



Welcome to Magnetic Minds

DBSA: Asheville Chapter

Please visit our website and blog:

www.MagneticMinds.weebly.com

www.DBSAalliance.org

- **Please Silence All Cell Phones.**

- **Share the Air.** Please give everyone a chance to speak. It's everyone's responsibility to make the group a safe place to share by treating others with respect, kindness and compassion and by following the guidelines. It's OK not to share.
- **One Person Speaks at a Time** without crosstalk or side conversations. Please raise your hand to speak.
- **Confidentiality.** What is said here, stays here. Board members and facilitators sign a Confidentiality Agreement for your safety.
- **We Are an Open Group.** It is OK to come to a meeting late, leave early or take a break. Please do so quietly.
- **Use I Statements.** Avoid instructing or advising. For example, rather than "You should..." say "In my experience, I have found...".
- **Differences of Opinion are OK.** In order to keep the group feeling safe, please deliver your point of view without hostility, manipulation or disrespect. *Once again, remember to use I statements.*
- **We Are All Equal.** At Magnetic Minds, we are all consumers. Please leave your PhD at the door. We are inclusive, welcoming, and supportive of all adults, 18 and over.
- **Please Stay on Topic.** Request a change of topic by raising your hand and asking the group if it's ok to change subjects. When the topic is complete, the facilitator will return to you for the new topic. Keep topics of discussion related to mental health issues or issues that are directly affecting a member.
- **Please Keep Profanity to a Minimum.**
- **No Physical Contact** unless ok with the other person.
- **Magnetic Minds has a no tolerance policy** for dangerous or illegal activity. 911 will be called if needed.
- **If You Are In Crisis, Please Let Someone Know.** In an upsetting situation we can offer one on one assistance, if needed, outside the main meeting; please ask. We can also assist in helping you contact a credentialed professional or crisis intervention service.

Any questions?