RISING ROOTED: Redefining Recovery With The Next Generation

An International Women’s Day Event & Watch Party Supported by:

SHE RECOVERS® Foundation in partnership with Eating Recovery Center:
Rising Rooted – Redefining Recovery With the Next Generation Watch Party Toolkit
Hosting & Organization a SHE RECOVERS® Foundation Rising Rooted: Redefining Recovery With the Next Generation International Women’s Day Event

Rising Rooted: Redefining Recovery With the Next Generation is an International Women’s Day event focused on bringing mental health, trauma, and substance use recovery awareness, and resources to post-secondary campuses and recovery collectives worldwide.

Join us on March 8, 2024 – and throughout the year – to hear:

💖 Young women and non-binary mental health advocates rise rooted by sharing their lived experiences with mental health and recovery
💖 Professionals and leaders dedicated to redefining recovery for the next generation of recovering youth
💖 About invaluable resources for yourself, your peers, and those you serve from individuals and organizations paving the way to create a new recovery paradigm for future generations

Organizing a community or campus event can feel overwhelming.

To help make planning and executing your watch party a little easier, SHE RECOVERS, in partnership with Eating Recovery Center, has populated this kit with everything you need to host a successful event.

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The resources included are:

1. **Watch Party Tip Sheet** – For student organizations, athletic departments, residence hall advisors, counseling and health center staff, and recovery advocates, this list provides tips for planning a watch party event on campus or at home.

2. **Post-Watch Party Discussion Questions** – This provides sample discussion questions for post-watch party panel discussions on the topic along with answers and resources for the facilitators.

3. **Event and Awareness Activity Ideas** – Although the live event airs on International Women’s Day, Women’s History Month runs all of March so we’ve provided ideas and tips for events and activities that you can host to celebrate this moment in her story on a specific day or any time throughout the year to reduce the stigma of mental health issues, trauma, substance use, and related life challenges, and encourage connectedness.

4. **Resources** – We’ve provided a list of resources so that watch party and event attendees can get more information – virtually or in person – about the organizations, individuals, activities, and programs discussed as well as seek support and learn more about the topic.

**Watch Party Tip Sheet**

There are several components to creating a great watch party for the **Rising Rooted: Redefining Recovery With the Next Generation** event. A watch party is a group of people coming together to watch and discuss this virtual event. Watch parties can be hosted on the live event date or later at a time that works best for your group, utilizing the on-demand recording. The following provides you with tips for space needed, campus support, post-watch party discussion panel, and getting the word out.

**Tip #1: Secure a space and consider a venue that will provide the following:**

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Accommodation for approximately 25-50 people (larger if you anticipate more people).

- A large screen with AV setup and Wi-Fi.
- Seating that will allow for easy viewing of the screen and conversation after the event (e.g., a lecture hall with room for a panel setup in front or a ballroom with round tables and room for a panel setup in front).
- If you want to provide refreshments, make sure you identify a space that allows for these.
- Accessibility to enter the space and participate in the event. (i.e. a space that is wheelchair accessible, is service animal friendly, and is near public transit).

Tip 2: Congratulations, you’ve identified a space! Now let’s think about setting up that space for the best possible event.

- Identify a space for student organizations, campus and/or community resources to set up (e.g., Morgan’s Mission chapters, Active Minds chapters, The Hidden Opponent chapters, Counseling Center, LGBTQ+ Resource Center, Multicultural Center, Women’s Center, Campus Suicide Prevention Center).
- Preset an area for your post-event panel setup.
- If you’re having refreshments, identify a good space for the food, ideally after the resource tables to encourage participants to walk by the resource tables to get refreshments and/or food.
- Post signs outside the room to assist participants in finding the right space. Make sure signs are inviting!

Tip 3: While the goal of these events is to raise awareness and destigmatize mental health issues, trauma, substance use, and related life challenges, these are sensitive topics for many. It is important to enlist professional support personnel to be at the events to talk with any participants who may need additional support and to serve on the post-event panel.

- Identify support personnel to be present at your event. We encourage you to enlist counseling center staff, health center staff, residence hall advisors, athletic support staff, and/or behavioral health professionals to be present at the event.

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Invite campus support departments to set up resource tables at the event and to be panelists at the post-event discussion.
Include campus and/or community support resources among the resources provided to students who attend the watch party.

**Tip 4:** We are certain that the **Rising Rooted: Redefining Recovery With the Next Generation** event in honor of International Women’s Day will stimulate discussion, interest, and questions. **Assemble a panel to lead a post-event discussion with participants. Consider inviting the following individuals to join the panel:**
- A campus support staff member or mental health professional to answer sensitive questions and guide sensitive discussions.
- Mental health student organization leaders to contribute their perspectives.
- Students, faculty, or staff with lived experience to share their insights.

**Tip 5:** You’ve planned a great watch party event. Now use the following tips to get the word out to students about your event.

- Get approval from your campus and/or community center(s) to post event flyers (attached) in high-traffic areas across campus (e.g., dorms, student unions, academic departments, library, and/or community bulletins).
- Share on your websites and social media channels.
- Encourage campus organizations, campus departments, and/or supportive organizations to share on their website and social channels.
- Ask campus departments such as residence hall advisors to incentivize students to attend by awarding them points.
- Ask campus professors/departments to provide extra credit to students who attend (e.g., psychology, sociology, health sciences, counseling).

**Tip 6:** Be sure to register here for the live event so you can attend with your group or gain access to the replay.
Our team is here to help you every step of the way. If you need support or have any questions regarding Rising Rooted: Redefining Recovery With the Next Generation watch parties, please contact: redefiningrecovery@sherecovers.org

Post-Watch Party Discussion Questions

To keep the conversation going, invite watch party participants to stay after the presentation for a post-watch party discussion. Invite campus support personnel, student organizations, mental health professionals, leaders, and/or individuals with lived experience with mental health issues, trauma, substance use, and related life challenges to be part of a panel discussion. Use the following questions to guide an informative conversation with the participants in attendance.

1. How might you open a conversation with a friend that you were concerned about?
   a. https://seizetheawkward.org/conversation/starting-the-conversation
   b. What I see... (what is the behavior that is causing concern?), What I fear... (express your concerns about the behavior), What I hope... (connect the person with professional resources to get support), What I would love to know...(what support your friend wants to receive).

2. Which resources would you use if you thought someone was struggling?
   a. Seek professional support on how to take care of yourself and connect others with support.
   b. Talk with your residence hall advisor, faculty members, or other supportive individuals in your life about how to help.
   c. Research recovery-focused support open and inclusive to youth.

3. If someone comes to you and expresses that they are struggling with a mental health issue, trauma, substance use, and/or a related life challenge, how do you take care of yourself?
   a. Be a supportive listener, avoid giving advice, and direct them to professionals who can help. If possible, go with them to the resource center or appointment.
   b. Seek support for yourself from a counselor, talk to supportive individuals in your life, and educate yourself about mental health challenges.
issues, trauma, and substance use so that you can be supported too. Everyone is impacted by these struggles, even if they aren’t our own.

4. **How have you personally been impacted by mental health issues, trauma, substance use, and related life challenges?**
   a. Guide a supportive conversation, avoid sharing explicit details, and if the conversation gets too intense ask a mental health professional to step in or ask the group to take a collective pause or breath together.

5. **How do you take care of yourself when you’re struggling or feeling stressed?**
   a. Guide a constructive conversation to share stress reduction techniques, self-care strategies, recovery-focused activities, etc.
   b. Avoid promoting the use of harmful substances or behaviors to cope with life stressors (e.g., substance use, self-injurious behavior, eating disorder behaviors.)

6. **Which community or campus resources have you found to be the most supportive?**
   a. Guide a conversation about all of the resources available on campus and/or in the community.
   b. Use the resource guide as a starter to get the conversation going.

7. **How do we end stigma and make it okay on our campus and communities to have these discussions?**
   a. Guide a discussion about what your campus, students, and/or community can do to provide more welcoming, supportive, and inclusive spaces for youth events and conversations about mental health.
   b. Discuss ways to keep the momentum going following this event.

8. **Which individuals or organizations (on or off campus) challenge mental health stigma and raise awareness?**
   a. Create a list of individuals and organizations that challenge mental health stigma to share with the participants.
   b. Ask what is missing and how you can create an organization that addresses what is missing on your campus or in your local community.
   c. Discuss what changes you might want to see take place at a systemic, institutional, cultural, and/or collective level (i.e. more

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opportunities for rest, a reduction in workload, more inclusive and identity-based recovery-focused spaces.)

9. What can I do as an individual to avoid perpetuating mental health stigma?
   a. Guide a conversation about language and attitudes that may be stigmatizing.
   b. Offer alternatives to phrases that use mental health terms to describe behaviors, events, feelings, etc.

Rising Rooted: Redefining Recovery With the Next Generation Activity Ideas

The following is a list of activities that you can introduce anytime during Women’s History Month to redefine recovery and reduce mental health stigma.

On Campus:
1. *Stigma Smasher Sticky Note Campaign.* Get several stacks of sticky notes and art supplies and decorate the sticky notes with messages letting others know what it means to redefine recovery for the next generation. Encourage people to pass out the sticky notes in classes, in front of busy student areas, or to leave them (where allowed) on campus for students to find.

2. *Sacred Pause Area.* Create a space with stress-relieving resources such as coloring books, stress balls, sensory activities, aromatherapy (if permitted), yoga mats, stretching blocks, blankets, etc. Ask campus departments or local businesses to donate items to keep the cost low.

In the Community:
3. *Recovering Words event.* Organize an event where recovering youth can express themselves through spoken word.
4. **Rising Rooted Cards.** Encourage participants to write a card to reflect on how they are rising rooted in their life and on their own mental health journey. They can keep the card, share it with friends and family, or leave it for someone anonymously who they think could benefit from being reminded of their own growth and potential.

**Recovery Resources for the Next Generation**

1. Access free SHE RECOVERS support groups both online and in person. You don’t have to recover alone. You are worthy of a community free of judgment. You deserve a space full of support, understanding, and fellow travelers to journey the path of recovery with you. SHE RECOVERS Together Online gatherings, identity-based support groups, yoga, and dance, and local Sharing Circles are trauma-informed and voluntarily facilitated by SHE RECOVERS certified professionals, coaches, teachers, and facilitators who meet you right where you are.

   SHE RECOVERS Together Online
   SHE RECOVERS Dance
   SHE RECOVERS Yoga
   SHE RECOVERS your Story Speaker Sessions
   #MentalHealthMonday Recovery Education Series
   SHE RECOVERS Encuentro en Español
   SHE RECOVERS Support for Healthcare & Allied Professionals
   SHE RECOVERS Support for Legal Professionals
   SHE RECOVERS Support for the Next Generation
   SHE RECOVERS Support for LGBTQ+
   SHE RECOVERS Support for Mothers of High Needs Children
   SHE RECOVERS Support for Veterans and First Responders
   SHE RECOVERS Sharing Circles

2. Visit [www.eatingrecovery.com/campus](http://www.eatingrecovery.com/campus) to find other resources and campus events designed to end mental health stigma on campus.

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3. Spread the word about the 988 Suicide and Crisis Support Lifeline  
988lifeline.org.

4. Visit the following links to learn more about recovery-focused supports for mental health issues, trauma, substance use, and related life challenges.
   AIM Youth Mental Health
   Active Minds
   SAMHSA Youth and Young Adults
   Mental Health America
   Association of Recovery in Higher Education
   Association of Recovery Schools

5. Get to know the departments and organizations that support mental health and wellness on campus and in your local community and add them to the resource list.
   ✔ Campus Departments   ✔ Campus Organizations   ✔ Community Orgs
If you would like to print copies or have a digital version to share with students across your campus, this kit is available for download at https://sherecovers.org/international-womens-day-2024/.