



SOCIAL UNITY

Restorative Powers of Community Support Systems

Social Unity can be defined as “the degree to which people identify with one another—that is, the degree to which they feel a sameness as, a connectedness to, and a commonality with one another.”

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Introduction

Social support networks are made up of friends, family, and peers, but they are complemented by networks of people met through support group meetings, special interest groups, and organizations. Their social unity is achieved through similar core values and beliefs, but they can be and often are racially, culturally, and gender and sexually diverse. Social supports are particularly important in adoption: They help with trust-building and stigma reduction and are fundamental in helping adoption experiences to become integrated and successful.

Social supports can be found in group settings whether they happen in person or online. There are various types of support systems in operation, with recovery groups being a leading example of how people can thrive and learn from one another in a social setting. These groups differ from *original* human support networks, such as family and/or friends, in that the people in recovery groups meet for a specific reason. It is their deliberate choice to meet. They seek out the groups and they join out of their own volition and desire to heal. The members share common struggles and goals. They are often the people who are perceived by society as different, or they perceived themselves as different, or they needed help that was beyond what their families or friends could offer.

Having a group that shares similar values, allows people to feel like they belong in general, and in turn it allows them to feel as if they belong to the families that they might feel estranged from because of having experienced adoption. A supportive group teaches its members that *what they're going through is okay and normal*—or at least normal for certain individuals sharing a common trauma. For someone who had been relinquished at birth, social supports can teach them how to fit in - emotionally, psychologically and even spiritually/relationally - into their families, into society, into the world in general. Knowing that a person is not alone reduces the stigma of feeling “different than,” and it helps build trust and form safe and long-lasting healthy attachments.

The Paradox

The ultimate solution (or mechanism) to healing is connecting. Yet, connecting is what many adoptees - and people with developmental interruptions and trauma - have immense difficulty with. It takes a great leap of trust to be able to learn how to trust. Throughout the course of socialization, individuals with adoption experiences are often asked to trust and connect despite the fact that their very trauma stems from interrupted connection (having experienced adoption). For those reasons, for many individuals, connecting with others is painful and it does carry risks - after all, it was through the very need for connection that their lives were interrupted. It might not seem safe to reach out to others and try to find comfort there. The breakthrough for

individuals with such issues comes with the ability to trust the process of establishing new support groups. This is not an easy process, and it comes with a lot of trial-and-error - people are able to find the supports that suit their unique needs, yet this oftentimes takes both time and repeated action. The key here is the word “process” - an ongoing and repeated motion of finding support that approaches the specific need of the person seeking it.

This takes time, patience, and strength. Many individuals might feel inadequate and discouraged when they find themselves not fitting in, again, and again. But healing is possible.

The Integration

In the most simplified way, social support groups help people overcome various challenges in their lives. Participation in various social relationships - ranging from romantic partnerships to friendships - is called *social integration (or coming together)*.

This integration involves emotions, intimacy, and a sense of belonging to different social groups, including being part of a:

- Family
- Partnership
- Religious community
- Social activity

Experts suggest that being integrated into such social relationships confers a protective benefit against maladaptive behaviors and damaging health consequences. . Feeling a part-of a group, feeling a sense of *belonging*, is what protects us from suffering consequences of trauma and what lets us heal from it. This is different from belonging to groups with the same ideology - ideologies are dangerous and sometimes require their believers to see people outside of the group as “the Other,” where with Social Unity, a group remains flexible and open to anyone who might feel they belong despite where they come from and who they are.

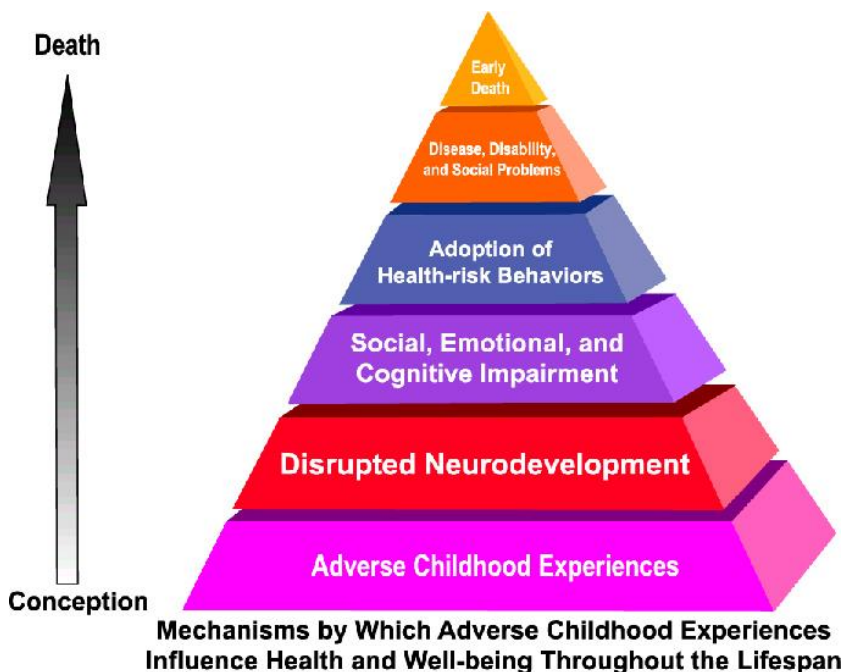
What is Trauma?

For many people, what pushes them in the direction of support groups - mental-health support groups especially - is trauma. Trauma can be defined as an emotional response to a negative life event or series of events such as abandonment, neglect, abuse, an accident, or natural disaster. Immediately after the event or events, shock and denial are common - but not the rule. The longer-term reactions can include unpredictable emotions, flashbacks, strained relationships, problems with self-regulation, behavioral and cognitive problems, health issues, and physical symptoms like headaches or nausea.

Trauma can begin as early as in utero. Studies have shown that babies are able to recognize the voices of their mother before being born. The first 60 minutes of a baby’s life is crucial—those 60 minutes can determine how well the infant will bond. Referred

to as the “golden hour,” the uninterrupted contact between mother and her newborn is critical to baby’s future development. Skin-to-skin contact releases hormones both in the mother and the baby that help them connect to each other. The baby’s survival rate is improved just by being able to nurse within the first hour of life - research has shown that the chance of neonatal deaths decreased by 22 percent if the baby could feed right away.

The early experiences of traumatic events are often referred to as Adverse Childhood Experiences, or ACEs, in persons 0 to 17 years old. Relinquishment is such an experience. So is violence, abuse, or neglect - you can argue that abuse and neglect are exactly what happens during relinquishment - as well as witnessing violence in the home or community and so on. The more ACEs, the more risk that an individual will develop chronic health problems, mental illness, and substance use problems in adulthood. ACEs can also negatively impact education, job opportunities, and earning potential.



Above: The ACE Pyramid, created by the Centers for Disease Control, shows how adverse childhood experiences are related to risk factors for disease, health, and social well-being. The lifespan is represented as an arrow ascending past the layers of a pyramid, beginning at Adverse Childhood Experiences and moving through Social, Emotional, and Cognitive Impairment; Adoption of Health-risk Behaviors; Disease, Disability, and Social Problems; and finally Early Death. Smaller arrows depict gaps in scientific knowledge about the links between Adverse Childhood Experiences and later risk factors.

<https://web.archive.org/web/20160116162134/http://www.cdc.gov/violenceprevention/acestudy/pyramid.html>

But with social supports in place, things like ACEs, Disrupted Neurodevelopment, Social, Emotional and Cognitive Impairment, Health-risk Behaviours, Disease, Disability and Social Problems, as well as Early Death, become less of a certainty. . It is no surprise to anyone that we need people to help us get through difficult times; we need people to develop our identities, to develop resilience, to thrive and to make our lives full and complete.

There's a popular adage in the recovery community that states: The opposite of addiction is not sobriety, it is connection. This is evident in recovery support group meetings, which are built on developing and maintaining healthy connections. Alone, we are in danger—together we are stronger.

How Do People Get Stronger?

Support groups are based on the principle that its members have gone/ are going through similar experiences that help them to relate to one another - to identify with others' experiences and be validated by those new awarenesses. The types of groups vary. Some may be purely social groups, such as Mensa International or the Chess club. They can also be more psychologically oriented, or physical health-related, such as cancer-support, or substance-use-support groups for addiction. They can also be groups that speak to significant and often traumatic experiences such as loss of a loved one, or adoption-support groups that help people overcome or move beyond their experiences/ developmental interruptions. These are groups geared toward psychological development. Consider 12-step groups where it is against group traditions to discuss political or religious affiliations, and even where giving financial or medical advice is frowned upon. In the support groups, commonalities are solely found in how people deal with their very specific *psychological* issues. Those commonalities between one another allows people to get information about their issue, get emotional support, and learn about coping strategies or treatments.

In many instances support groups fill in the gap that that a doctor, or clinician, or a person's family cannot - the understanding and emotional aspect of a challenging situation is shared with others who have experience with it and who might be able to help where even the most helpful others fall short. This can be referred to as "Virtue of Experience"—having actually gone through something so uniquely challenging that no amount of theoretical training could prepare you for. In social support groups, Experts by Virtue of Experience share with other Experts by Virtue of Experience. Social support groups like that are based on *relatability* - the quality of being easy to understand or feel empathy for. In that they serve as a form of a bridge between, let's say, person's medical needs and emotional needs.

Whether a person is in long-term crisis - such as having a substance use disorder or facing an immediate crisis, such as death of a family member - the relationships and help offered by support groups can be crucial to their healing, well-being, and a sense of belonging. For persons with adoption experiences, the relationships are what helps people feel safe, trusting, and what helps them to develop healthy attachments.

Conversely, poor social support has been linked to depression and loneliness and has been shown to alter brain function and increase the risk of the following:

- Alcohol use
- Cardiovascular disease
- Depression
- Suicide

Helping Helps

One of the most rewarding aspects of social support groups is that by belonging to one, people have a chance to offer help. Helping others provides a sense of belonging and purpose, it boosts self esteem, and it teaches creating stronger interpersonal bonds and friendships.

Research has shown that helping others can improve health in ways that lengthen lifespan - volunteers show an improved ability to manage stress and stave off disease as well as reduced rates of depression and an increased sense of life satisfaction.

Social Unity in Depth

Social Unity can be defined as “the degree to which people identify with one another - that is, the degree to which they feel a sameness as, a connectedness to, and a commonality with one another.”

All societies are based on how people identify with one another. What this identification means is that the people in society feel they are a part of a group that is based on how connected they are, what they have in common and how similar they are to each other. This is not about similarities that have to do with race, gender/ sexual orientation, or political beliefs, although the definition of Social Unity does include physical similarity as well as similarity of tradition, history, and principles. But including such aspects can

seriously limit the potential for healing and promote exclusivity, which is not conducive to connection. The pillars of Social Unity allow people to develop identities based on common problems, not common political or ideological beliefs.

An identity is determined by the following:

- The emotional similarity
- The similarity of identity and culture in a group - in the definition this means similar points of view, likes, dislikes, oral stories, tradition, clothing, food, music, as well as history, principles, beliefs and ways of doing things. At the same time, certain similarities—such as old tradition—might become potential barriers of achieving unity. This is why the only goal within a social support group must be helping each other heal. This requires flexibility and open-mindedness.

For the sake of an example, a group is evident to anyone who has ever traveled outside of their hometown. The way people dress, what time the stores are open, what kind of places of worship are present, how people treat their personal space, how they talk - whether with a different accent or in a different language - what they do for fun, what kind of art they produce, how they treat their children and elders... all those things make for a unique and insular society. But our Emotional Societies are the opposite of insular - they are inclusive, fluid - and language, race, or culture is not what defines them. In fact, we need to always strive to look beyond those kinds of similarities to form groups that are cohesive and successful in what they try to achieve, which is: support!

The more similarly supportive individuals are, the stronger they identify with one another. The stronger they identify, the more fond they are of one another. And the more fond they are, the deeper their connection and the more pronounced the social unity among them.

On the other hand, the less similarly supportive the individuals, the weaker the connection, and the fondness, and weaker the Social Unity among them. By introducing a political point of view - let's say how people feel about getting vaccinated - to a group whose mandate asks for emotional and psychological support, the group risks getting side-tracked and might add unnecessary emotional trauma. Singleness of purpose, to borrow from 12 step fellowships, is something to strive for.

A society with a high degree of unity would generally have:

- Lesser or no conflict
- People working well together
- A high degree of concern for the welfare of others
- And a relatively high degree of concern for the society as a whole, which in turn leads to a higher degree of happiness

A society with low degree of unity:

- Would experience considerable conflict
- People would not work well together
- Low degree of concern for the welfare of others
- Low degree of concern for the society as a whole and in turn, lower degree of happiness

What are Community Support Groups?

The best example of Social Unity is present in Community Support Groups. In such groups, members connect with one another through sharing their similar experiences, for example in a setting of a mental-health support group that meets a few times a month. Such groups are usually organized around a set of principles - in this context principles of healing - and they develop their rituals - for example readings, a dress code, check-ins, taking turns within the established parameters of time; they share literature or support materials; they sometimes socialize outside of the group.

Members of such groups provide each other with help that is usually nonprofessional (unless there's a facilitator or a professional present) and nonmaterial. This help may take form of providing and evaluating relevant information, relating personal experiences, listening, and offering non-judgmental feedback and understanding, and establishing social networks. A support group might also work to inform the public or engage in advocacy.

For those with adoption experiences, the right support group helps to show how these experiences - of having been involved in separation - are not isolated ones. Meeting others with similar experiences helps to navigate the world that at one point may have appeared to be made-up of functional families, happy biological connections, cookie-cutter, white-picket-fence people who perhaps seemed threatening because they

seemed to have something that many in the adoption community felt they didn't—that elusive connection and sense of belonging.

But once people see that there are others similar to them, they can share those feelings and they can share them in safety. The community can support one another, advocate for each other, and the feelings of being a misfit, or of being ashamed, will lessen or even disappear.

History

Social support groups are not a modern phenomenon. Their structure can model traditional fraternal organizations - such as Freemasonry of the 13th century - and/or may build on certain supportive functions (formerly) carried out in (extended) families. Other types of groups formed to support causes, including causes outside of themselves, or what is referred to as advocacy groups, interest groups, lobby groups, pressure groups, or promotional groups. Trade unions and many environmental groups, for example, are interest groups.

Support Groups

Examples of peer-to-peer Support Groups are Adoptees Connect, National Alliance on Mental Illness groups, or Parent Support Groups. Those are more modern groups that have formed in the past century and that continue to develop and inspire other, similar

groups. Alcoholics Anonymous was formed in 1935 - to date, there have been many more groups formed based on a similar model of fellowship, groups such as Nicotine Anonymous, Underearners Anonymous, Clutterers Anonymous, or Gamblers Anonymous and so on. The 12-step fellowship model includes groups for family and friends of those who are in the original support groups, so for example, Al-Anon/Alateen for friends and families of people with Substance Use Disorder.

Similarly, within the adoption community, the groups grow and branch out - so we now have adoption support groups that recognize specific populations within the groups: birth parent groups, the Korean American Adoptee Adoptive Family Network, Transracial Adoption, Adoptee Paths to Recovery, and so on.

The variety of adoptee groups alone shows that people continue to search - even within their support systems - and when they find a need for more specific support, they organize and form a more niche support. **This is a hopeful development** because it shows that people - who sometimes feel *damaged* and *disadvantaged* - do take those leaps of trust and continue to perfect the idea of Social Unity through narrowing their support groups to best meet their unique issues. **People who form those groups are the very experts on Social Unity, whether they know it or not, and they can create it from scratch if necessary. They are the history of their very healing, in the making.**

How are the Groups Managed?

There are two kinds of support groups: self-support groups and professionally operated support groups. **Self-support** groups are organized, managed, and financed - often by donations - by its members who belong to them on volunteer-basis. The members of such groups join because of their own, personal experiences, which are the subject of the groups' focus. An example of a self-support group is Alcoholics Anonymous that is financed strictly by voluntary donations that happen at the meetings and through sales of materials such as speaker tapes and literature. Self-support groups can be referred to as fellowships, peer support groups, lay organizations, mutual help groups, or mutual aid self-help groups. In most cases these groups have no leaders, but they can be facilitated by an appointed individual who makes sure meetings adhere to their structure - this chairperson or facilitator is elected by the group but in some instances, they can self-appoint themselves to the position (sometimes simply by showing up early and taking up the chair position at the beginning of a session).

There is no leadership hierarchy in many of those groups, although, naturally the people who keep order and make sure everything goes smoothly - for example by letting

people how much time they have to share - are the ones who are more familiar with how the meetings are conducted.

In some instances, self-help groups have more experienced members who volunteer to guide newcomers, help them assimilate better and “show them the ropes.” There might be a general office as well as districts for such groups that regulate treasure activities, provide literature, and investigate any operational changes. As with anything, groups evolve according to times, and these changes must be reflected across the board. A perfect example of how changes were implemented was when COVID no longer allowed in-person gatherings and groups had to move online – THEN they had to ensure the safety of their members by encrypting meeting addresses (to prevent zoom-bombing when non-members would crash meetings and create disorder).

The second type of a group is operated professionally by persons who do not necessarily share the problems of the group members, such as social workers, psychologists, members of the clergy, or other facilitators. These kinds of professionals control group discussions, provide materials, and are also in charge of memberships - for example, they can order a removal of a disruptive individual. Some support groups might offer educational opportunities, such as guest doctor or a psychologist hired to talk about a topic related to the group’s needs. They can also bring in other workers, such as yoga instructors, acupuncture specialists, meditation instructors, or nurses. The

facilitators can also suggest further treatment or referrals and can meet with members one-on-one to discuss progress.

Groups operated professionally are always attached to another institution like hospitals, drug-treatment centers, churches, correctional facilities, agencies, or private practices.

These types of groups run for a specified period of time, they might charge fees, and some members might be mandated to attend.

Support groups are not the same as group therapy sessions. Group therapy is a specific type of mental health treatment that brings people together under the guidance of a licensed mental-health care provider.

Why is Social Unity Desirable in Adoption?

Adoption can be synonymous with isolation. Whether a baby was relinquished at birth or later in life, the crux of the damage lies with difficulty with interpersonal relationships. Those with adoption experiences suffer from a variety of traumas: abandonment, abuse, neglect, broken trust, identity loss, inability to integrate into a group and more - in other words no solid sense of Social Unity. There's also the stigma of having experienced separation - even in the most positive, loving situations, a person who was separated from their biological family feels the shame of not belonging and not being able to fit in.

More About Benefits of Support Groups

The common experience among support group members means that they have similar feelings, worries, benefits, and solutions. This experience is not looking alike or having a certain political leaning. Belonging to the right group affords individuals the ability to achieve Social Unity by being with likeminded people with a common purpose —and that purpose is healing. In a most straightforward way, being a member of a supportive community allows people to be understood - and there's a huge relief in being understood and accepted after a long period of isolation and feelings of not fitting in – and after maybe being gaslighted for many years – by others or by ourselves.

There are various types of supports that groups offer. Some of those are:

- Emotional Support - those are the groups that “have your back” or a “shoulder to cry on.” For example, in a Bereavement group, you will find like-minded individuals who will understand how you feel - because they too have lost a loved one, they too have walked in your shoes - and they too will be able to offer you help during the times of stress or when you're feeling lonely.
- Instrumental Support - in this type of group, the people in your network provide concrete, quantifiable help such as bringing you meals or offering rides when

you're sick. These kinds of groups provide immediate support, especially in the times of crisis, for example, when you've lost your home or are dealing with a chronic illness.

- Informational Support - these kinds of groups provide guidance, advice, information, and mentoring. These groups are especially helpful when you're going through a significant life change such as a divorce, change of careers, relocating to a new place—for example through offering help with learning a new language or getting established in a community.

A support group in the community is the link that keeps a person connected, offering a safety net, helping build trust, helping to get validation, offering solution and perspectives, and just generally being there for its members.

More Benefits of Participating in a Support Group

Benefits of participating in a support group might include:

- Feeling less lonely, isolated, or judged
- Reducing distress, depression, anxiety, or fatigue
- Ability to talk openly and honestly about feelings
- Improving skills to cope with challenges
- Staying motivated to manage chronic conditions or stick to treatment plans
- Gaining a sense of empowerment, control, or hope
- Improving understanding of an issue and owning the experience of it

- Getting practical feedback about treatment options
- Learning about health, economic or social resources

There are some risks associated with joining support groups. They are:

- Disruptive group members
- Dominant members who hijack the conversations
- Lack of confidentiality—it is really crucial that people feel safe in their support groups. Many members will struggle with trust issues and a group that doesn't observe strict confidentiality rules is not going to be beneficial to someone who's vulnerable to begin with
- Emotional entanglement, group tension or interpersonal conflicts
- Inappropriate or unsound medical advice
- Competitive comparisons of whose condition or experience is worse
- Getting distracted by politics, gender roles, or other emotionally charged aspect of feeling connected.

In some instances, an individual might “outgrow” the group or might feel like the membership is affecting them negatively in the ways that are detrimental to their mental health. It's important to always check in with someone - it might be the facilitator or another member who is trustworthy - when those feelings come up.

Another possible drawback is having to leave the group and feeling that you have failed or are experiencing grief over losing that important social support. For those with adoption experiences, there might be a heightened sense of betrayal—“I trusted those people and they took advantage of me—again! How am I going to recover from this?”

The good news is that there are other groups - including groups that might help to recover from negative group experience - an example of this would be a group helping to recover from 12-step groups (the 12-step model is not for everyone - just like no group is for everyone). The person's membership should be a positive experience and internal conflict does not foster that; it is the opposite of what people should try to achieve.

How Can People Ease Themselves into a Positive Group Experience?

It is natural to feel nervous about sharing personal issues with people one doesn't know. This is why listening should play a big part when joining a group - listening can be very beneficial. Over time, however, contributing one's own ideas and experiences may help the new member get more out of a support group. Trying a support for a few weeks is beneficial in that the person doesn't necessarily have to make a commitment right away - that way when they leave they will feel less like a failure. It is important to remember: the searching is a part of healing; it is the journey and not the destination that will help the most.

How Do Support Groups Get Together?

The most popular ways of getting together in a Support Group was in physical spaces - for example community centers or hospitals or church basements. This allowed for personal interaction, and it facilitated interpersonal connection that was reminiscent of

being in a family in some ways. Some groups provide support through printed newsletters, internet forums, or mailing lists. Since 2020 COVID outbreak, many if not all support groups, had to move online to allow for interaction. The online support groups of yesteryear - prior to COVID - were more of an afterthought (although younger generations who have grown up with the internet have been using digital means of connecting with each other often as their primary source of communication for some time now).

Today, online support groups are the leading format - at least for the time being. A mental-health support organization called Kids Help Phone has seen a significant rise in text communication over the past decade while the phone use is becoming almost obsolete. And for people looking to join a community support group, online forums and meetings have become an alternative to joining in person - for many, those meetings can serve as sort of incremental step. Online places allow for more anonymity.

Additionally, online support groups have also been useful to those who are in distant, isolated locations where getting to a meeting is impossible. A small number of adoptees (2% of U.S. population), scattered geographic pockets, and inconsistent support across geography from community organizations, as well as isolated individuals, have all found camaraderie and support online.

Due to a unique nature of an online support groups, there are a few pros and cons of joining one.

Pros of online support groups:

- **Physical accessibility:** More frequent and flexible participation means you can find a support group 24/7 in different time zones, different locations. Many people in early recovery from substance use find that they need structure and frequency of meetings in order to stay accountable. Being able to get support at any time of day and night is crucial to those who are struggling to stay away from substances.
- **Constant availability:** Some people experience increases in their mental distress at night, especially when insomnia is also present.
- **Emotional accessibility:** Online support groups are more anonymous and allow people to share more openly. For many people speaking publicly is incredibly stressful and people with anxiety or agoraphobia feel much safer when using this format.
- **Language barriers:** Online support groups can be accessed anywhere so it's possible to find a group in your specific language, reducing the feelings of aloneness and isolation.
- **Safety:** In many cultures needing help can be frowned upon. Accessibility to online groups can be lifesaving to those struggling.
- **Empowerment:** Text strings and message boards and group support can allow people to work collaboratively to solve problems. Collaboration, like Social Unity,

allows people to build relationships, self-esteem, and achieve a more positive ownership of one's issues.

It is important to note the **cons of online support groups**. Some of those are:

- Anonymity might lead to inappropriate or disrespectful comments—online bullying.
- Online communities are particularly susceptible to misinformation or information overload.
- Be aware of scams, product promotions or fraud—always keep your information private!
- Sometimes online participation leads to more isolation and complacency.
- Written communication might result in misunderstanding.

How to Find a Support Group and Which One is Right for You?

Ask people involved in supporting the community – like the National Association of Adoptees and Parents (NAAP) or a regional adoptee support agency. There are also many non-profit organizations that advocate for different medical conditions as well as challenging life changes such as adoption. Some of the general adoptee support groups are:

- Adoptees Connect
- Adopt Salon Constellation meetings
- Adopted Adults Support Group
- Adult Adoptees Support Adopted People
- Adoptee Paths to Recovery

Joining a support group requires commitment and people's time is precious.

Researching and trying out groups should be a practice before committing to them and becoming a member.

Some Questions to Ask Before Joining a Support Group are:

- Is the group designed for people like you—for example, does it offer support to adoptees who are interested in finding their biological parents, does the group use language that aligns with how you'd describe yourself, such as “relinquishee” versus “adoptee? Does the group welcome parents?
- Is the group designed for people with a specific medical condition or certain stage of a disease?
- What are the rules of the group if it's a self-support group? Is there literature you need to read, pamphlets or a book?
- Does the group meet for a set period of time, or does it continue indefinitely?
- Where does the group meet?
- At what times and how often does the group meet?
- Is there a facilitator or moderator and do they have professional training?
- Is a mental health expert involved with the group?
- What are the guidelines for confidentiality? Does the group have safety rules in place?

- What is a typical meeting like?
- Is it free, and if not, what are the fees?

Red flags that might indicate a **problematic support group** include:

- Promises of a sure cure for your disease or condition
- High fees to attend the group
- Pressure to purchase products or services
- Pressure to subscribe to a religious belief
- Presence of members that might make you uncomfortable—for example, is the group LGBTQ-friendly or is there an unspoken—or outright—set of belief that doesn't allow for *all* to join?
- Political affiliations
- Are there any rituals or steps that make you uncomfortable?

Final Words

Support groups allow people to thrive as human beings, they help to achieve positive Social Unity, and they help to develop a deep sense of belonging. They allow people from the adoption community to find others similar to them and establish life-saving connections. Feeling a part-of a group - feeling a sense of belonging - is what protects people from suffering consequences of trauma and what lets them heal from it.

About the Author



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