As social connection is an important foundational piece of recovery, utilizing technology is an alternative to face to face meetings when appropriate. The following guidelines are intended to create an atmosphere where anonymity is protected, intimacy and vulnerability feels safe, and discussions happen fluidly.

- During mutual aid groups, small group sessions, and one on one coaching meetings, plan to be alone or utilize headphones to protect others anonymity and private conversations.
- Reduce noise around you and place your microphone on mute if you’re not sharing or talking. Also pay attention to your background to not be distracting to other meeting attendees.
- Minimize distractions by not multitasking during the meetings (i.e. having other social media windows open). Try and give your community members your undivided attention.
- Make sure to continue attending the “meeting before the meeting” and staying after the allotted time. This remains the best time to strengthen relationships with your fellow community members.
- An audio and visual presence is encouraged if possible.
- As going around the circle to determine who shares next is not always feasible, “popcorn” style and “pass the stick” style meetings are encouraged.
- While “Virtual hangouts” are informal, who you are meeting with is still protected information. If a roommate or passerby asks, “Who are you talking to?” saying a group of friends or classmates is a great response.

For more information please visit: go.osu.edu/crc