

TELEHEALTH SUPPORT GROUP RULES AND GUIDELINES

The main focus of SAMSN's telehealth Eight-week Support Groups is SAFETY. Each group has two facilitators to help ensure a safe environment for recovery. The following set of rules has been developed to promote safety in the groups. All participants must confirm that they understand the rules and agree to abide by them.

1. Confidentiality must be maintained. No names of other members or identifying information can be used outside the group. Participation in a telehealth group requires dialling into the meeting from a quiet and private location. No other person should be present and the audio should not be able to be heard by others not participating in the group.
2. Be respectful of others. Verbal abuse towards self or others is not permitted during the telehealth group sessions and engaging in this behaviour will result in being exited from the online meeting.
3. Members should not discriminate against others on any grounds, including race, cultural background, religion or sexual preference, social background, disability or gender identity.
4. Men must not attend the group while intoxicated. Alcohol or other drugs must not be consumed just prior to, or during group meetings.
5. Do not name other people who you believe have also been abused as this would breach their confidentiality.
6. For legal reasons that require that a serious crime should be reported, do not give the full names of perpetrators. There is also the risk that in a future court case it could be claimed that witnesses have communicated with each other about this matter.
7. To maintain everyone's feelings of safety there is to be no sexual approaches (including through online means) made between any members of the group during the group program.
8. Under no circumstance should a telehealth session be recorded in any way (audio/video/screenshot).
9. If you will be unable to attend a weekly meeting, it is the expectation that you will notify the group facilitator beforehand. (You have the contact number for the facilitator of your group.)
10. Unless being used to access the meeting, please turn your mobile phones OFF to avoid distraction. If your phone must be left on, please switch to silent and do not respond to text messages or non-urgent phone calls. If you are expecting an urgent call or text please discuss this with a facilitator.

Group Guidelines

1. Members take responsibility for themselves at meetings and use "I" language. This avoids offering advice/criticism to others.
2. To assist with turn-taking and identification, participants are to announce their first name before speaking in a telehealth group. Please use the mute function when you are not talking.
3. If you have any questions about these rules or feel unsafe during a group session, please discuss this with a facilitator. They are there to help you maintain your safety and the safety of all attending the group.



Safety Procedures

1. If you need to leave the group session early, please notify the facilitators either verbally or via the chat function to let them know why and that you are safe
2. If you leave the group without notice for any reason (internet dropout, distress etc), one of the facilitators will attempt to contact you separately. SAMSIN and the facilitators have a duty of care to you all so will work with you to establish safety outside the group if required. If there are concerns for your safety or the safety of others, this may mean contacting services in your local area to respond.