

OMM GUIDING PRINCIPLES

Use the OMM guiding principles to establish expectations and a shared understanding of the purpose of club meetings for the club sponsor, leaders, and members.

OUR MINDS MATTER IS...

- A meeting to be open about struggles
- Mindful of privacy
- Raising awareness
- Sharing resources
- Practicing coping skills
- Promoting connection
- Creative problem solving

IS NOT...

- Therapy because the goal of therapy is to reduce symptoms and a higher level of privacy protected by law.
- A classroom because it's more personal than class. We are not referencing a text book. You are not being test on the information you learn in OMM.
- A meeting to explore your personal symptoms.

our minds
matter 



OMM GROUND RULES

1. Self care first
2. In danger zone get your sponsor
3. Oops. Ouch.
4. Stay in growth zone.
5. Honor boundaries
6. Expert on selves not others
7. Make room. Take room.
8. Respect & Privacy
9. Accessibility
10. Use OMM rituals

