

Selah House Alumni and Family Support

Connect to others with shared experience. Commit to recovery. Cultivate a safe and supportive environment with opportunities to give back.



Selah House

Reclaim Freedom

Alumni Support

Staying connected and engaging in a community is an important part of maintaining recovery. We created a safe space for past clients to connect with each other for support and resources.

GroupMe

- Connect 24/7 via the app or online; notifications can be silenced.
- Use the main chat for support, resources, encouragement, prayers, hope, or recommendations.
- Sub-chats for sharing and connecting that include resources, recipes to help with meal planning, distraction activities, and fur baby pictures.

Zoom

- Weekly support group via Zoom, with the link shared in the GroupMe main chat and calendar.
- Conversations are confidential, judgment-free, and respectful to maintain a safe space.
- The group begins with check-in questions, creating space for open discussions on anything clients need that week—whether it's support, sharing struggles, celebrating achievements, or social distractions. Then, we close by celebrating successes, from simple victories like getting out of bed to reaching treatment goals or achievements at work. For those who wish, a space for prayer is available after the meeting.

Volunteer and Lead

Feeling a sense of purpose and being involved in the community help in maintaining recovery.

Volunteer

Coordinate with fellow volunteers to:

- Share ideas for enhancing support within the alumni community.
- Send letters and cards to current Selah clients, offering comfort to newcomers and encouragement to those preparing to discharge.
- Become a pen-pal to current Selah clients.
- Send small gifts and cards to current clients during the holidays.
- Assist in planning and organizing events.

Lead

Anyone 18 and older, who has been out of residential treatment for at least six months and is in a stable place in their recovery, can engage in:

Mentoring:

- Offer one-on-one support and accountability to fellow alumni who are struggling.
- Lead predischarge groups with current clients.

Outreach:

- Take calls from prospective clients hesitant about treatment and share personal experiences.
- Participate in presentations, panels, and vigils as opportunities arise.

Selah House Alumni and Family Support

Family Support

There are limited supports and resources for loved ones of those who are fighting an eating disorder or are in recovery, so we created a safe space for families to connect with each other to and share their experience and knowledge to support each other. This is ongoing support whether your loved one is in treatment or at home.

GroupMe

- Family members are able to connect 24/7 using this messaging application, that can be accessed using the phone application or online. You are able to silence your notifications if needed.
- Reach out in the main chat to ask for or provide support, resources, encouragement, prayers, hope, or recommendations.
- There are sub-chats to easily find resources that include programs, support groups, eating disorder education

Zoom

- Weekly support group via Zoom, with the link shared in the GroupMe main chat and calendar.
- Conversations are confidential, judgment-free, and respectful to maintain a safe space.
- The group begins with check-in questions, creating space for open discussions on anything clients need that week—whether it's support, sharing struggles, celebrating achievements, or social distractions. Then, we close by celebrating successes, from simple victories like getting out of bed to reaching treatment goals or achievements at work. For those who wish, a space for prayer is available after the meeting.
- Topics discussed often focus on our loved one, but as support for families, the focus does not have to relate to our loved ones fighting an eating disorder.

Volunteer

Engage in outreach by taking calls from admissions for prospective clients that are hesitant to enter treatment and want to hear from others' experiences.

