

Introduction to ASCA Rotational Meetings (rev 10.07.06)

Rotational meetings are one of two standard meeting formats we offer. The other is the *Step Work Meeting* format. Both provide effective structures (when used appropriately) for participants to safely share experiences, resources, and support in a group environment.

The strength of the rotational format is that it provides a systematic *revolving* approach to understanding and actively working the program each week - with the *encouragement* of peer support:

1. Rotation A, held the first week, has an open agenda. This means that participant shares can focus on any aspect of childhood abuse histories, the Stages and Steps, or any of the issues or challenges of recovery.
2. Rotation B, held the second week, provides time for reflection and sharing on one of the 21 Steps
3. Rotation C, held the third week, provides time to reflect and share on a particular topic related to recovery work – such as building self-esteem, validating memories, money and finances, etc.

Understanding the Format

We have provided all of the materials you will need in this package. To understand the actual format:

1. Review the *Rotational Meeting Format/Script*. This is the document you will use to facilitate meetings.
2. You may also want to review *Tips for Starting an ASCA Group (not included in this package)*. This document contains general information and ideas about starting a community-based ASCA support group. You can download it by clicking on the link in the individual files section on the Meeting Resources download page.

Rotational Meeting Materials – Participant Materials

Survivor to Thriver Manual

This is the essential workbook used by participants in the ASCA program. Encourage each participant to download or purchase his or her own copy of the Survivor to Thriver manual.

Welcome to ASCA - participant handout

This handout lists the meeting ground rules and provides an understanding of how to participate in the meetings. Give a copy of this handout to each participant.

Step Work Meeting Materials – Facilitator Materials

Rotational Meeting Format/Script

This key document contains a complete script of the Rotational meetings and describes how you will facilitate each meeting.

ASCA Statement of Philosophy

This handout outlines our program's purpose and beliefs. Pass this document around the room at the beginning of each meeting so that volunteers can read the statement aloud.

ASCA 21 Steps

This one-page handout contains the stages and steps of the ASCA program. Pass this document around the room at the beginning of each Rotation A meeting (after you pass around the Statement of Philosophy) so that volunteers can read the steps aloud.

Telephone Buddy List

This *voluntary* list allows meeting participants to contact each other for support and to work on the manual between meetings. Pass a blank version of this document around the room at the end of each meeting.