



Welcome to the MentorCONNECT Member Forums

The member Forums form the heartbeat of our growing recovery community. Open 24/7, yet private for our members' use only, you can log in at any time to find inspiration and encouragement.

As mentioned in your Welcome & Orientation packet, this short guide will help you make the most of your access to the Forums.

For your own recovery safety and that of your fellow members, it is very important for you to review this packet before beginning to interact with other members inside the Forums.



Included you will find:

1. How to locate the Forums and log in
2. Your Member Agreement (keeping the Forums safe and supportive for all)
3. How to set up your personal profile
4. How to create your first blog post
5. How to join in the Monday night chat support group
6. How to create and respond to Dialogs
7. How to join our special discussion groups
8. How to find out about regular and special events
9. How to get your Forums questions answered

Read on and enjoy!

With all our best,

Your MentorCONNECT Leadership Team





How to Locate the Forums and Log In

To Locate the Forums:

The Forums are located online at: www.mentorconnect-edforums.org

Please bookmark this URL in your browser so you can return to it easily.

To Log In:

1. Visit: <http://www.mentorconnect-edforums.org/login/>
2. Click "Sign In" (bottom center of grey box)
3. Enter the email address you used to apply for MentorCONNECT
4. Enter the password you selected when you accepted your Forums invitation
5. You are in!

Still Having Trouble?

- If you **did not receive** your Forums invitation or are having difficulty **logging in** for the first time: shan@mentorconnect-ed.org





Your Member Agreement (keeping the Forums safe and supportive for all)

When you applied to join MentorCONNECT, you were asked to read and agree to 10 membership Commitments.

Keeping these Commitments is what ensures the Forums will remain a pro-recovery, non-triggering, safe, and supportive recovery community for each one of us.

Our Volunteer Moderators:

Did you know that each person who helps moderate the Forums is a volunteer? Just by keeping your membership Commitments, you make their job SO much easier – and you also get stronger in recovery!

MentorCONNECT's Membership Agreement:

Please re-read and re-commit to each of these 10 Commitments prior to beginning participation inside the Forums.

- **NOTE:** *If you are NOT ready to agree to these commitments, we encourage you to rethink your participation in the MentorCONNECT community.*

1st Commitment: *MC is a pro-recovery zone.* I will not post 'pro-eating disorders' content, tips, or tricks.

2nd Commitment: *MC is a trigger-free zone.* I will not mention specific eating disorder behaviors, numbers, weight, or any sort of potentially triggering material.

3rd Commitment: *MC is not a food zone.* I will not mention specific foods, food content, food groups, or share meal plan details.

4th Commitment: *MC is a non-medical recovery support zone.* I will not share any of my specific medical issues or medical history, and I will direct all requests for medical advice, treatment options, and dietary plans to my treatment team or doctor.

NOTE: *Participation in MC is never a substitute for professional medical advice or treatment.*

5th Commitment: *MC is an eating disorders-only support zone.* I will direct requests for support for other issues, including but not limited to, trauma, abuse, self-harm, and substance use, to appropriate treatment professionals and other communities that offer specific support in these areas.

6th Commitment: *MC is a solutions-oriented zone.* I will only post content for the purpose of strengthening my recovery or to support the recovery of others. I will seek solutions rather than just venting, and I will offer suggestions to other members seeking support, but only at their request or with their permission.



MentorCONNECT's Membership Agreement, cont.

7th Commitment: *MC is a safe, confidential zone.* I will respect the boundaries and confidentiality of each MentorCONNECT member.

NOTE: *MC takes online harassment, stalking, or otherwise inappropriate use of the MC community VERY seriously and will take immediate action to protect the safety and privacy of each member in our community. Additionally, MC advises against sharing personal contact information with other members at any time, for any reason. Members who choose to share their private contact information with other members do so at their own risk.*

8th Commitment: *MC is an MC-only zone.* I will not provide links or invitations to other websites, solicit, advertise, or self-promote while participating in MC.

9th Commitment: *MC is a member-centered zone.* I will share my questions, concerns, ideas, and suggestions with MC's Leadership Team to make MC the best it can be!

10th Commitment: *MC is a self-moderating zone.* I will abide by these 10 Commitments and take responsibility for reporting any prohibited content to the MC Leadership Team.



How to Set up Your Personal Profile

Setting up your personal profile is your first opportunity to demonstrate your understanding of the Member Agreement and your agreement to uphold each one of the 10 Commitments.

Remember:

- If what you are about to write/post or the photo you are about to upload **would trigger you, it will trigger other members** too!
- If you post triggering photos or information, one of our volunteer moderators will contact you to ask you to revise your profile.
- You will not be permitted to participate within the Forums until your profile is re-approved by the moderators.

Step-by-Step Profile Creation Instructions:

- Log in to the Forums, then visit this link <http://www.mentorconnect-edforums.org/pages/getting-started> and you will be guided through creating your profile.



How to Create Your First Blog Post

Benefits of starting your personal recovery blog:

- Blogging is a way to introduce yourself to other members and learn more about them as well.
- You can use your personal recovery blog to reach out for support from others.
- By reading other members' blogs and posting supportive comments, you can offer your support to others in turn.
- Through blogging you can learn from other's experiences and share your own experiences.
- By learning to blog in accordance with the 10 Commitments, you free yourself and others from being triggered and can focus fully on taking positive steps towards sustained recovery.

Step-by-Step Blog Post Creation Instructions:

- Log in to the Forums, then visit this link <http://www.mentorconnect-edforums.org/pages/getting-started> and you will be guided through the steps to create your first blog post.



How to Join in the Monday Night Chat Support Group

An Open Invitation from Us to You:

We'd like to invite you to MentorCONNECT's Monday Night Chat online support group. These weekly chats offer you a great way to meet and connect with other members.

Whether you're just starting out in recovery, fully recovered, or somewhere in between, you'll fit right in!

- **TIME:** The-Chat is on Monday evenings at 9:00 pm Eastern Time / 8:00 pm Central Time / 7:00 pm Mountain Time / 6:00 pm Pacific Time.
- **LEADERS:** Meetings are led by two experienced moderators and focus on a new topic each week.

Step-by-Step Instructions to Join the Chat:

- Log in to the Forums, then visit this link <http://www.mentorconnect-edforums.org/chats> and just click on "Current Chats" to join in!





How to Create and Respond to Dialogs

“Dialogs” is the Forums’ special word for “email.” Other members can send you Dialogs, and you can send Dialogs as well.

Step-by-Step Instructions to Create & Respond to a Dialog:

- Log in to the Forums, then look for the “Dialogs” button (in the very uppermost right hand corner next to your profile picture).
- Click on that button – or just visit this link <http://www.mentorconnect-edforums.org/dialogs>.
- All of your open Dialogs will appear – new Dialogs (or new responses to Dialogs) will be indicated when the arrow (to the right hand side of the Dialog title) turns green.
- Just click on the arrow next to the Dialog you want to view to respond or read a response.



How to Find Out About Regular and Special Events

In addition to all of your regular Forums member benefits, here on MentorCONNECT we also offer special events from time to time.

Luckily, it is easy to find out what is going on!

Step-by-Step Instructions to Access the Forums Calendar:

- Log in to the Forums and look to the left-hand column on the home page. You will see “Birthdays” and below that, “Calendar.” All upcoming events are listed here.
- Visit the Calendar menu tab here <http://www.mentorconnect-edforums.org/calendar>
- For extra-special events, we will post a note on the Forums home page to alert you!





How to Join Our Special Forums Discussion Groups

We also have special online discussion groups running all the time inside the Forums. Right now we have a “Beating Ana” Study Group and a Parents in Recovery discussion group.

Step-by-Step Instructions to Access the Online Discussion Groups:

- Log in to the Forums, then visit this link <http://www.mentorconnect-edforums.org/forums> and click on the discussion group you wish to join.



How to Get Your Forums Questions Answered

If you feel just a bit overwhelmed and confused the first time (or even the first few times!) you log into the Forums, don’t worry – this is totally to be expected!

If you have questions, you may use these resources to find answers:

- If you can’t find your Forums invitation/can’t log in-first time only: shan@mentorconnect-ed.org
- If you want a refresher on where everything on the Forums is: <http://www.mentorconnect-edforums.org/pages/site-tour>
- If you want a refresher on creating or updating your personal profile: <http://www.mentorconnect-edforums.org/pages/getting-started>
- If you need to review the Member Agreement/10 Commitments: <http://www.mentorconnect-edforums.org/pages/member-agreement>
- If you need to review the Moderation Policy: <http://www.mentorconnect-edforums.org/pages/moderation-policy>
- Check our FAQ list to see if your question has been answered: <http://www.mentorconnect-edforums.org/pages/faq>
- Find out about other ways to get involved: <http://www.mentorconnect-edforums.org/pages/contribute>
- **Still need more help?** <http://www.mentorconnect-edforums.org/forum/questions>

