



# DISCUSSION GUIDE - WEEK ONE

**Required Listening (before today's group):**  
Episode 1 of the *Our Stigma* Podcast

## **Group Conduct Agreement**

The leader will read the Group Conduct Agreement aloud. In this first session additions can be made to the agreement after the group discusses if additions need to be made for your unique group.

## **Exercise 1: Introductions**

**Question:** Each participant will introduce themselves and name one thing you hope to get out of this group.

## **Exercise 2: Reflection**

The group facilitator will lead a brief reflection. After it is read, pair up with another participant and discuss one thing that stood out to you. Share it with the group.

## **Exercise 3: Question of the Day**

On a scale of 1 to 10—1 being “very difficult” and 10 being “very easy”—how accessible are mental health and addiction services in your area right now? Each person is given a moment to share their answers.



# DISCUSSION GUIDE - WEEK ONE

## Exercise 4: Large Group Activity

On a whiteboard or flip chart, spend a maximum of 5 minutes listing every mental health or addiction service you know of in two columns:

- **Column 1:** Services accessible to your community
- **Column 2:** Services **not** accessible to your community

## Exercise 5: Review and Commit to Research

Review the list as a group. Identify the major gaps in your community. What are the services that people struggle the most to find? Then, assign a few group members to do brief online research about those services or alternatives available in the area to bring for next week.

## Exercise 6: Personal Stories

This episode featured the following individuals:

1. **Geno** – A man living in rural Scandia who drives long distances to stay connected to the recovery community.
2. **Pat Johnson** – A respected elder who speaks about the community's long history of silence and shame.
3. **Marty** – A man in early recovery who has been in and out of treatment, including facilities outside his county and state.
4. **Kirsten Libby** – A woman who shares her daughter's story.



# DISCUSSION GUIDE - WEEK ONE

## Exercise 7: Closing Brainstorm

What kind of mental health or addiction education, support, or services would you like to see in your community after today's discussion?

## Exercise 8: Hope Check

Everyone answers this question:

**What did you hear today that gave you hope?**

## FOR NEXT WEEK:

Listen to Episode 2 and 3

---

---

---

---

---