



National Online Recovery Day In Real Life (IRL) Event Guide

In 2020, **Lionrock** established the inaugural **National Online Recovery Day** on **September 22** to raise awareness about the severity of the addiction crisis and positioning online recovery as the best solution. In 2021, this celebration enables patients to find #FreedomInRecovery from their addictions. Lionrock has put together an entire National Online Recovery Day toolkit including branded social media frames, Zoom backgrounds, quizzes, and more to encourage everyone touched by recovery to come together in support of breaking the stigma around recovery.

IRL Event Ideas

Below are a few fun ideas you can utilize to gather and celebrate **National Online Recovery Day** that inspire conversation and support with friends, family, and allies.

■ **Sober Station:** Create your own at-home sober station and host an alcohol-free party.

Suggested Materials:

- Your favorite glassware
- Mixers: soda water, ginger beer, fresh juices (such as beet, lemon, cucumber, etc.)
- Garnishes: mint, olives, sugar cubes
- Kitchen tools: strainer, juice press, shaker

■ **The Lion's Tail Dry Libation:** National Online Recovery Day Non-Alcoholic Drink Recipe.

Recipe:

- 3 oz peach nectar juice
- 1 oz cider vinegar
- 1/2 oz of allspice maple syrup
- 1 oz lime juice
- 1 teaspoon simple syrup

Directions:

Add all ingredients into a shaker with ice and shake until chilled. Strain into your favorite glass and add a citrus peel for garnish. Enjoy!

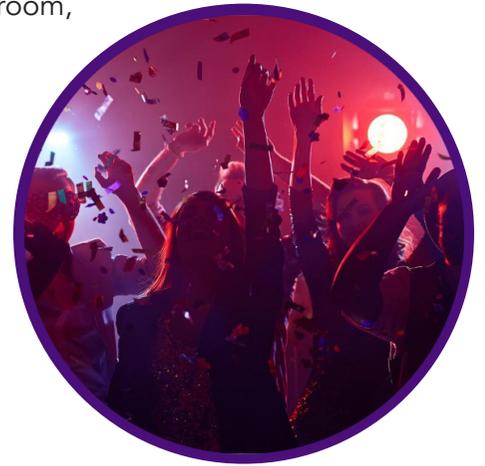


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Sober Dance Party With Friends, Family & Allies: Get your moves on with Lionrock's curated [#FreedomInRecovery](#) playlist! Put on your [purple party clothes](#) and dance the night away to your favorite [sober musicians'](#) songs.

- **Choose** a space to serve as your dance floor. It could be your living room, backyard, garage, or any space that allows you to move freely
- **Invite** friends and family, if desired. Solo dance parties are always encouraged as well!
- **Download** Lionrock's [#FreedomInRecovery](#) playlist (available on Spotify)
- **Connect** your phone or laptop to a speaker
- **Turn up the music**, and dance the night away!



Mindfulness Meditation Exercise: Facilitate or attend a mindfulness meditation course to learn how supporting your mental health can be used as a form of recovery.

Looking to attend a course? Knowing the high prevalence of comorbidity between substance use disorders and other mental illnesses, Lionrock developed a free online support group with a mental health focus. The [Midweek Mindfulness Support Group](#) meets every Wednesday online. Participants will learn new mindfulness techniques to bring more presence and peace into their life. Meetings are open to anyone and everyone (not just for people in recovery).

Want to host a meditation? Here are our top tips for hosting an in-person meditation session:

- **Set up a calming space**, whether in a designated space in your home, at a yoga studio, or at a park or yard. A location where participants can spread out and sit comfortably.
- **Play ambient music**, if desired, to set a calming environment.
- **Create a shared intention.** Decide on a theme up-front like 'Healing through Recovery' or 'Recovery Reflections.' You can also have people bring some ideas and decide on one together, then sit for the collective intention.
- **Prepare 2-3 mindfulness exercises** to do as a group such as breathing exercises, loving-kindness meditation, or simple yoga stretches.
- **Invite participants to journal** after completing the mindfulness exercise to allow time for introspection and learning.



More About Lionrock

Founded in 2010, [Lionrock](#) is the leading telehealth provider of substance use disorder (SUD) treatment and lifelong recovery services in the United States. Lionrock provides evidence-based treatment for substance use disorders, at the Intensive Outpatient (IOP) and Outpatient levels of care, including medication-assisted treatment, and continuing care. Lionrock is accredited by the Joint Commission, employs master-level licensed counselors in most states, and accepts most private health insurance. Lionrock is the only recovery treatment provider to offer both acute treatment services and the lifelong community and support group meetings people living in recovery require to live a positive, sober lifestyle.

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