



# OCT. 18<sup>TH</sup> – 20<sup>TH</sup> BTR ALUMNI HOMECOMING

## Information Packet

This packet contains a lot of great information to make your trip back to The Bridge full of fun and connection. Be sure to [complete your registration on Eventbrite](#) to purchase your tickets for the event (click the hyperlink to register if you haven't already done so). If you have done so, you will receive a confirmation email. This packet contains all of your need-to-know information. Should you have any questions at any time, reach out to our Director of Alumni Relations at the contact information below.

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Cell: (270)991-6786  
Email: [neena@thebridgetorecovery.com](mailto:neena@thebridgetorecovery.com)

THE BRIDGE TO RECOVERY

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THE BRIDGE TO RECOVERY  
1745 The Bridge Rd.  
Bowling Green KY

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Alumni Homecoming  
October 19-21, 2018

## Weekend Schedule

### Friday, October 18th

4:00-5:00pm, Registration  
5:00-6:00pm, Dinner  
6:00-7:00pm, Welcoming,  
Discussing Open Space, &  
Conversation #1  
7:00pm, Creating the  
Sessions  
8:00pm, Campfire &  
Connection

### Saturday, October 20th

8:30-9:00am, Continental Breakfast  
9:00-9:45am, Conversation #2  
10:00-11:45, Break-Out Sessions  
12:00-12:45pm, Lunch  
1:00-1:30, Conversation #3  
1:45-4:30, Break-Out Sessions  
4:30-5:15, Alumni vs. Staff Kickball  
5:30-6:30pm, Dinner  
7:00pm, Concert

### Sunday, October 21st

8:30-9:00am, Donuts & Coffee  
9:15-10:30am, Conversation #4  
10:45am-noon, Closing  
Ceremony

## Activities & What to Expect

### Registration

We encourage everyone to arrive during the scheduled Registration Hour. This will allow you to check in with Bridge staff, receive your t-shirt and other items for the weekend. This is also a great time to meet and mingle with other arriving alumni as well as Bridge staff members.

### Welcoming

Following dinner on Friday evening we will begin discussing "Open Space" which is what our schedule for the weekend will be derived from. For those unsure what Open Space is, that's okay. The theme of the weekend is "Trust the Process" and using Open Space Technology will be yet another way we will encourage you to do so, and be a part of the amazing work that will happen naturally and organically. More will be revealed during the Welcoming, but come prepared to gain great recovery insight, be transformed, and experience incredible connection.

### The Conversations

It is often scary to enter into an event where you might know only a few people, or possibly no one at all. Or, sometimes we might find ourselves so comfortable in a group of people we know, that we fail to open ourselves up to those that we do not. Fellowship is a key component of our Alumni weekend. Throughout the weekend, we will host insightful and thought-provoking conversations in which you will have the opportunity to connect with others on a deeper level. The goal is that by the time the weekend concludes, you will have had the opportunity to have a conversation and connect with 20-25 different people you otherwise may not have had the opportunity to do so with.

### The Break-Out Sessions

Coming to an event where there is no pre-arranged agenda seems crazy, right? It seems uncomfortable, it can seem scary, and it can sound off-putting. However, this year we are challenging our alumni to do just that – trust the process. Just because there is no pre-arranged agenda doesn't mean you won't be doing amazing work, or that our team isn't busy preparing like crazy. It just means that we want you to be an active participant in designing YOUR weekend.

On Friday evening, YOU will be deciding what sessions you want to be included in the weekend. How will that happen? Check out the worksheet at the end of this document. Fill it out and bring it with you. Once we, as a group, make the sessions agenda for the weekend, you will have the opportunity to decide which you want to attend – you may decide to flutter around to many or you

may want to be an active participant in a few – whatever you decide, you are sure to have a positive and insightful experience.

### **Alumni vs. Staff Kickball Game**

Come prepared to play along or cheer along with your fellow Alums in our Alumni vs. Staff Kickball game. This is a tremendous chance to let your inner child out and play in this friendly competition where the Alumni reign as champions. All skill levels are welcome to play (and we encourage everyone to participate), just be prepared to laugh, have fun, and let loose. Be sure to wear athletic type shoes.

### **Concert & Campfires**

Music is a connector of people. On Saturday night, we invite all of our Alumni to stay for our yearly concert which will be held on the stage near the main tent. This year we are welcoming a new performer to our stage, and we know you are in for a wonderful experience. Feel free to bring a blanket or hoodie to wrap up in, as it can get chilly in the evening as the sun sets.

At the conclusion of each evening (weather permitting), we try and get a campfire going. It's a great place to gather around, enjoy some downtime, and connect with others.

### **Food**

During our Alumni Homecoming, meals occurring during the event are included and are no additional cost. These meals are:

**Dinner on Friday Evening**  
**Continental Breakfast on Saturday Morning\***  
**Lunch on Saturday**  
**Dinner on Saturday**  
**Continental Breakfast on Sunday Morning\***

*\*Only light fare will be provided for our continental breakfasts. These usually consist of coffee, juices, pastries and easy-to-grab foods. We cannot adhere to dietary requests for these light-fare continental provisions, and encourage anyone with special dietary needs to eat a breakfast of their preference prior to arrival.*

Please notify us via email at [neena@thebridgetorecovery.com](mailto:neena@thebridgetorecovery.com) if you have dietary requests, including any allergy information and specific diet requirements such as gluten free, vegetarian, nut allergies, etc. We will do our best to accommodate dietary requests during our lunch and dinners, and while VERY rare, if for some reason we are unable to accommodate any request during our Homecoming we will notify you prior to the event.

### **T-Shirts**

Part of your registration cost includes our annual Alumni Homecoming T-Shirt. While not required, we encourage everyone to wear their T-Shirt on Saturday, October 19<sup>th</sup>. On the days of the event, all staff will be in a crimson red "Staff-Only" T-Shirt to make it easy to identify us in case you have questions.

### **Weather**

The weather in Bowling Green in October is usually perfectly mild with highs in the 70's and lows in the 40's to 50's. We spend the majority of the time outdoors, so be sure to dress for warm and cool weather. We recommend dressing in layers. We also offer several different activities that may require a change of shoes in case they get muddy, as well as tennis-shoes or athletic shoes if you would like to participate in our always-fun Alumni vs. Staff Kickball game.

## Arrival & Travel

### If you are flying...

We recommend that your flight arrive at the Nashville airport by no later than 2:00pm CST on Friday, October 18<sup>th</sup> in order to allow enough time for you to arrive for the 4:00-5:00pm Registration and Check-in Hour. Some Alumni also elect to arrive on Thursday to insure no travel delays or cancellations.

We recommend that you rent a vehicle for the weekend, as you will also need transportation from your hotel to The Bridge each day. Car rental is available at the Nashville airport. Please follow the driving directions below, because you may remember how GPS can easily bring you in the wrong way!

NOTE: If you are interested in renting a vehicle and ride-sharing with other Alumni, we encourage you to reach out on the Alumni Facebook Page (if you are not connected on that page, please contact us at [neena@thebridgetorecovery.com](mailto:neena@thebridgetorecovery.com) and we will get you added).

### If you are driving...

We ask that you plan to arrive for the 4:00-5:00pm Registration and Check-in Hour. Please follow the detailed driving instructions below, because you may remember how GPS can easily bring you in the wrong way.

If you are willing to help transport other Alumni, either from the airport or from hotels to The Bridge, we encourage you to reach out on the Alumni Facebook Page, as there may be people seeking to ride and cost-share (if you are not connected on that page, please contact us at [neena@thebridgetorecovery.com](mailto:neena@thebridgetorecovery.com) and we will get you added).

### Directions

- From Nashville, take I-65 North, and from Louisville, take I-65 South.
- Take Exit 28 off I-65 (you will see the Corvette Museum off this exit).
- Go STRAIGHT through the first stoplight (you will see a Wendy's on your left, and a Super 8 Hotel on your right).
- EXIT right onto 31-W North.
- FOLLOW 31W North approximately 5.9 miles.
- TURN left onto Highway 743.
- FOLLOW HWY 743 approximately 4.1 miles.
- TURN left onto Highway 1749.
- FOLLOW HWY 1749 approximately 2.3 miles.
- TURN left onto The Bridge Road – continue on The Bridge Road (DO NOT TURN OFF AT ANY TIME) until you see the sign
- LANDMARKS: You will be near your turn onto The Bridge Road when you pass "Sailings Grocery Store and Gas Station" on the right side of HWY 1749. Continue and you will see a White Church on the right. As soon as you top the hill and pass the Church, please slow down. The Bridge Road is the first left once you pass the Church.
- You will be entering The Bridge to Recovery when the paved road becomes very narrow.

## Departure

The Alumni Homecoming will conclude around lunchtime on Sunday, October 20<sup>th</sup>. The closing ceremony will be connecting and a way to show and accept gratitude, and we encourage all attendees to stay and attend. It is an integral part of the weekend, and was ranked as one of the favorite portions of the weekend last year – you won't want to miss it. We encourage flights to be booked after 4:00pm to give yourself adequate time to get to Nashville.

## Lodging

The Bridge has partnerships with some local Hotels that we recommend. It is important to note that there are several big events happening in Bowling Green the weekend of our Alumni Homecoming – it will be important to make reservations early to avoid sell-outs. Please be reminded that because The Bridge will have clients actively engaging in our program, we CANNOT allow camping or lodging on our property. As mentioned earlier, if you are interested in cost-saving by connecting with other Alumni, and potentially room-sharing, please reach out on our Alumni Facebook Page.

### **Hilton Garden Inn**

1020 Wilkinson  
Trace, Bowling  
Green, Kentucky  
42103

[270 438 1072](tel:2704381072)

### **Hotel Sync**

**all suite-style  
rooms, nearest  
hotel to BTR**

518 Corvette Dr,  
Bowling Green, KY  
42101

[\(270\) 745-0123](tel:2707450123)

### **Super 8**

**Closest (1 of 2)  
Hotel to BTR**

110 Willamette  
Lane  
Bowling Green, KY  
42101

[\(270\) 781-4900](tel:2707814900)

### **TRU by Hilton**

**One of BG's  
newest Hotels**

1864 Cave Mill Rd  
Bowling Green, KY  
42104

[\(270\) 904-2260](tel:2709042260)

### **Hyatt Place**

**Newer Hotel near  
WKU**

**20-minute drive to  
BTR**  
1347 Center St,  
Bowling Green, KY  
42101

[\(270\) 467-0001](tel:2704670001)

### **TownePlace Suites**

**Newer Hotel**

1818 Cave Mill Rd.  
Bowling Green, KY

[\(270\)782-4714](tel:2707824714)

### **La Quinta Inn**

**Reasonable  
Priced  
Easy Access Off I-  
65**

1953 Mel Browning  
St,  
Bowling Green, KY  
42104

[\(270\) 783-0083](tel:2707830083)

### **KOA Campground**

**Tent/Cabins/RV**

1960 Three Springs  
Bowling Green, KY

[\(270\) 843-1919](tel:2708431919)

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## Important to Note

### Your Consents & Release of Liability

When you submitted your registration online you also answered several questions that provide your agreement/consent in several different areas, including releasing The Bridge from any liability during your participation and attending the event, as well as a photography release. We MUST have these consents on file for all participants. If you registered several people under one name (i.e. your own), when you arrive for registration, all members of your party will be asked to sign these same releases providing their own

consent. If you and your guest registered online under each unique name, you will NOT be required to sign additional documents upon arrival. And, **if you are not sure how you are registered or if you need to sign anything else, NO WORRIES – we will have a great team that will help you upon arrival.**

### Guests

The Bridge to Recovery Alumni Homecoming is only open to adult guests age 18+. When you completed your online registration you also answered a question confirming that everyone in your party is age 18+. This is very important for several liability reasons as well as because we do not have programming and activities designed for minors.

### Contacting us During the Event

As many may remember, The Bridge to Recovery is pretty secluded and cell phone reception can be extremely spotty. If you should need assistance during the event, you can use any of the contact methods below. However, please note that our Director of Alumni Relations will access email frequently during the event via WiFi, so sometimes email is the best way to reach her.

Neena Wilcox, Director of Alumni Relations

Call or Text (270)991-6786

Email [neena@thebridgetorecovery.com](mailto:neena@thebridgetorecovery.com)

# OPEN SPACE WORKSHEET

Complete this worksheet and bring it with you to the Alumni Homecoming. This sheet is designed to get you thinking about topics regarding different dimensions of recovery.

## Health

- How does your physical health affect your recovery?

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- What are ways you have improved your physical health?

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## Community

- What challenges have you experienced attending meetings? How / Were you able to overcome?

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- What other community supports have you found most helpful?

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## Home

- What challenges has your home life home life created in your recovery?

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- How did you create a home that feels safe for you to continue your recovery?

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- Identify challenges you've had with dating / intimacy / partners & spouses.

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## Purpose

- How do you define your sense of purpose?

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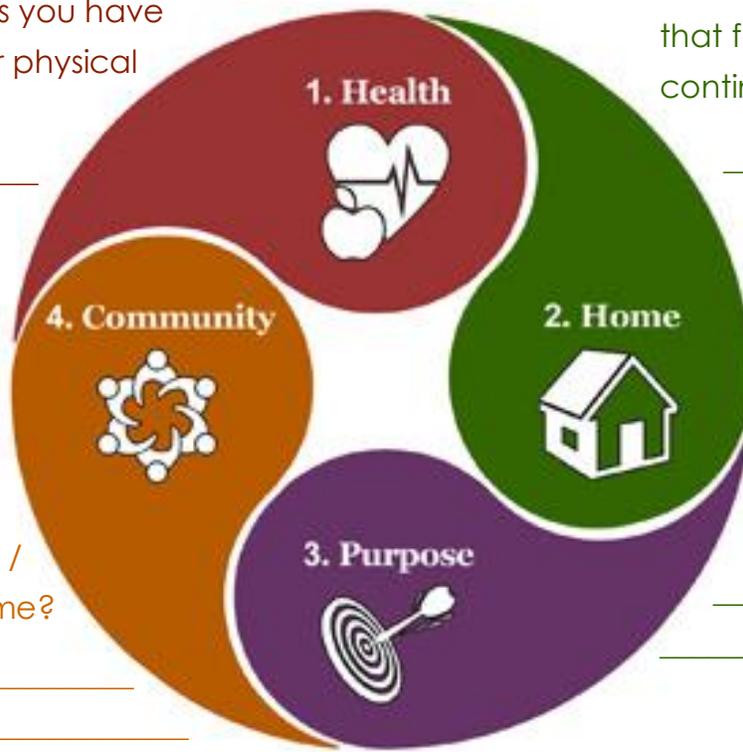
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- What challenges has your work life created in your recovery?

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**Everyone has struggles and challenges in recovery. Use the topics below to identify which areas have been challenge areas for you, and why specifically they have caused struggle? Additionally, if you have found wisdom, understanding, and strength through your struggle in any of these areas, identify that as well.**

Developing New Coping Mechanisms: \_\_\_\_\_

\_\_\_\_\_

Facing life without Drugs & Alcohol: \_\_\_\_\_

\_\_\_\_\_

Building New Relationships & Repairing Old Ones: \_\_\_\_\_

\_\_\_\_\_

Boredom: \_\_\_\_\_

Relapse: \_\_\_\_\_

\_\_\_\_\_

Finding Purpose in Life: \_\_\_\_\_

\_\_\_\_\_

Transitioning Back Home: \_\_\_\_\_

\_\_\_\_\_

Being around others NOT in Recovery: \_\_\_\_\_

\_\_\_\_\_

Loneliness: \_\_\_\_\_

Holidays & Special Occasions: \_\_\_\_\_

\_\_\_\_\_

Dating: \_\_\_\_\_

\_\_\_\_\_

Guilt & Remorse: \_\_\_\_\_

\_\_\_\_\_

Insomnia: \_\_\_\_\_

\_\_\_\_\_

Making Mistakes: \_\_\_\_\_

\_\_\_\_\_

Career & Finances: \_\_\_\_\_

\_\_\_\_\_

Making Friends: \_\_\_\_\_

\_\_\_\_\_

The Pink Cloud Fading Away after being at BTR: \_\_\_\_\_

\_\_\_\_\_

Creating Structure in my Life: \_\_\_\_\_

\_\_\_\_\_

Other: \_\_\_\_\_

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NOTES or MORE WRITING SPACE: \_\_\_\_\_

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