



SOBER GRID APP INSTRUCTIONS & FEATURES

Sober Grid puts a FREE peer support network right in your pocket to aid you in your recovery!



LIVING A SOBER LIFE



NEVER HAD TECHNOLOGY LIKE THIS.

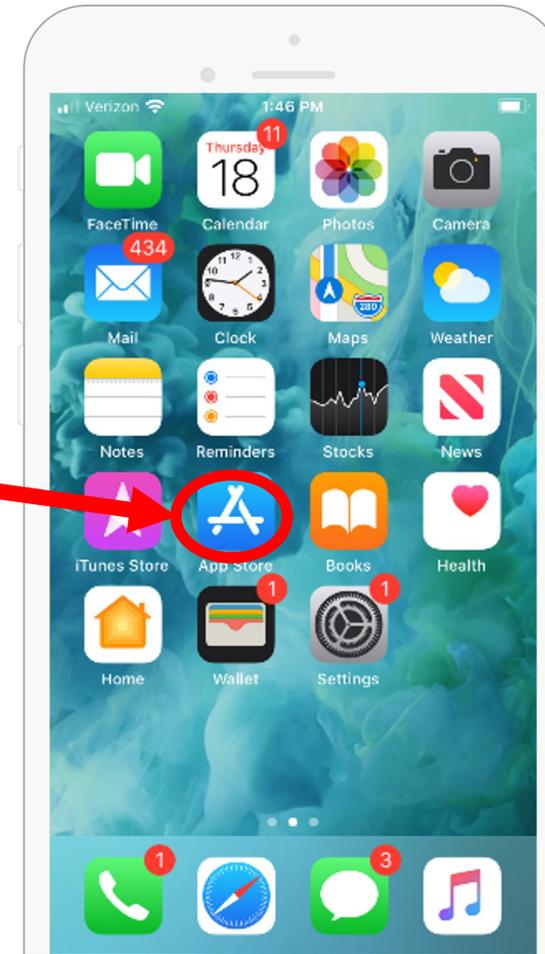
Step-by-Step instructions for Android and iPhone, with pictures, to help you download and set up the Sober Grid app on your wireless device.



iPhone Set up

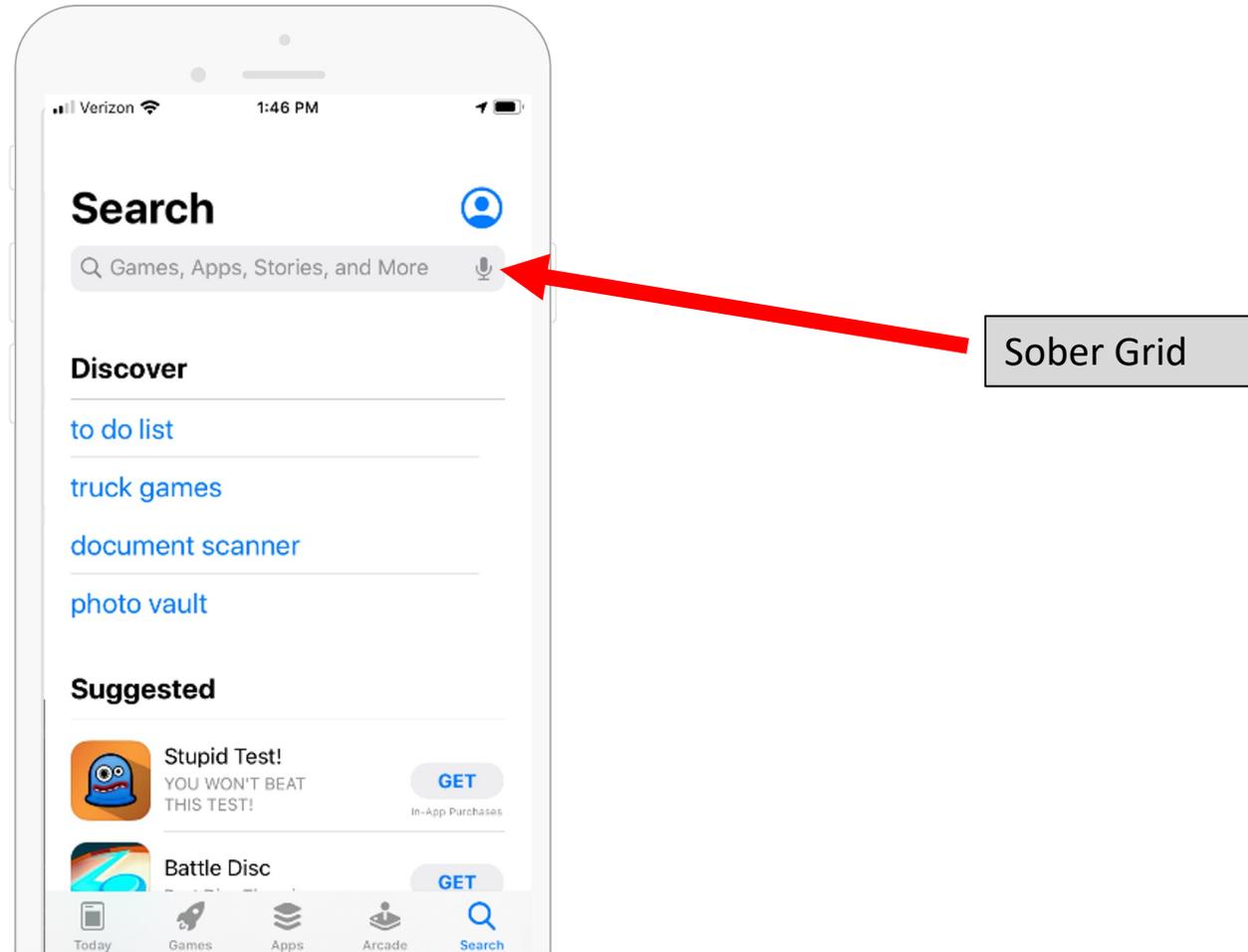


On your iPhone, find the App Store and select the icon.



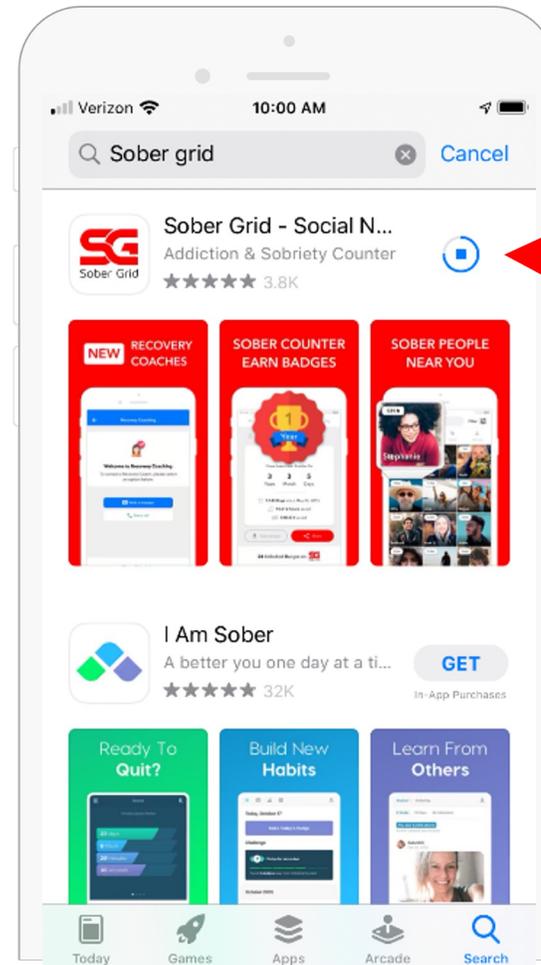
iPhone Set up

Type **Sober Grid** in the Search Bar at the top of the page



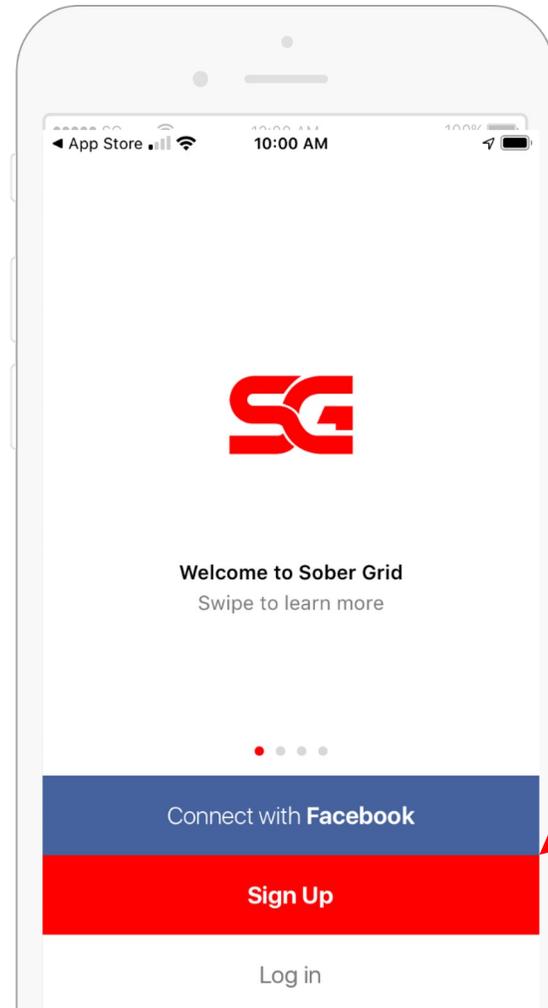
iPhone Set up

Select the “**Sober Grid**” Icon and push the “**GET**” button in order to download the app onto your iPhone.



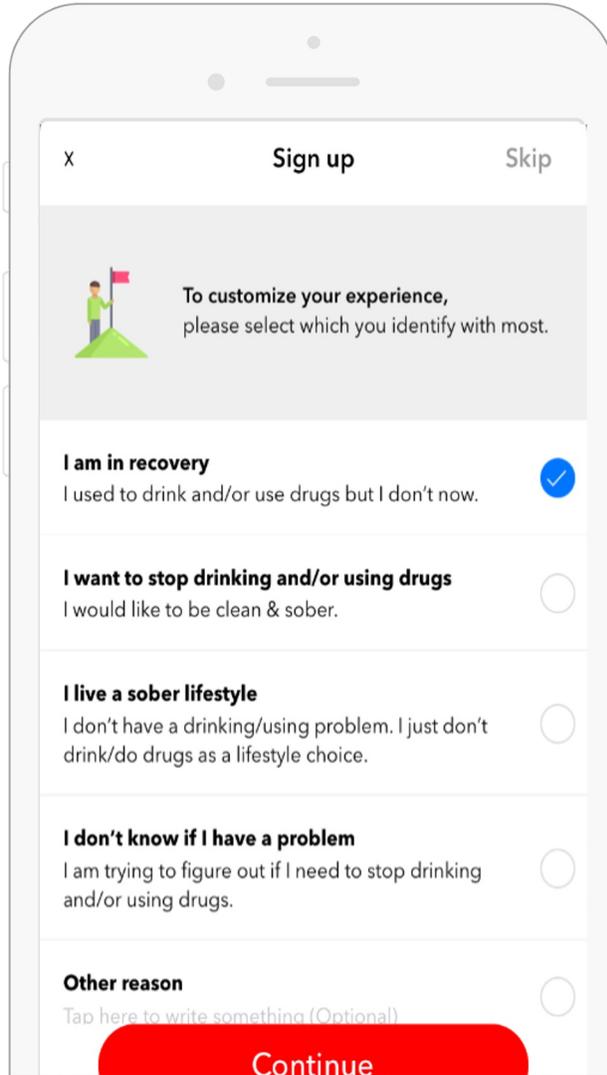
Download is in progress!

iPhone Set up



You can choose to link Sober Grid with your Facebook account, or you can do a separate login just for Sober Grid.

iPhone Set up



The screenshot shows the 'Sign up' screen of the Sober Grid app. At the top, there is a close button (X), the title 'Sign up', and a 'Skip' button. Below the title is a header with an illustration of a person climbing a flagpole and the text: 'To customize your experience, please select which you identify with most.' There are five radio button options: 'I am in recovery' (selected), 'I want to stop drinking and/or using drugs', 'I live a sober lifestyle', 'I don't know if I have a problem', and 'Other reason'. A red 'Continue' button is at the bottom.

x Sign up Skip

To customize your experience,
please select which you identify with most.

I am in recovery
I used to drink and/or use drugs but I don't now.

I want to stop drinking and/or using drugs
I would like to be clean & sober.

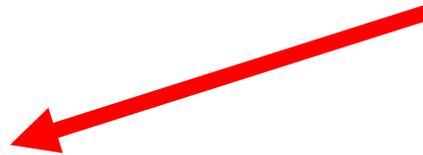
I live a sober lifestyle
I don't have a drinking/using problem. I just don't
drink/do drugs as a lifestyle choice.

I don't know if I have a problem
I am trying to figure out if I need to stop drinking
and/or using drugs.

Other reason
Tap here to write something (Optional)

Continue

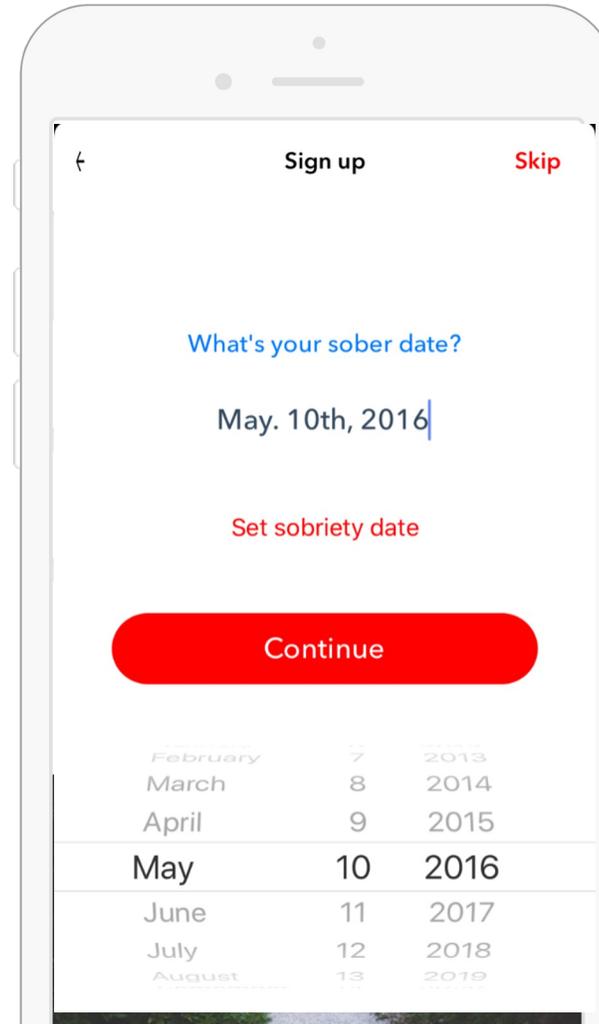
Choose which scenario
applies best to you!



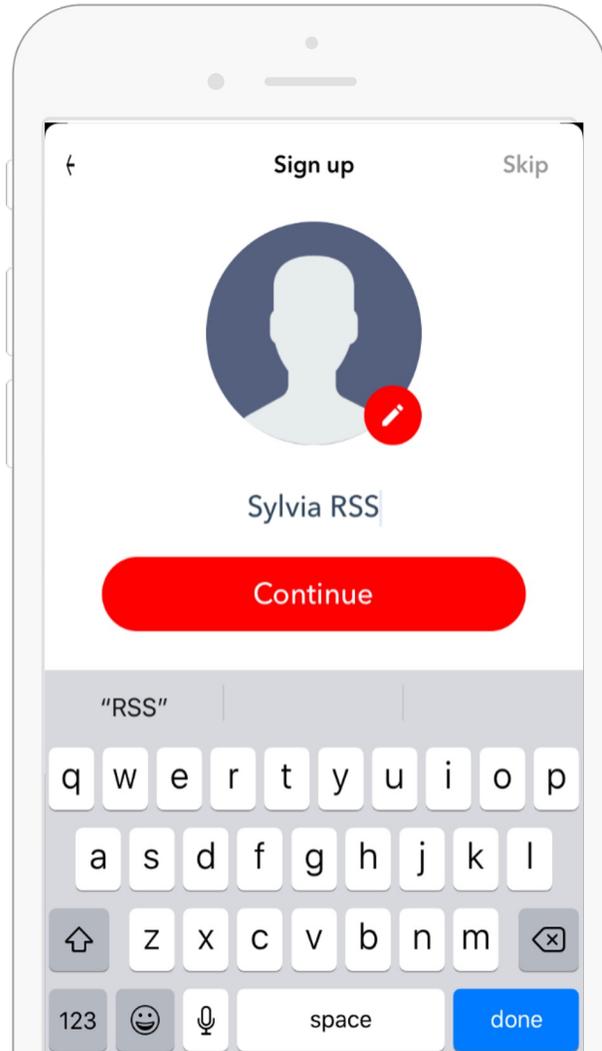
iPhone Set up



Enter your sobriety date here! If you're newly sober, there's no better day than **TODAY**, to start a journey *beyond* your wildest dreams!!!



iPhone Set up

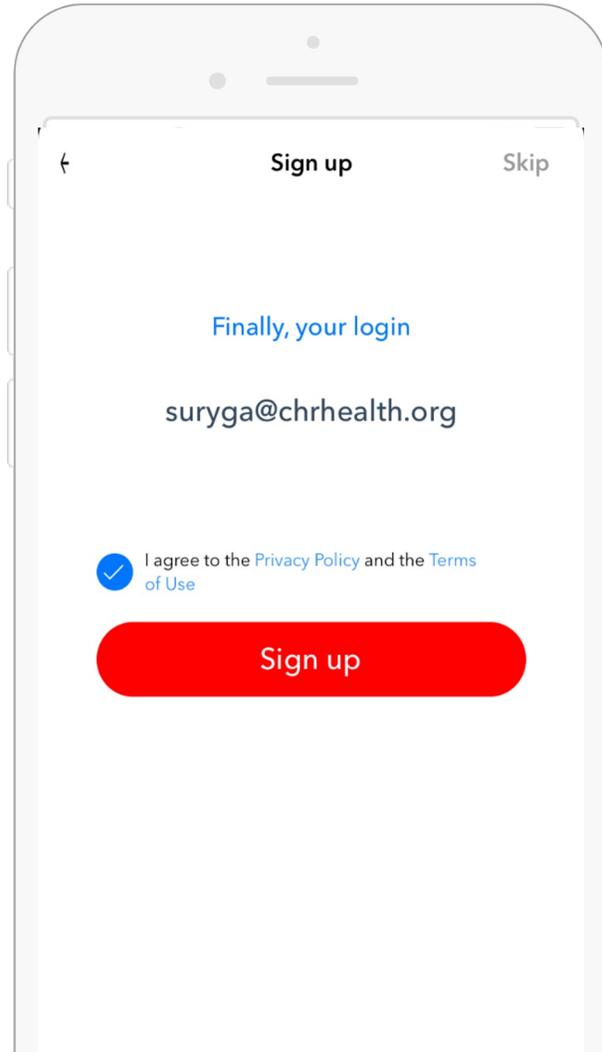


Almost there!

Choose a login name and password

(you'll have to remember this info in order to access the app)

iPhone Set up

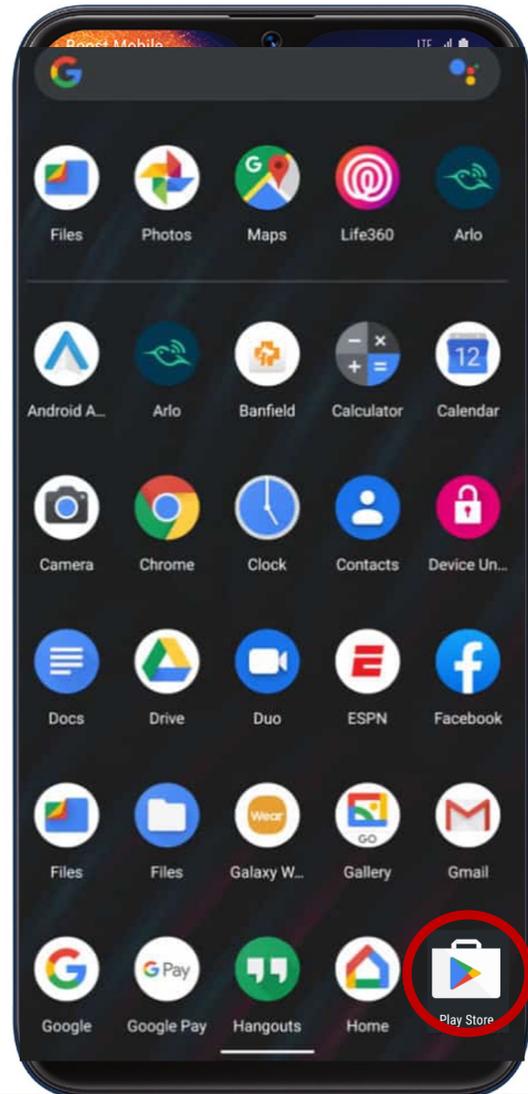


Lastly, enter your e-mail address to complete Sober Grid set up.

You're now all set to enjoy the support of others in recovery, near or far, all from your pocket.

If you're still having trouble, reach out to

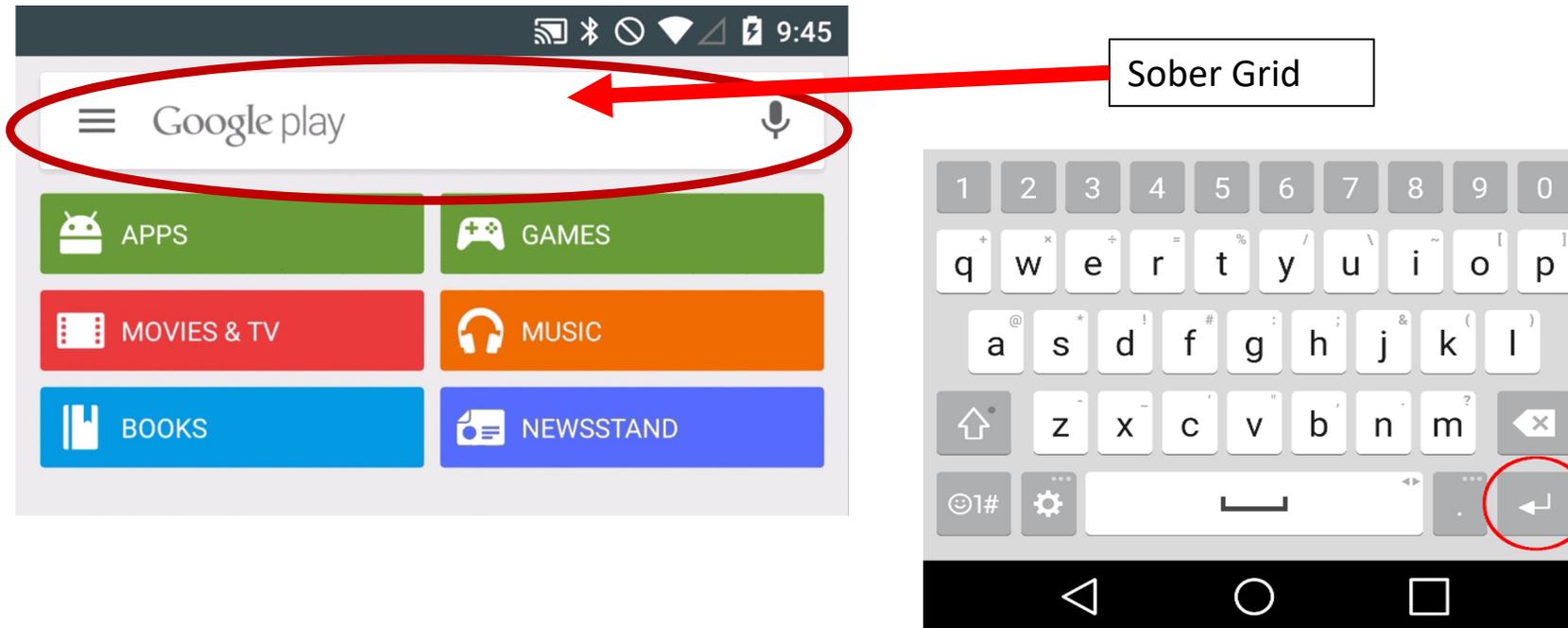
Android Set Up



Find the Google Play Store Icon and click on it.

Android Set Up

Once you're in the Play store, find the search bar at the top of your screen and type in Sober Grid.



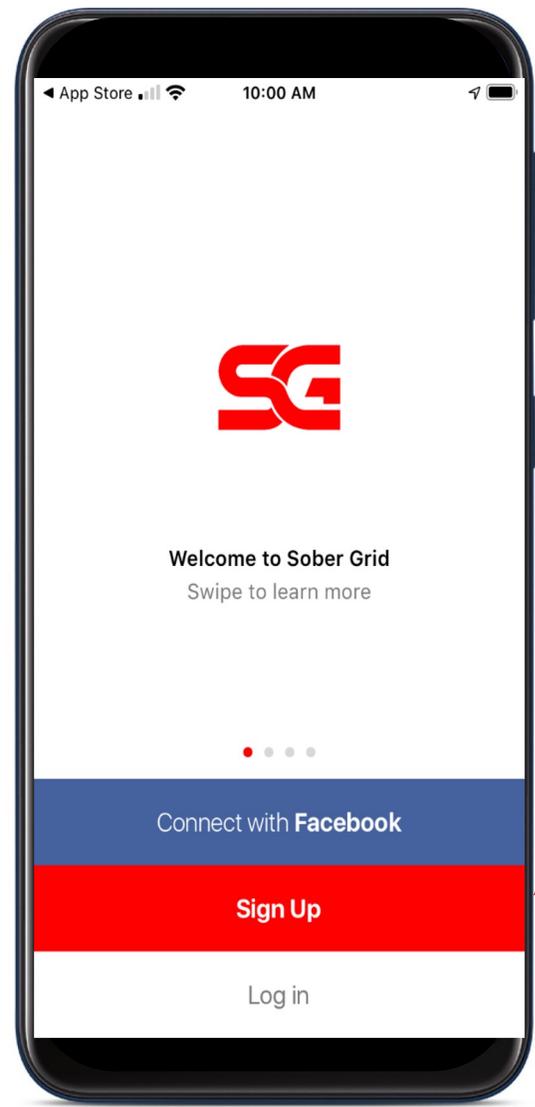
Press "Enter" on your keypad.

Android Set Up



This is what the “Sober Grid” icon looks like. Select the Icon and download the app.

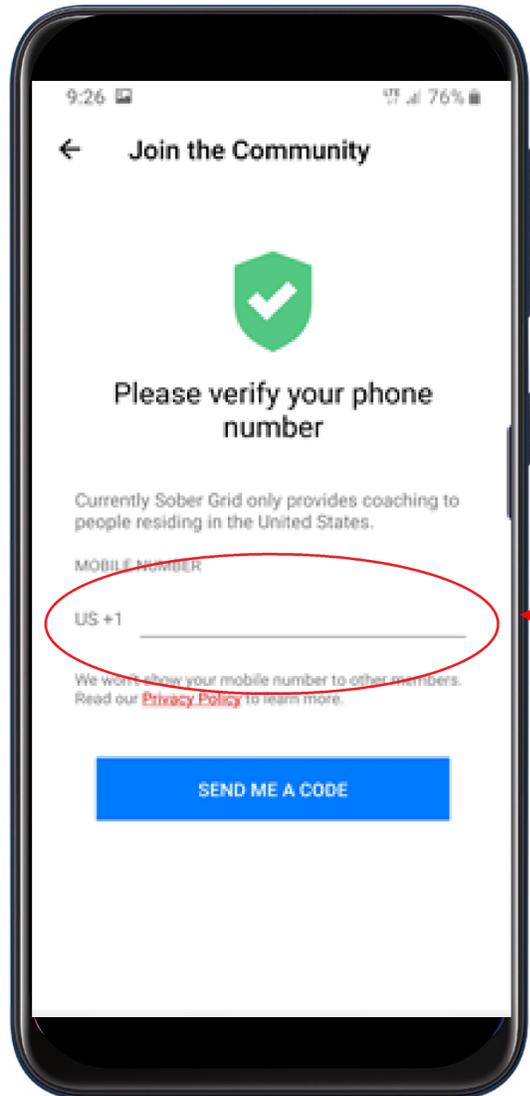
Android Set Up



You can choose to link Sober Grid with your Facebook account or you can do a separate login just for Sober Grid.

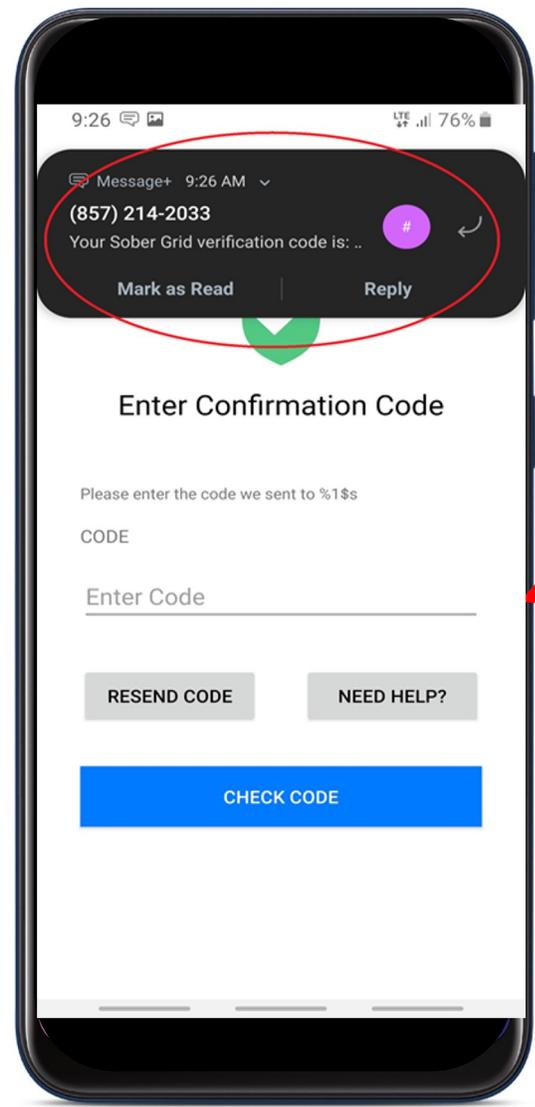


Android Set Up



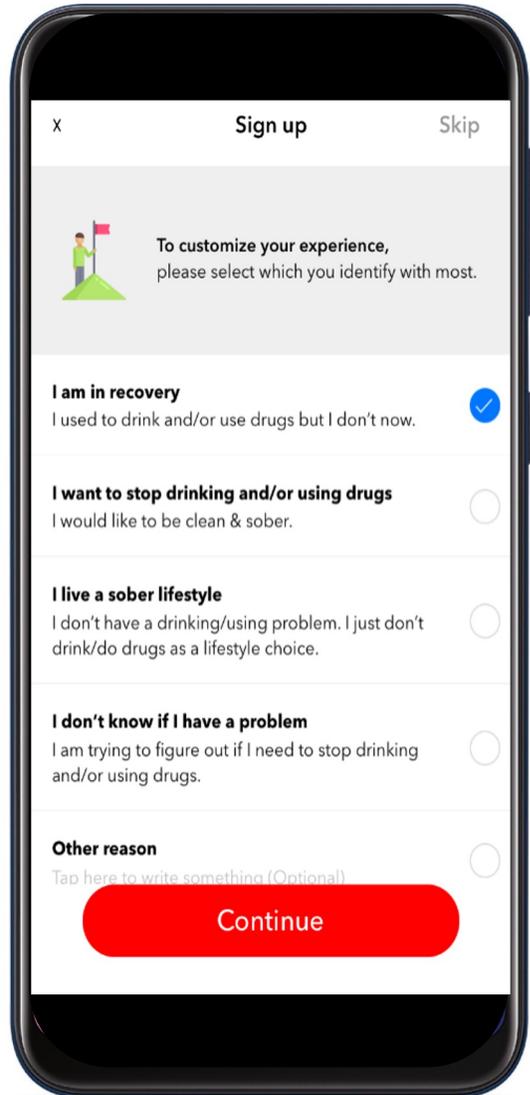
Once you've downloaded and set up the app, Sober grid will ask you to verify your phone number. Enter your phone number and select "send me a code".

Android Set Up



Sober grid will send you a Text Message with a code that you will enter and then select "Check Code".

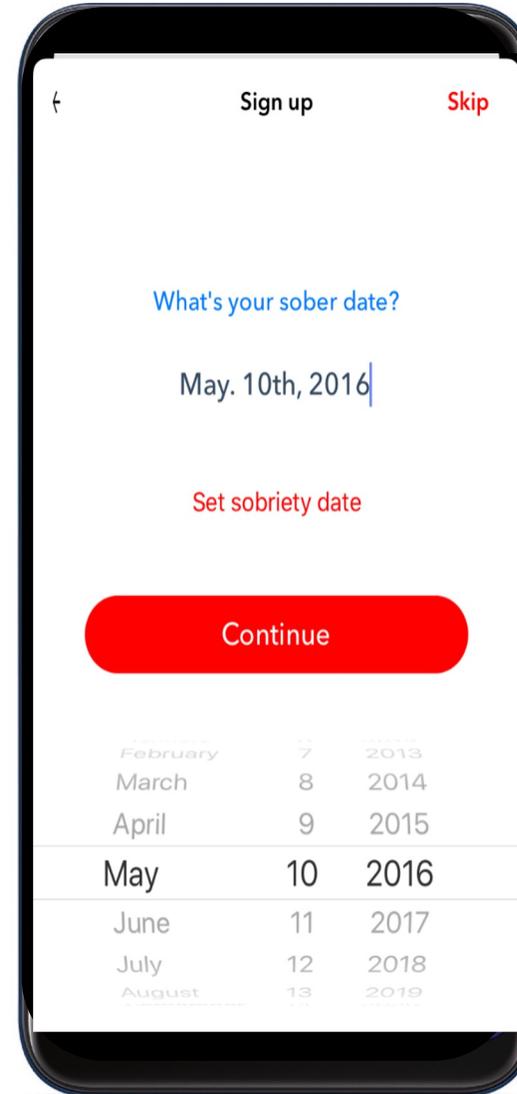
Android Set Up



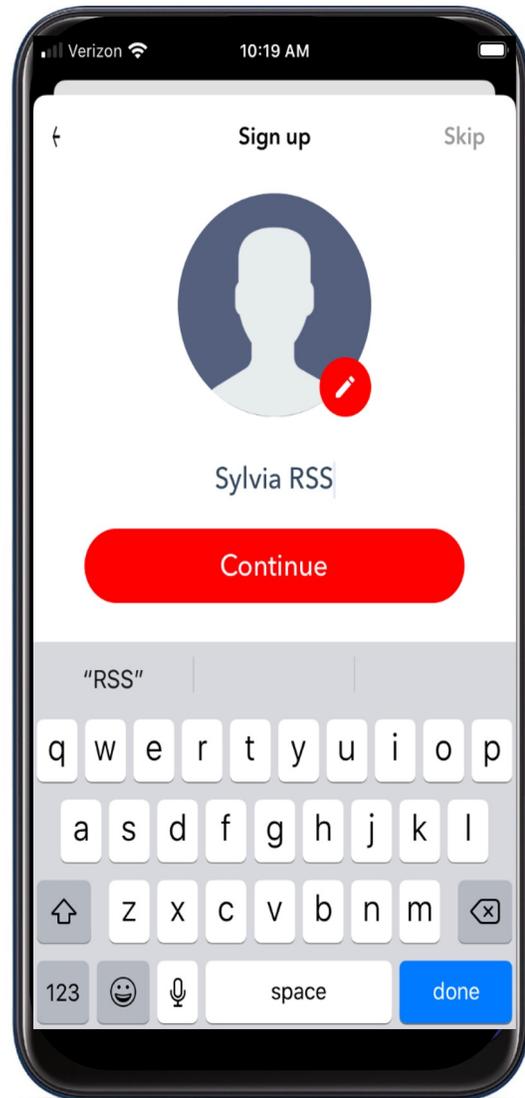
Choose which
scenario applies
best to you!

Android Set Up

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Android Set Up



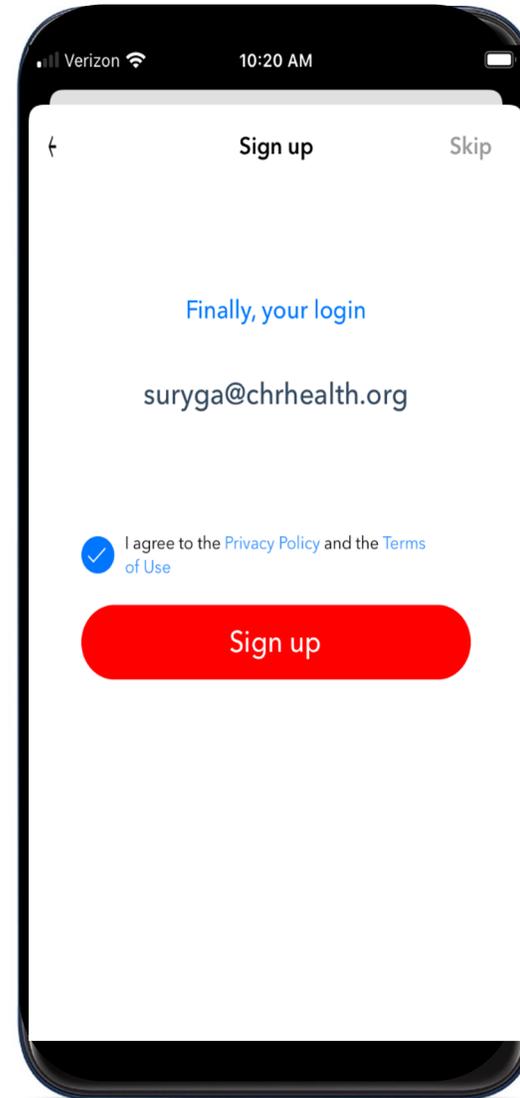
Almost there!

Choose a login name and password (you'll have to remember this info in order to access the app).

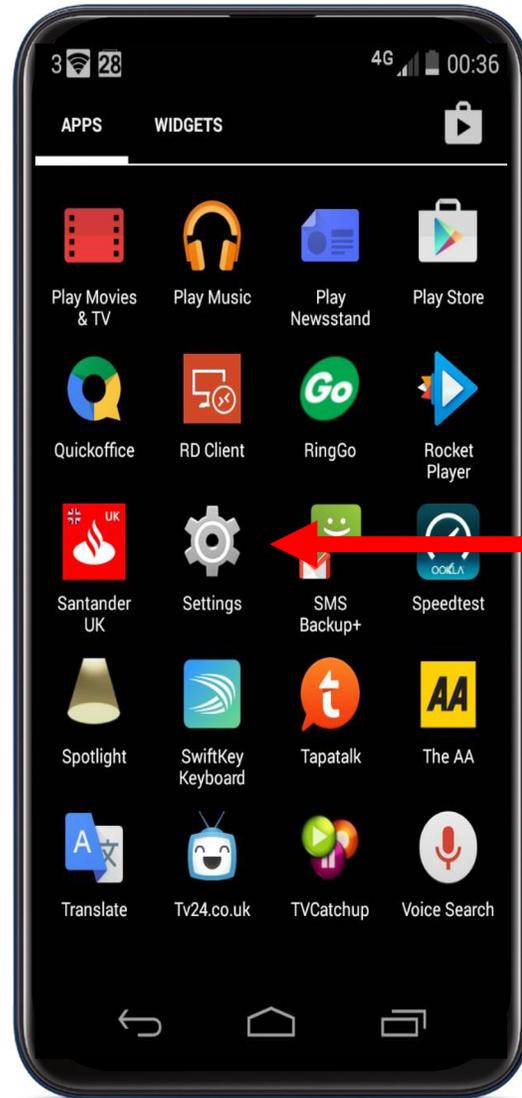
Android Set Up

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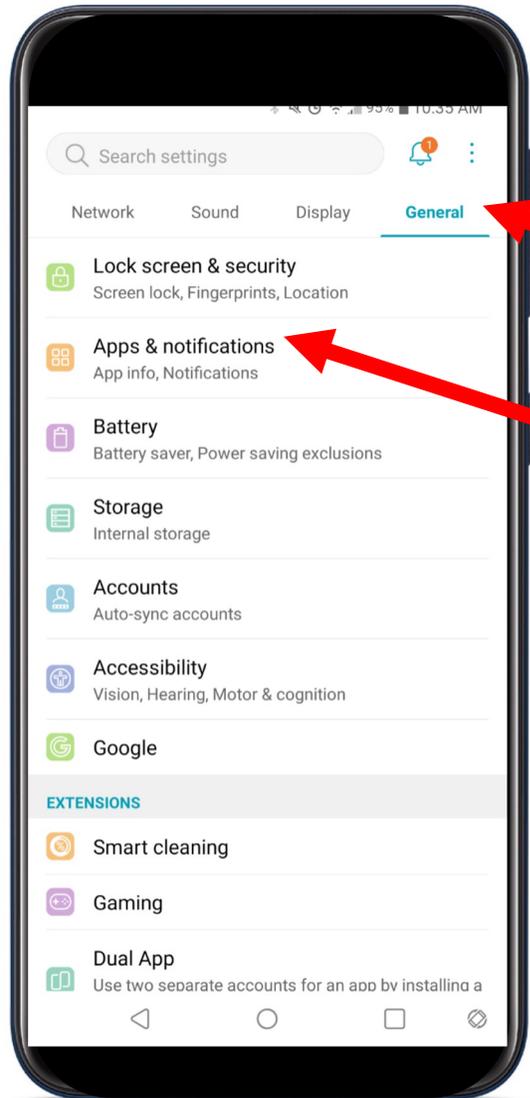
Android Set Up



If SG does not show up in Google Play store, you will have to adjust some of your settings.

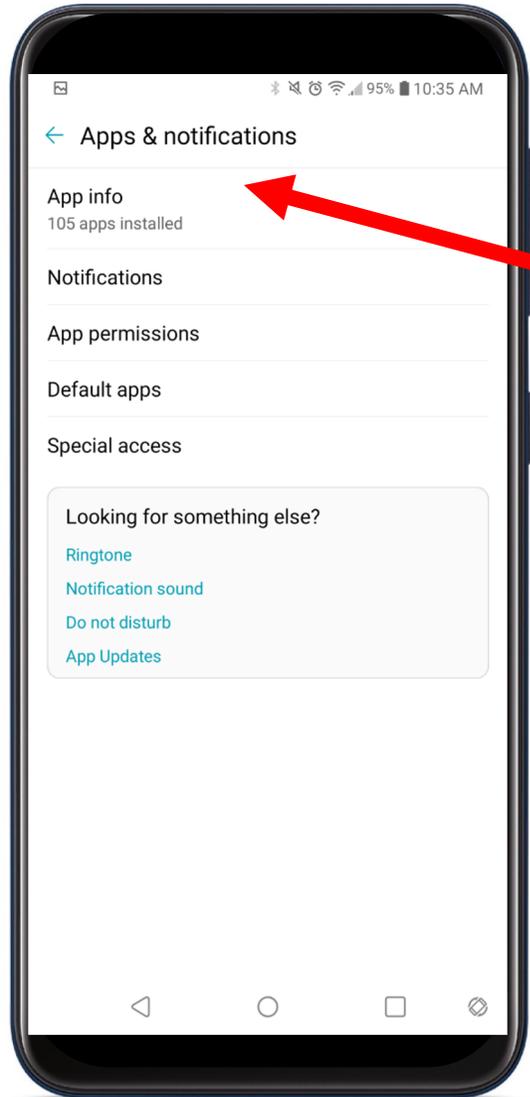
Find the setting Icon in your Apps and click on it...

Android Set Up



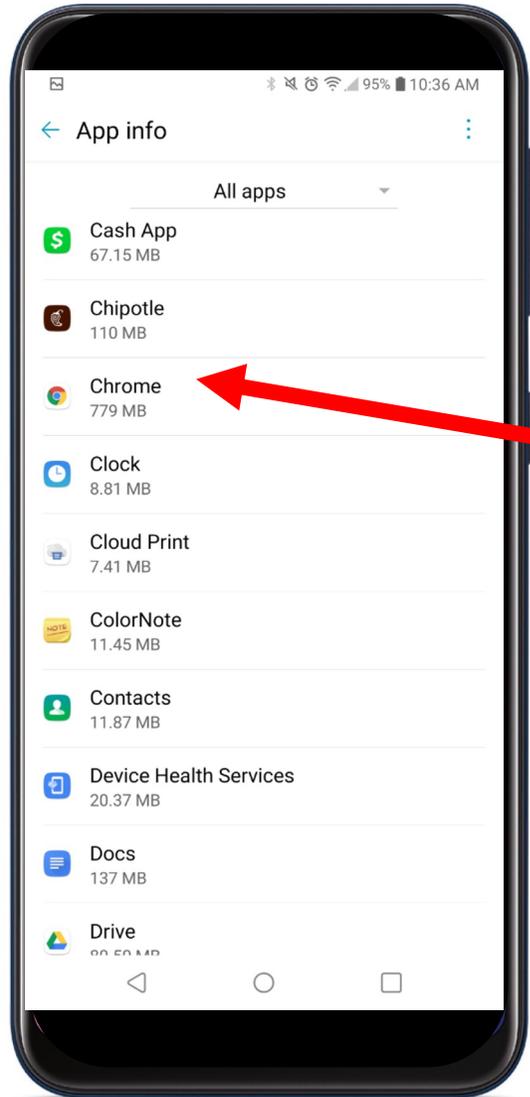
Make sure you are in the “General” tab of your settings and from there you will select “Apps & Notifications”.

Android Set Up



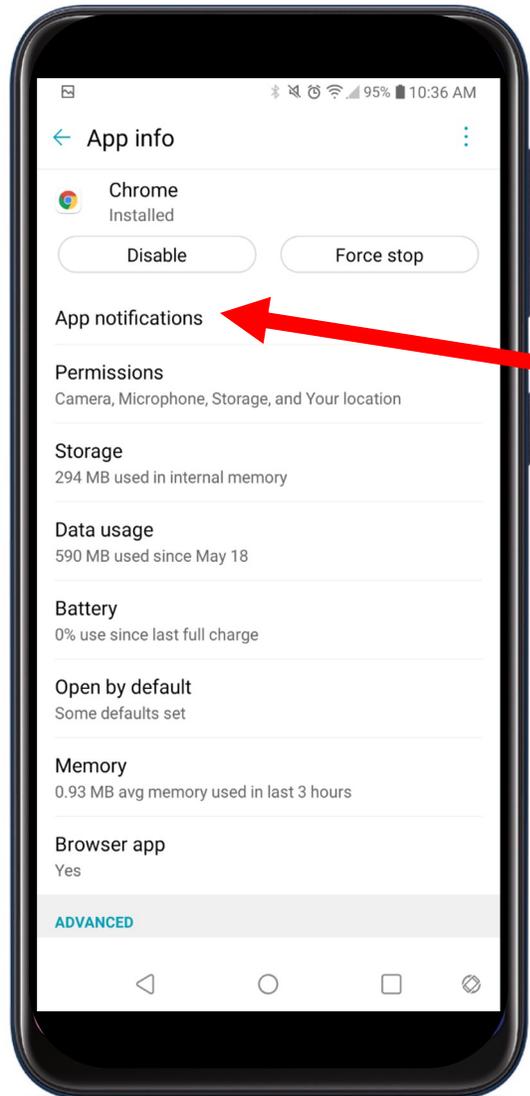
Select "App info" at the top of your screen.

Android Set Up



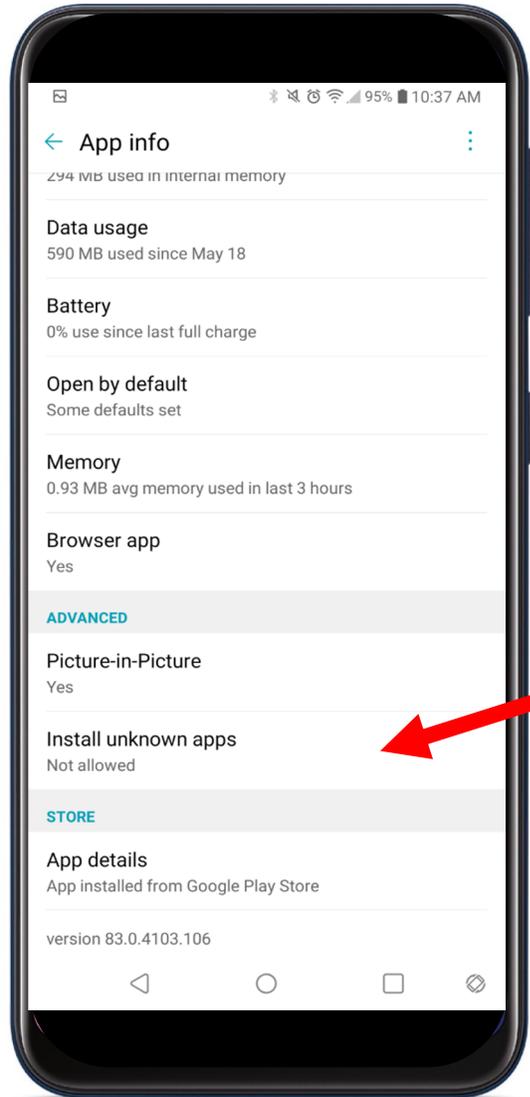
Select "Chrome" ...

Android Set Up



Select "App Notifications"

Android Set Up

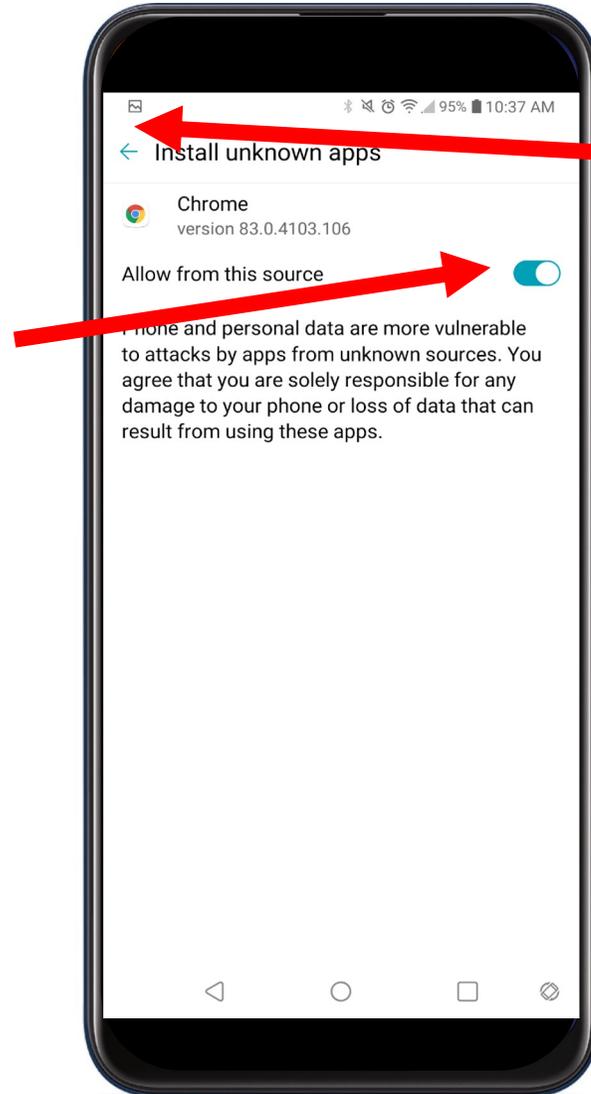


Select "Install unknown apps"

Android Set Up

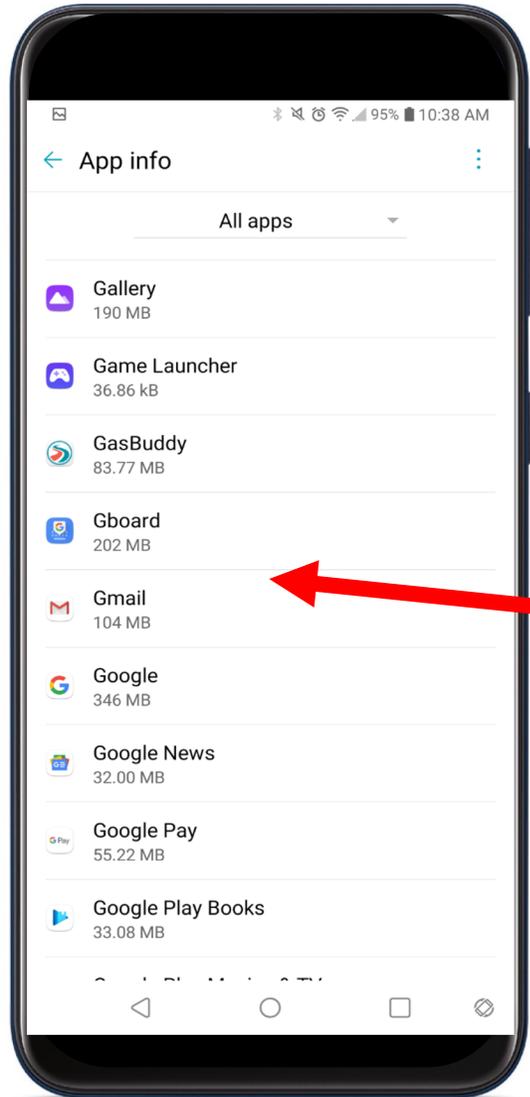
Slide the ba
to the right
enable this
feature
(without it,
you can not
install the
Sober Grid
App)

Once this
feature is
enabled, it
will turn fro
grey to colo



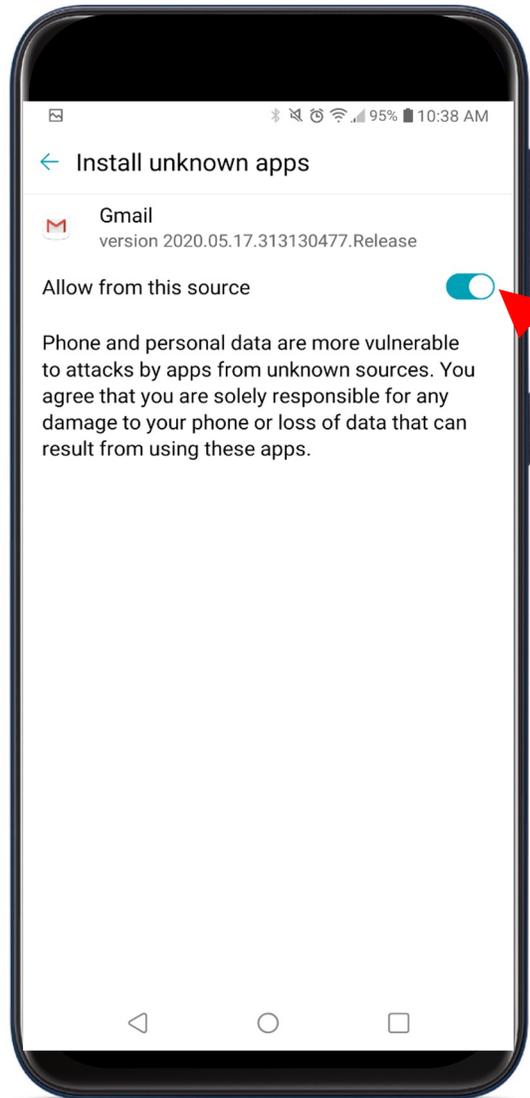
Once you've done
that, look at the top
left of your screen
and click on the
arrow to bring you
back to the previous
screen.

Android Set Up



Select the Icon
"Gmail"

Android Set Up



Slide to the right to enable this feature. Then click on the home button to bring you back to your home screen.



LIVING A SOBER LIFE

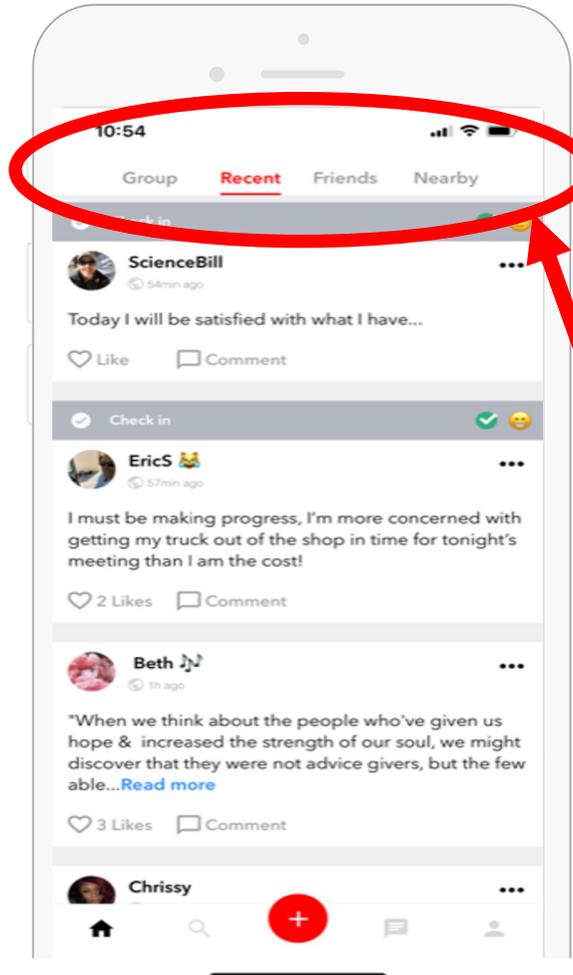


NEVER HAD TECHNOLOGY LIKE THIS.

Features in
the app



Features of the App



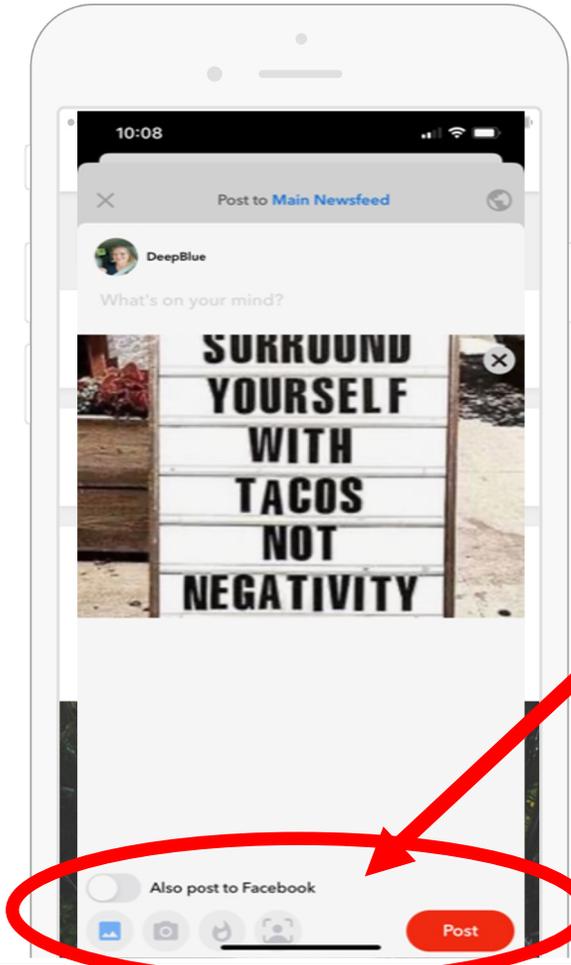
SG is just like other social media apps.

You can post pictures, videos, comment, etc. right within the main feed.

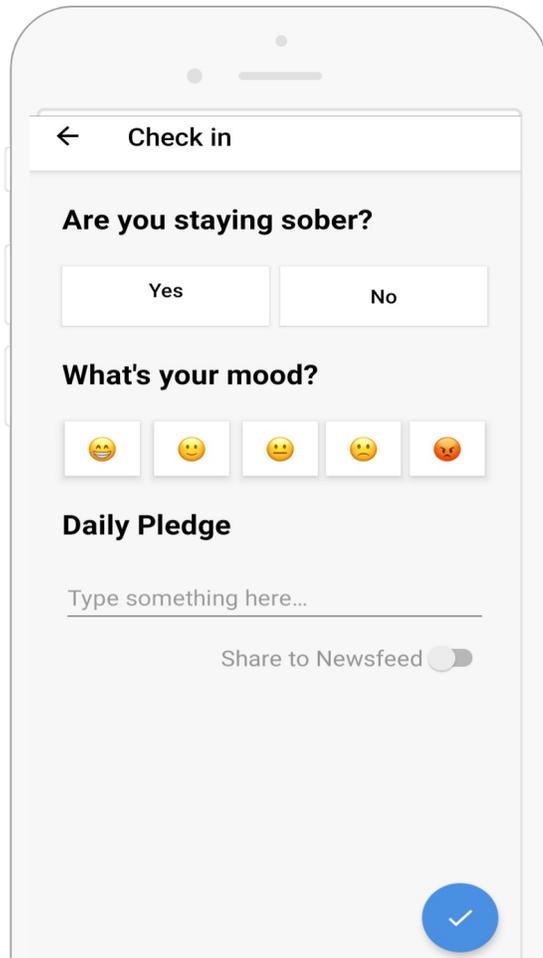
You can join groups, connect with friends and find sober people nearby.

Features of the App

You can post pictures & videos from your phone, or in real time.



Features of the App



Check-in daily to track your progress.

Select your mood emoji, and create a daily pledge

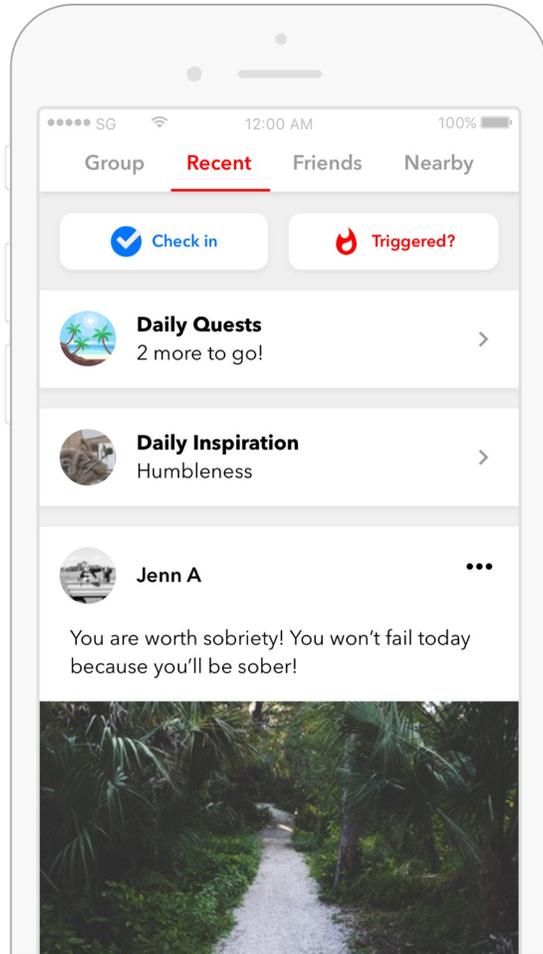
You can track your progress on your profile page under My Progress.

Why track mood?

Your mood can be an indicator for potential relapse.

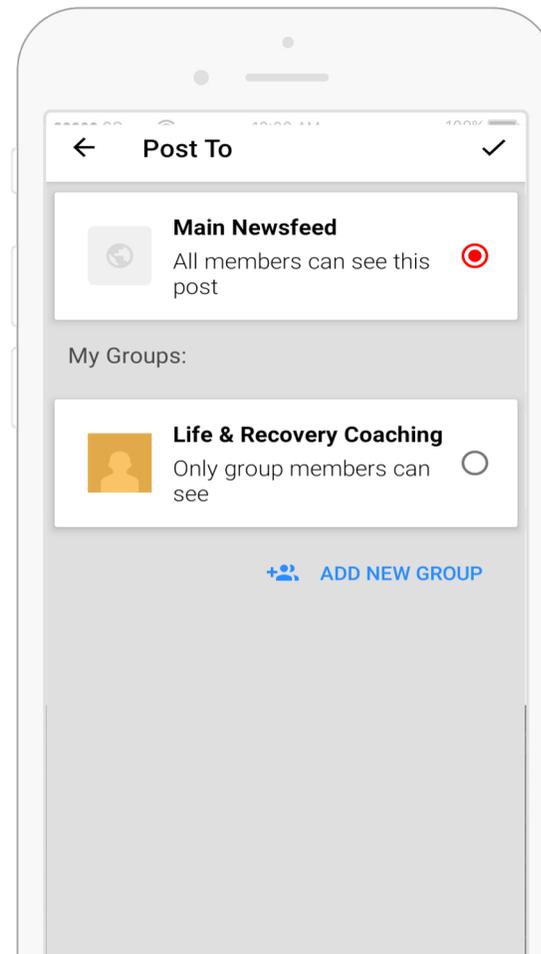
Tracking your sobriety and how you're feeling, helps you become more aware of your triggers.

Features of the App



Complete daily quests to help you in your recovery journey.

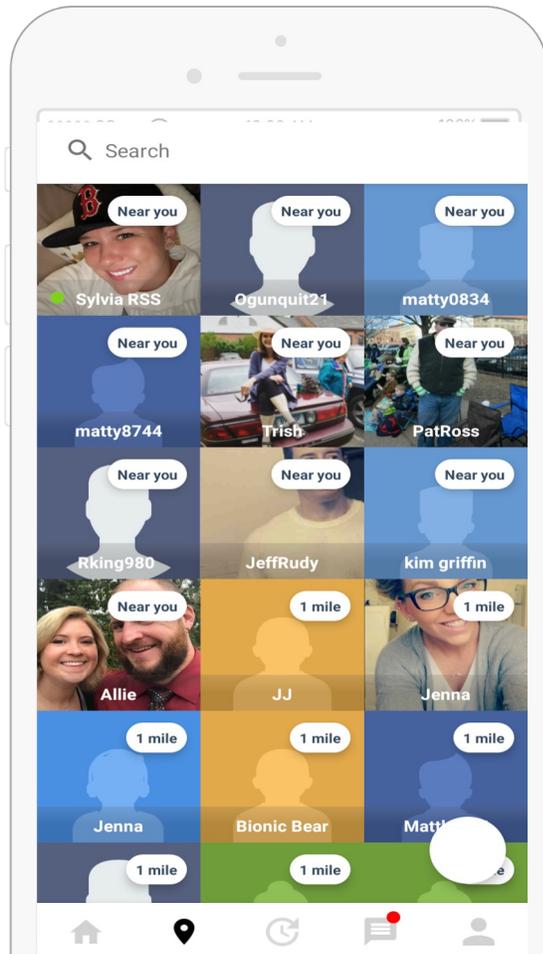
You can share this on your feed or SG Groups.



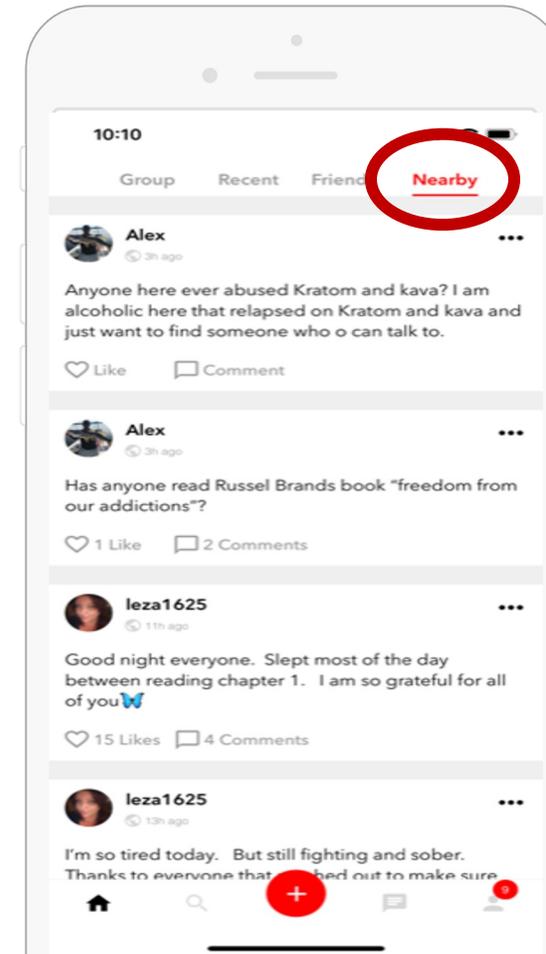
Why Daily Quests?

They help you focus on rewiring your brain so that you keep you focus on your self care and sobriety.

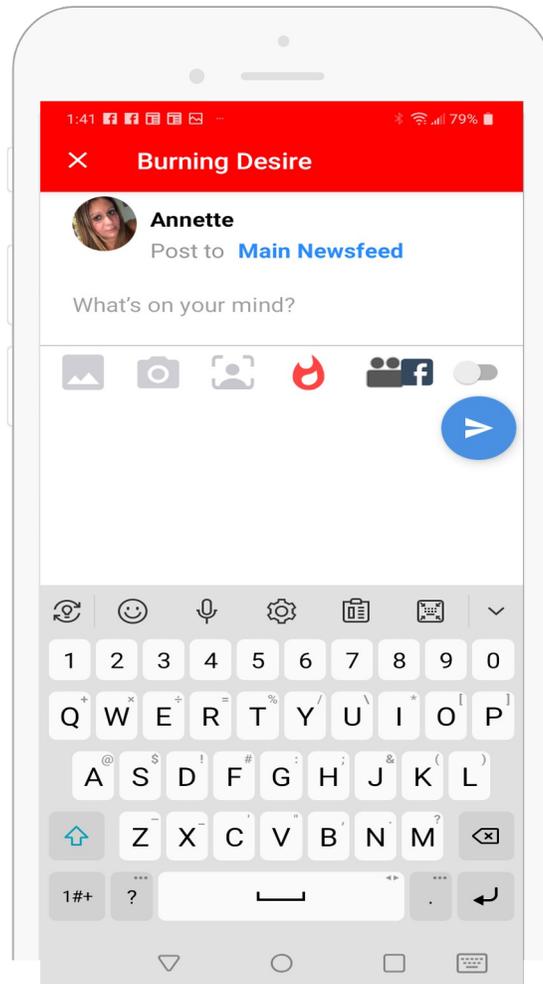
Features of the App



Geolocator function helps you find people nearby.



Features of the App

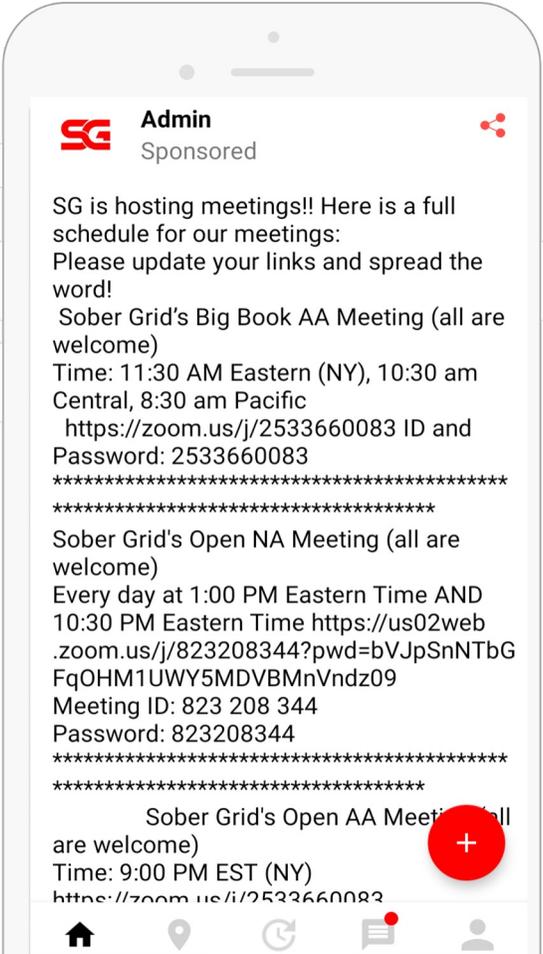


Feeling Triggered?

The **Burning Desire Signal** can be used as a way to seek support if you feel close to relapse.

You have the choice to share on SG feed, or sign up to talk with a Professional Peer Coach.

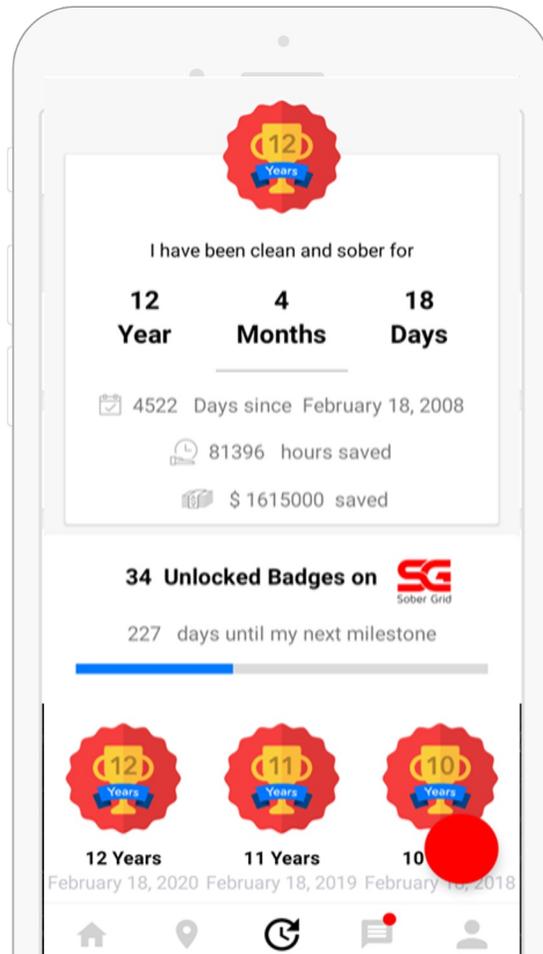
Features of the App



Can't attend a meeting in person?

SG will host meetings periodically and post information on the news feed.

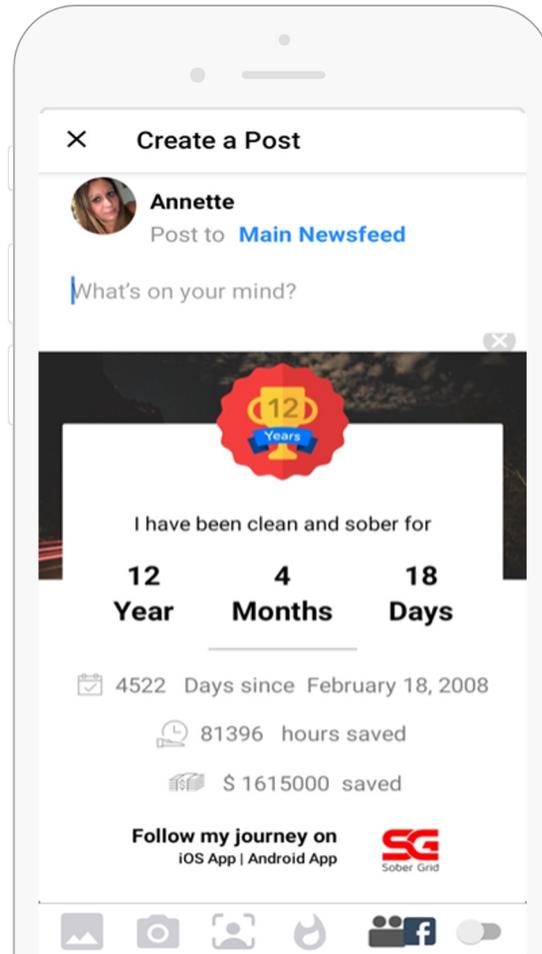
Features of the App



Sober Counter

Counts how long have you been in recovery and Awards you badges for each milestone.

Features of the App



SG allows you to share your Sober Counter if you choose.



LIVING A SOBER LIFE



NEVER HAD TECHNOLOGY LIKE THIS.

Peer Recovery Coaching

Stay connected.
Anytime. Anywhere.



Peer Recovery Coaching

Peer Coaches have Lived Experience with Recovery and SUD

Suffering from a severe substance use disorder and attempting a recovery pathway is not easy.

Having a coach or mentor that has “been there” and “done that” is influential to those starting the journey.

And, it is desperately needed as people move through the most vulnerable times of recovery, typically the first 12-18 months.

“Many people have acquired experiential knowledge about recovery, but only those who have the added dimension of experiential expertise are ideal candidates for the role of recovery coach.” William White

Peer Recovery Coaching

What is a Peer Recovery Coach?

- Is in long-term recovery
- Supports many pathways to recovery.
- Teaches individuals how to accomplish specific tasks.
- Encourages, supports and praises achievements.

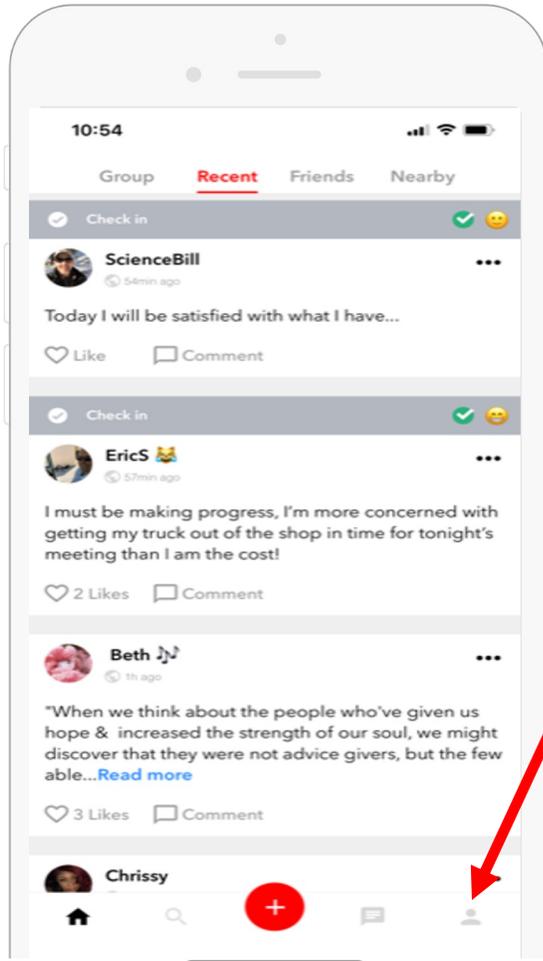
What a Peer Recovery Coach does...

- Share their lived experience creating relatability, building trust.
- Acts as liaisons for clients to help them access a variety of community services, such as employment, housing, transportation, health-care, etc.
- Provides Accountability.

Peer Recovery Coaching

- 15-30 minute scheduled coaching calls.
- Help you develop and follow a structured recovery plan.
- Hold you accountable for working that plan.
- Serve as an advocate for and empower you to voice their needs and concerns to case managers and providers.
- Monitor your goals over a longer range—from the pre-recovery stage, throughout active recovery, and long after formal treatment services have ceased.

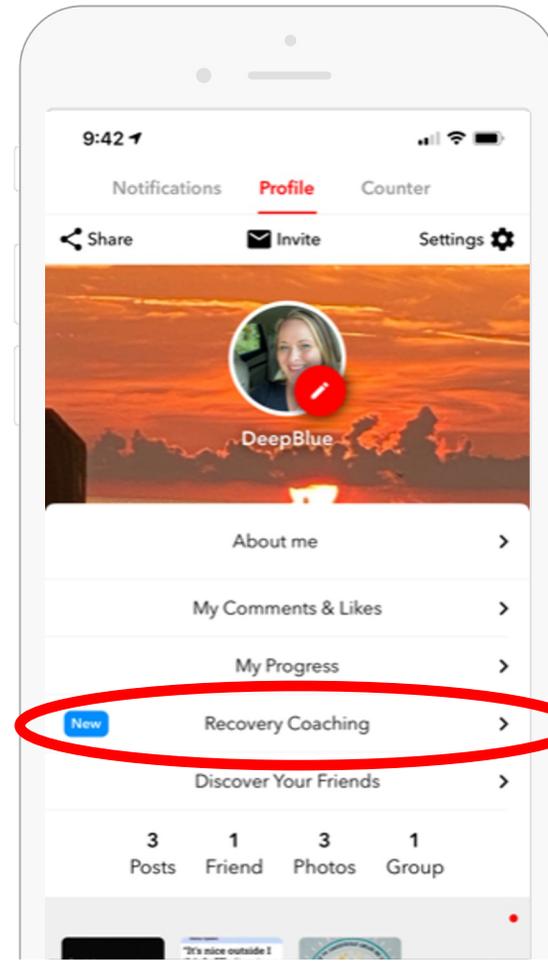
Peer Coaching Instructions *With Voucher Code*



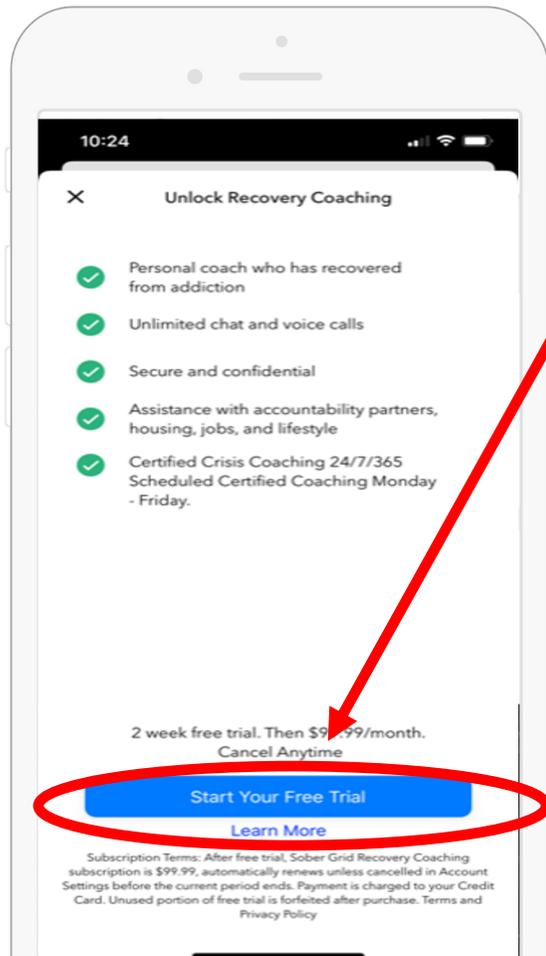
Select your
Coach!

Go to your
Profile

Select
Recovery
Coaching

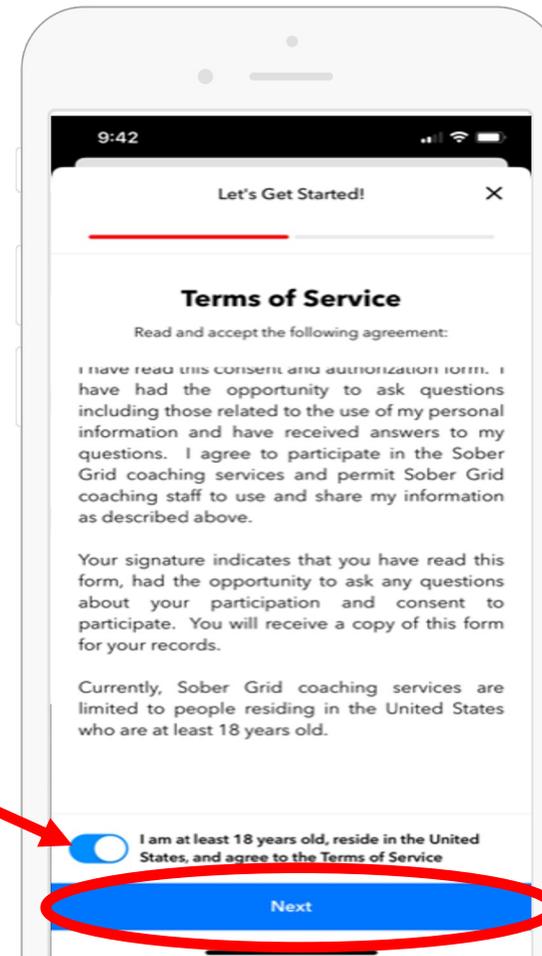


Peer Coaching Instructions



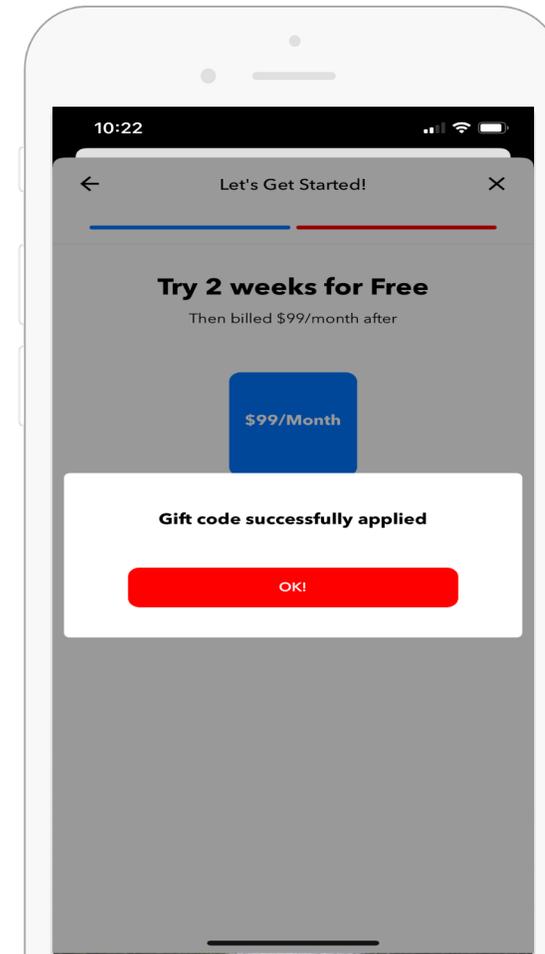
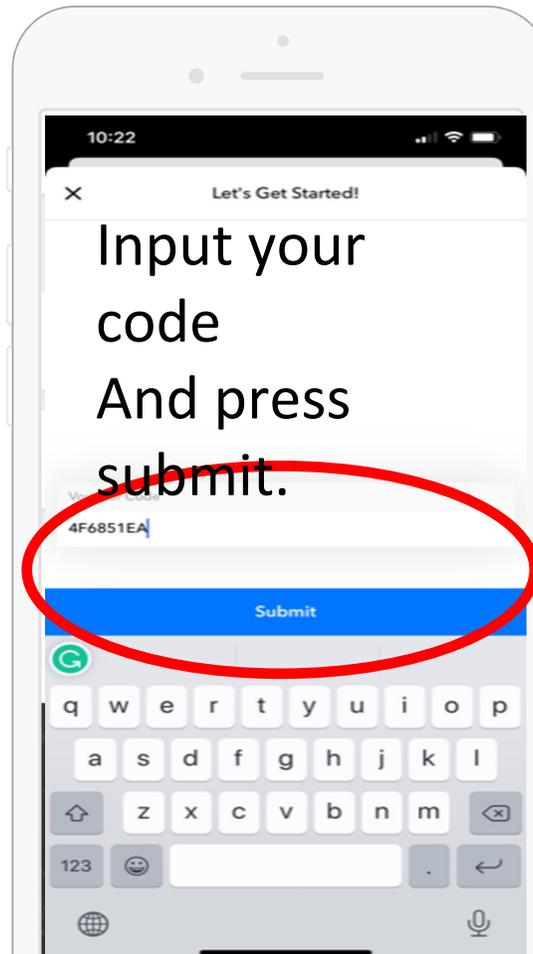
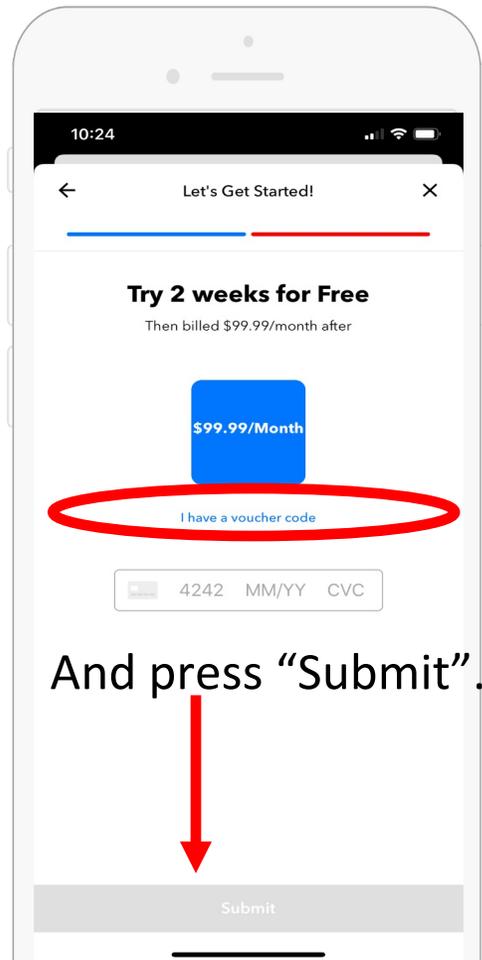
Select "Start Your Free Trial"

And Read the Terms of Service. Scroll down to the bottom of the page. If agree to the terms be sure to slide the bar to the right and click "Next"

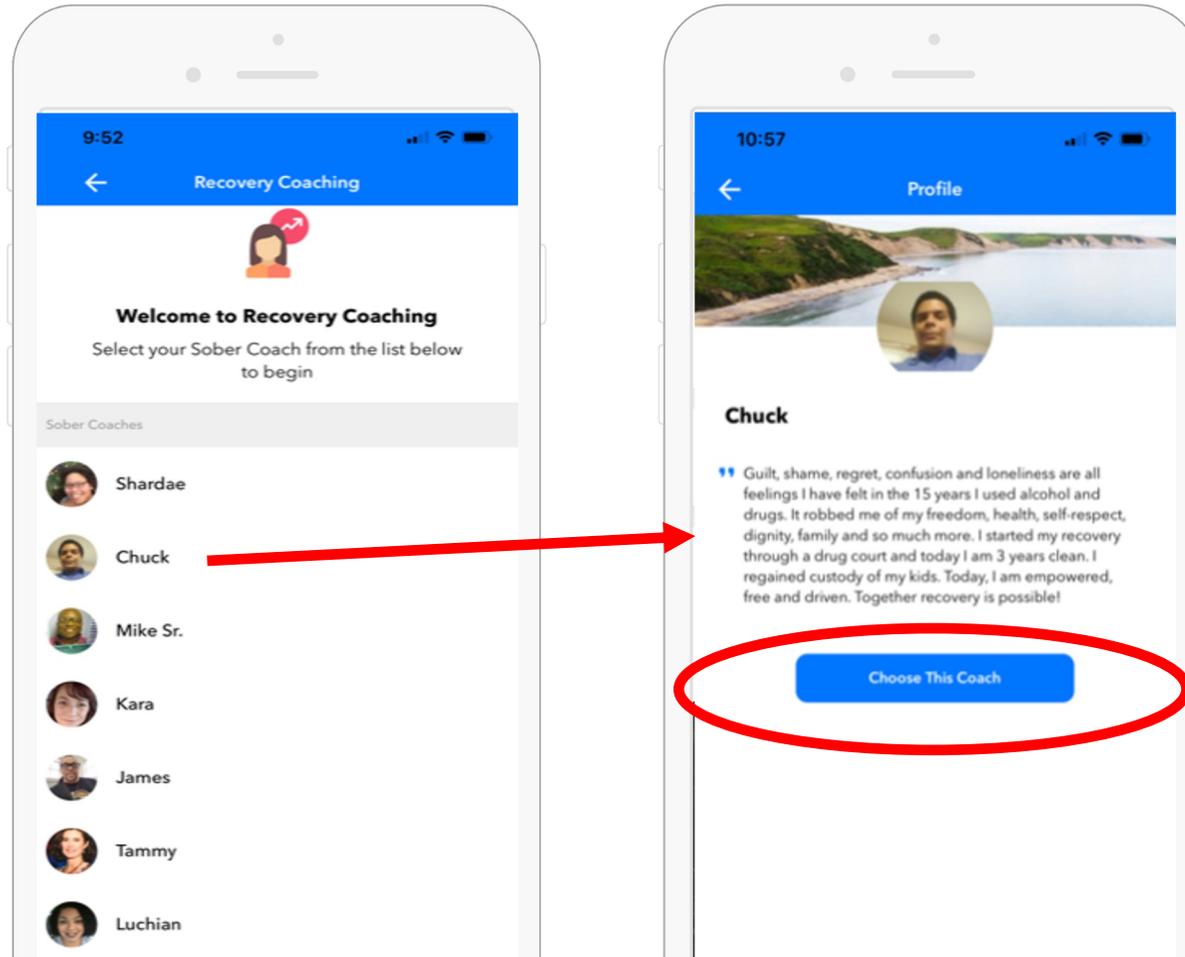


Peer Coaching Instructions

Select "I have a voucher code"



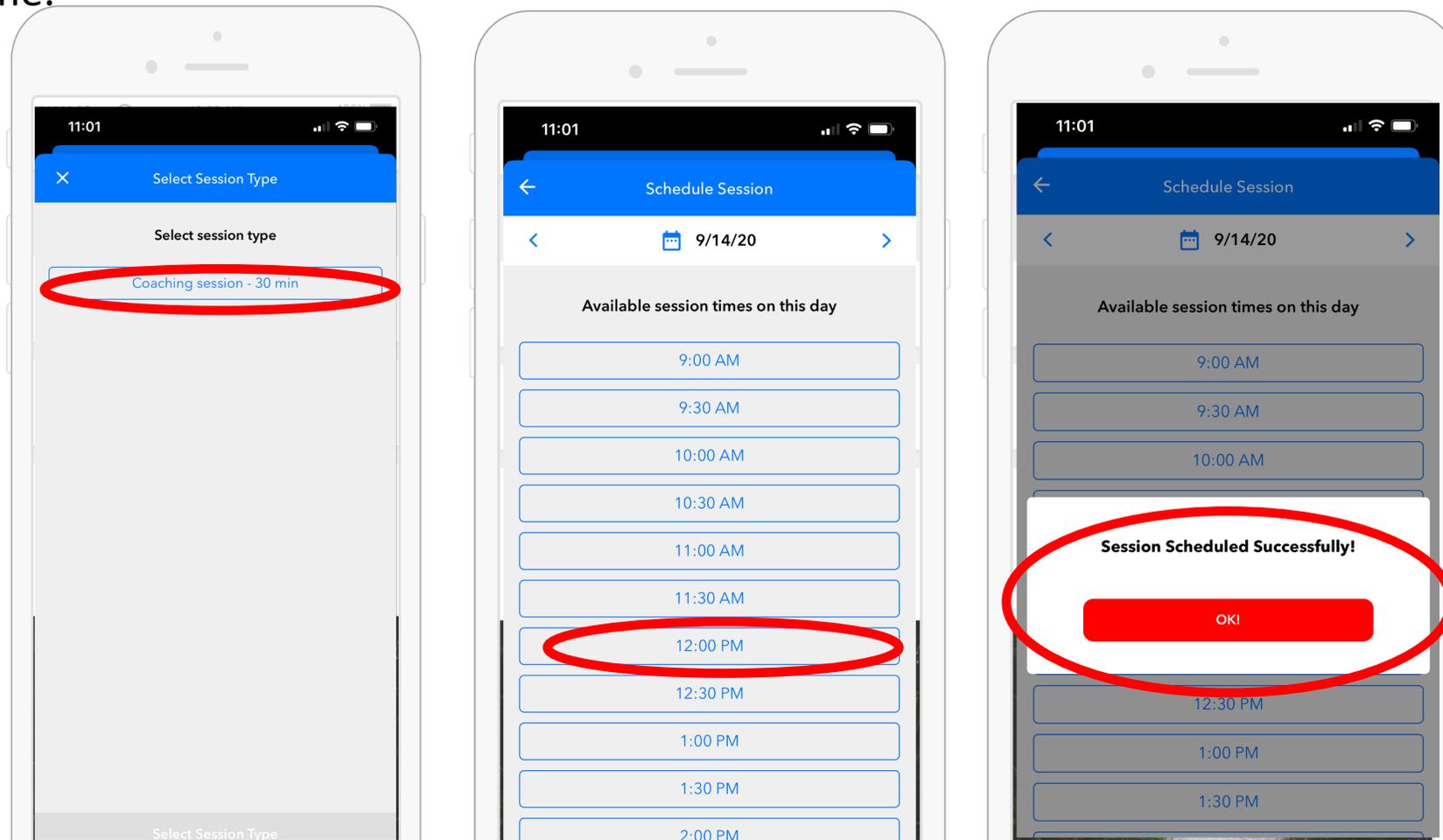
Peer Coaching Instructions



Click on each coach to read bio.
Once you decide select "Choose Your Coach"

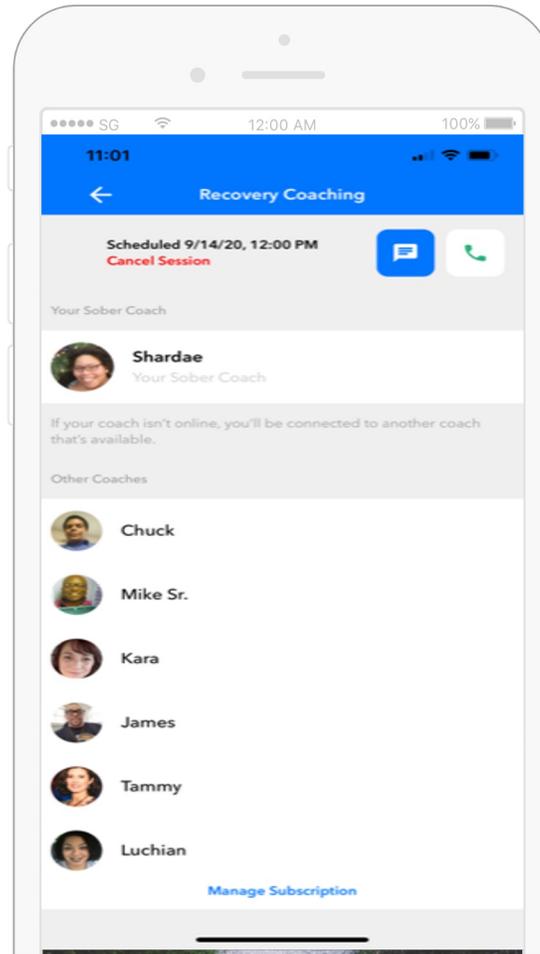
Peer Coaching Instructions

Select Coaching Session – 30 minutes, then select date & time.



Peer Coaching Information

Your session will be confirmed on the app and you will also receive an email.



Important Information

Save these numbers

888-375-0111

216-430-0819

Your coach will call you from these two numbers.

Peer Coaching FAQ

If you are triggered, please talk to an on-call coach

Text/Chat feature is available 9 am – Midnight EST.



After Midnight, select the phone icon or call this number:
888-375-0111

Peer Coaching FAQ



If you don't select a coach

A member of the SG team will be reaching out to you from:

888-375-0111
216-430-0819

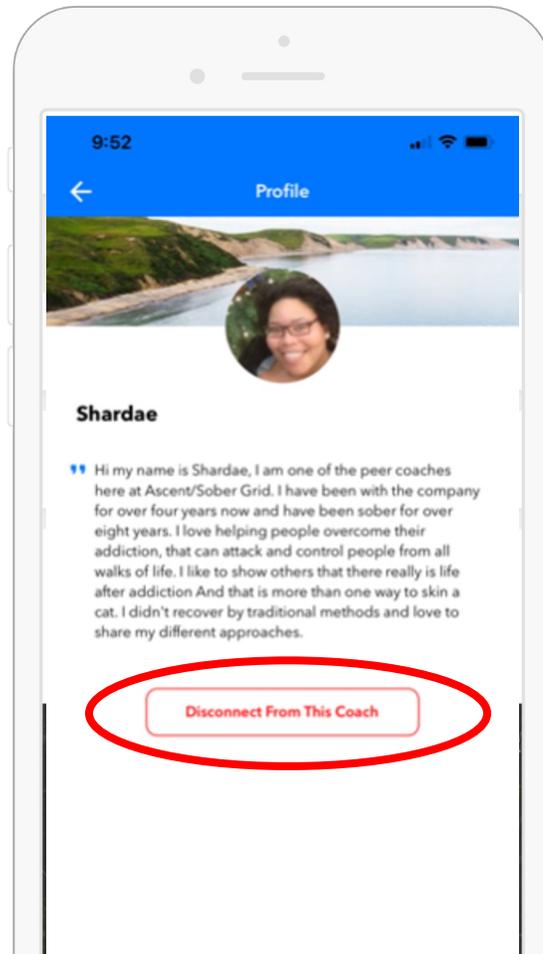
A coach will be assigned to you.

How do I contact my coach

Your coach is not automatically reachable via the chat function of call feature.

You can call 888-375-0111

Peer Coaching FAQ



I don't like my Coach

Go to "Profile"

Go to "Recovery Coaching"

Select your current coach, hit "Disconnect From This Coach"

You will be back to the Coach Bio Page.

Click on each coach to read bio.

Once you decide select "Choose Your Coach"

Praise for Sober Grid

 **Donna** 11h ago

I used my triggered for the first time today, in nearly 7 months. I just want to say thank you to everyone who commented and messaged. Today was definitely the worst so far. I'm so glad I asked for help. I sat and cried, tears dripping down my face because I wanted a drink so bad but I knew your advice was right. Thank you..... I will never know what tragedy you prevented but I'm thanking god you did ❤️

11 Likes 1 Comment

11 likes 1 comment

 **Terrylene** 11h ago

Good for you! These apps have helped me. Congrats on your 7 months!

0 Reply

 **Maddie** 58min ago

This app stopped me from relapsing 3 days ago. I've always wanted the willpower to turn the car around mid drive. You beautiful people helped me do it! I pulled over, hopped on here for a sec and realized what a horrible decision going to score would be. THANK YOU to the people I've spoke with. THANK YOU to the people who post inspirational quotes and stories that I haven't gotten a chance to meet. You helped me stop from flushing my life down the toilet. Because we all know. THERE IS NEVER A ONE LAST TIME, no matter what sick joke your mind tries to fool you into believing. Have an awesome day everyone!

19 Likes 6 Comments

Sunday 11:55 PM Edit

 **Jai** 1h ago

100 Days Sober from Meth today. At one point I never imagined getting this far. Thanks to those few close friends & my entire family for their patience, support, & unconditional love for me. Some days they all believe in me more than I believe in myself, but it's because of that, I've been able to make it to triple digits. ❤️ So thank you guys for everything, but mostly thank you for believing in me when I don't believe in myself.



Praise for Sober Grid

morning. I'm 3 weeks sober and it's a great place for me to check myself, see how other's are and be amongst a true group of my peers from all walks of life. Thank you 🙏

❤️ 1 Reply 4min ago

 **HopeToBe** ...
This app is awesome! Swift response to challenges too! Keep up the good work, God bless you admins.

❤️ 2 Reply 5h ago

 **Ivy** ...
Thank you for creating this app

❤️ 2 Reply 7h ago

 **Sobergopher88** ...
@ChadR I am right there with you. Never had a year, so I applaud you for that! But after 2 months of being clean it only took a week to be back in the same spot. It sucks. But you can do it. We can do it.

+ Write a comment... Post

← **Dustin C.** ⚙️

Dec 1, 2019 12:13 AM

Dustin C.

Just wanted to give a shout out to you guys/gals.....been using this app for almost the entire time I've been sober and it's become a staple in my daily reprieve.

Let me know if there's anything I can contribute to help this thing flourish. I already tell a ton of people in the recovery community about it plus it takes the place of all the other social media platforms (FB, IG, Snap, and Twitter) that seem to be counter productive to me the majority of the time.

 🙏👍👍👍👍

This is so amazing to read!!!!
THANK YOU!

Read 10:13

← **Post details**

 **James** ...
Yesterday

Thank you Sober Grid for being the most amazing recovery resource I have ever experienced. I have had the honor of meeting some real, strong, supportive, intelligent and progressive people here who have literally changed my life....thank you and thank you Griders!!!

❤️ 10 Likes 💬 4 Comments

10 likes 4 comments

 **Admin(SG)** ...
What an amazing thing to hear- thank YOU for being here!

❤️ 0 Just now

 **Pammi** ...
Yesterday

❤️ 0 Reply



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We hope you enjoy the Sober Grid App and find it to be a useful tool in your recovery journey!

