If the group facilitator has concerns about the health and well-being of a specific group member, they may request that the individual seek additional support and/or a higher level of treatment in the community in order to continue to be involved in ASG.
- In order to provide essential data and encourage continuity of support for participants, the group facilitator will be in contact with CRC for ED and Nutritious Thoughts' administration, and other ASG leaders, to share information after each group meeting.
- If a group member states that they are at risk to harm themselves or others, the group facilitator will take action to ensure safety.

This is a free support group and it meets every Wednesday from 6-7pm. **Group begins promptly at 6pm so please arrive on time or early. Cut off for entry is 6:05pm.**

Group will not take place on national holidays. Whenever possible we will update the website and social media and we will send out e-newsletters with any group schedule changes.

Any questions or concerns regarding the support group may be communicated to CRC for ED's Program Coordinator at lilly@crcfored.com or OR - if necessary, CRC for ED's Executive Director, Simone Seitz at simone@crcfored.com or 828.337.4685

For those who are in crisis please connect with 988 Suicide & Crisis Lifeline or call RHA Mobile Crisis Management: 888-573-1006.