



Bemidji Rock Sober

A Youth Group for the Greater Bemidji Area

Providing sober support, community & activities for youth

**For questions, contact
Tammy or Matt at the
Evergreen Youth Recovery House in Bemidji
Tel: (218) 751-2466**

About Rock Sober: Rock Sober is a safe space for youth to have fun with other youth who want to explore sobriety. Rock Sober was developed by Lutheran Social Services of the Brainerd Area. However, it is not a religious group. Rock Sober groups now exist in several Minnesota communities.

Who can come? Rock Sober is open to high school age youth in the Greater Bemidji Area who are interested in exploring sobriety. In general, this includes youth ages 14 through 18. The group is free.

Youth do not have to promise to be totally alcohol- and drug-free...you just have to be interested in exploring sobriety. Please do not come to the group after using. You will be asked to leave if you come to the group after using.

Do I have to be in school to participate: If you are between the ages of 14-17, you do not need to be enrolled in school to participate. 18-year-olds must be attending high school, the AEC, an ALC, or a GED Program.

When do we meet? During May and June, the group will meet during Monday and Friday from 4:00 p.m.-6:00 p.m. at the Evergreen Community Services site in the Bridgeman Center, 1418 Bemidji Ave. This is the corner of Bemidji Ave. and 15th St., next to Whelan Eyecare.

After July 2007, for Rock Sober meeting times and locations, you can check out the Evergreen website at: www.evergreenhouse.org

What will we do? Rock Sober is a youth group that provides sober community, support, and fun alcohol- and drug-free activities for youth. Most Rock Sober groups meet twice a week. One meeting is focused on support for sobriety and one meeting is for sober activities and fun. Support meeting topics can include: things you do that help you not use, people you can go to for support when you feel like using, identifying triggers that make you want to use—and what you can do instead, your goals, and any other topics the group decides to discuss. Feel free to bring your ideas for “sober talk” topics.

Activity Choices: There are a variety of options for activities—to be decided upon by the Rock Sober youth. Come with your ideas to help us make the group interesting and fun for

you. Snacks (and sometimes pizza) will be provided. Youth might choose:

- ▶ Videos/movies
- ▶ Open Mic event at a coffeehouse
- ▶ Frisbee & Cook-out
- ▶ Soccer
- ▶ Basketball
- ▶ Book a local band for a dance
- ▶ Help out at the Humane Society or Soup Kitchen
- ▶ Other activities suggested by the group (which fit the budget)

Rock Sober is Free: There is no charge for meetings, snacks or activities...unless youth specifically choose an activity that is outside the budget. Any costs to youth for special activities youth choose will be clearly identified in advance of the activity.

The Basic Ground Rules: Rock Sober is intended to be a fun, safe space where all community youth feel welcome. The following ground rules can be discussed and “added” to during meetings: *Come sober. Please don’t come after “using.” A youth may be asked to leave if facilitators believe s/he recently used. *The group is confidential—what’s said in the group stays in the group. *No smoking in the group or on facilities provided for the group. *This is Gang Neutral space. *The adult facilitators are Mandated Reporters for child abuse and neglect. They are also obligated to report situations in which they believe you are a danger to yourself or others. *Come prepared to treat other group members with respect.

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◆ **Evergreen Youth Recovery House** ◆ **Bemidji, MN**

Thank You to our Generous Supporters: ◆ North Country Health Services Foundation ◆ United Way of Bemidji ◆ Beltrami County ◆ Drug-Free Coalition of Bemidji ◆ Evergreen House, Inc.

Advisory Council. The following individuals are advisors to the Rock Sober Project:

◆ Tamron Bailey, Chemical Dependency Tech, Evergreen Youth Recovery House ◆ Jill Lindholm, Alcohol and Drug Counselor—Trainee, Evergreen Youth Recovery House ◆ Matt Liapis, Chemical Dependency Tech, Evergreen Youth Recovery House ◆ Randy McKain, Program Director, Evergreen Youth Recovery House ◆ Tom Reff, LADC, Upper Mississippi Mental Health Center ◆ Diana Robinson, MA, LADC, Evergreen Youth Recovery House