**M4-B. Morning Meeting Simulation**

***The Morning Meeting: Overview***

The purposes of the morning meeting are to:

* Start the day in a positive way
* Motivate TC members
* Enhance the sense of community

***Components of a Morning Meeting***

* *Coming-together ritual:* All members of the community start the meeting by saying “good morning, family” and reciting the community’s creed or philosophy.
* *Social awareness:* Current events outside the TC and local weather reports are briefly presented.
* *Thought of the day:* A brief thought designed to focus the community on personal growth or problem-solving is presented; for example, a department head may present “trusting each other” and allow residents time to reflect on how they will incorporate this thought into the day.
* *“Up” ritual or energizer:* This is a group activity, such as singing or playing a game, to energize and engage members. It is not simply entertainment but is intended to reinforce recovery and concepts of right living.
* *Closing ritual:* This is a shared activity that signals the end of the meeting. For example, some TCs have adopted theme songs that residents sing together with locked arms to close the meeting.

***Morning Meeting Rules***

* Maintain an emphasis on the “here and now.”
* Only one person may speak at a time.
* Individuals speak only for themselves, but they may encourage others to participate
* Attention is focused on being positive and uplifting.

***The Role of TC Staff Members***

* All staff members on duty sit in the back of the room to observe.
* Staff members assess resident participation, overall group energy, attitudes, and affect
* Staff members may contribute humor or an uplifting thought

Staff members and senior community members will normally meet later in the day to discuss:

* the degree to which the residents in charge of the meeting were prepared and appropriate
* the need for any treatment plan adjustments for the residents.

***Morning Meeting Simulation: Participant Roles***

*Staff member*: One participant (the Course Co-ordinator) acts as the staff member and assists in planning the morning meeting. The staff member writes out the agenda, guides the meeting managers if necessary, tells a joke or adds humor, and intervenes if a resident acts out.

*Two TC member meeting managers*: Two participants are responsible for conducting the meeting. The meeting managers begin the meeting by greeting group members with “Good morning, family” and ask members to recite the TC philosophy. The coordinators state the purpose of the meeting, remind participants of the rules, and conclude with the closing ritual.

*Member #1*: This member is responsible for the social awareness component and presents the weather report and one current event.

*Member #2*: This resident is responsible for the thought for the day.

*Member #3*: This resident is responsible for the “up” ritual or energizer and may lead the  group in singing a song intended to reinforce recovery or a concept of right living.

*Remaining participants*: The remaining participants play the parts of residents and may complain or pretend to be bored, tired, or hostile at the beginning of the meeting.  The meeting managers conclude the simulation of the morning meeting with the closing ritual.