

Self-Discovery & Recovery Peer Support Charter

The word *recovery* carries a lot of associations with it. To understand *Self-Discovery & Recovery* by the Yarrow Collective, we invite you to set aside what you know about recovery, what you've experienced in the past, and hear us out. The history of recovery is tied to abstinence based programs, such as NA or AA, and to rehab and treatment based programs. These programs work for some people, but they can also be experienced as coercive and, let's be honest, someone telling us what to do can make us want to rebel against these programs. There's a rigidity about recovery in the way we've been doing it that Yarrow Collective aims to deconstruct and reconstruct in new and more inclusive ways. What if you could create recovery in a way that fits your needs and is entirely unique to *your* journey with recovery?

Self-Discovery & Recovery Values

Radical acceptance

All of us at Self-Discovery & Recovery make a conscious decision to open our hearts to genuinely witness, care, and connect with other humans who are all inherently worthy of connection. We try to see each other as whole people – not just our worst parts – and practice radical love from exactly where we are. For many people, working through trauma includes acknowledging the pain that can come from feeling like they don't belong, or from being hurt or rejected by people with whom they have felt connection to. In Self-Discovery & Recovery groups, we make space for envisioning a world where one consistently has a sense of belonging and where meaning and purpose is possible. No matter where you are in your recovery journey, and regardless of whether you are using drugs or not, radical acceptance means that you are okay to be exactly who you are and where you are.

Consent-based recovery

Self-Discovery & Recovery centers consent-based peer-to-peer support in whatever form that looks like for you. Consent means that YOU get to choose what self-discovery recovery means for you. For example, sometimes we're working towards a clear recovery goal, and sometimes we're not. Maybe you are working towards abstinence, or maybe you're not. You

get to speak to your own needs and we trust you in that. What do YOU want? You get to discern your own way through recovery and say “I want this, but not this.” Part of the empowerment of self-discovery recovery is that we honor that you are the expert of your lived experience and know your needs better than anyone else could.

Right relationship with substances

Yarrow Collective believes that drugs are not inherently “good” or “bad,” but rather it’s the nature of our relationships with drugs that can become chaotic and problematic in our lives. The idea of “right relationship” encompasses all psychoactive drugs and medicines, whether prescribed or illicit, or used in clinical, ceremonial or recreational contexts. We strive to unpack the socio-cultural baggage around how and why people use drugs to alter themselves, letting go of shame and guilt, and re-orienting our individual relationships around what recovery and healing can look like. We believe in the paradigm-shifting potential of *right relationship* with medicines and drugs to move us toward more intentional and connected lives.

Multiple recovery pathways

Self-Discovery & Recovery centers recovery pathways of many forms and from many traditions. We also adopt a Harm Reduction approach to peer support, which means that you’re still using drugs and simply want a safer approach to using. Maybe you aren’t looking to stop using drugs but you want to be safe and get support from a peer or from a community harm reduction group. Recovery pathways could also include Medication Assisted Treatment, such as Suboxone or Methadone, or other prescription drugs, cannabis, or even psychedelic-assisted therapies. Your recovery journey right now may or may not include a deep dive into your inner self work at the moment. Alternatively, maybe you *do* want to deep dive into yourself or alternative practices and just need an opportunity to explore what sorts of alternatives exist. There are so many ways to do recovery, and our goal is to help you create a path that’s right for you.

Is Self-Discovery & Recovery Right For Me?

No matter where you are in your recovery journey, we invite you to check out one of our groups and see how it feels. No judgment, no obligation. You can try it on and see what you think. Based on our own collective experiences, we envisioned Self-Discovery & Recovery to be a place for anyone who:

- Wants to live a life that feels good to them but doesn't entirely know what that is or could look like.
- Feels lost, with no one ever asking you what you want, but rather directing you to a program or to something that worked for someone else.
- Seeks to find a recovery path that works the best for you and what you need.
- Is interested in exploring alternatives, including things like cultural practices (sweat lodges, drumming), somatic practices (mindfulness, dance or movement, acupuncture), and/or energetic practices (reiki, nature-based practices).
- Is open to exploring your relationship with drugs and how you best want to live with or without using drugs.

Self-Discovery & Recovery Peer Support Groups

Yarrow Collective's weekly Self-Discovery & Recovery group offers a space for people to openly explore and create their self-defined recovery journey alongside others. Groups feature opportunities to deepen your inner exploration using simple tools and practices, such as self-inquiry or mindfulness practices, according to themes in our Brave Deep Dive (below). Once per month, Self-Discovery & Recovery group integrates a communal-based healing practice that exists outside of conventional Western medicalized treatment strategies for substance use. All of this is meant to support you in piecing together your unique healing journey through opportunities to try out cultural, somatic, and energetic practices like poetry, story-telling, drumming, acudetox, or sound healing, among many other possibilities.