

Alumni Orientation Frequently Asked Questions

General Information

What is Charlie Health's Alumni Experience?

The Charlie Health Alumni Experience is a non-clinical service designed to help you continue cultivating your connections and skills after completing the Charlie Health program. It fosters a sense of belonging, connection, and community through groups, workshops, and an Alumni Discord community.

Please note that this experience is not a replacement for therapy. If you need help finding resources or would like to explore re-enrollment in Charlie Health, please visit [this form](#). We're here to support you every step of the way!

Why should I stay involved?

Prioritizing your well-being is essential—even after completing your treatment program. Staying connected with fellow alumni helps maintain your overall wellness, build a supportive community, and discover new interests to support your ongoing growth.

Group Schedules

Adult Groups

Monday–Friday: 12 PM, 3 PM, 4 PM, 6 PM, and 7 PM MST
Saturday: 12 PM, 1 PM, and 2 PM MST

Teen Groups

Monday–Friday: 3 PM, 4 PM, and 6 PM MST
Saturday: 1 PM and 2 PM MST

With a wide variety of groups across these categories, there's something for everyone to explore and engage with. Join us to connect, grow, and thrive!

Feedback & Support

Do you still have questions?

If you have any questions or concerns about your alumni experience, we're here to help! Please fill out [this form](#), and a member of our team will follow up with you within two business days.

How can I share my feedback about a group I attended?

Complete our [after-group survey](#) to let us know about your experience and provide suggestions for improvement.

Alumni Groups Overview

What are alumni groups?

Alumni groups are non-clinical, free, and last 50 minutes to 1 hour. These groups do not include Care Coach support or crisis support. Alumni can attend up to 6 non-clinical process groups per week and are welcome to join skills and interest groups as often as they would like to build community.

Group Categories

- Mental health skills and well-being support: Focus on building practical strategies to maintain emotional balance, develop healthy routines, and manage stress.
- Interests and workshops: Explore creative outlets and personal development through art, music, writing, and more—connect with like-minded peers!
- Processing with peers: Share your journey, celebrate wins, and navigate challenges in a supportive, non-clinical space.

What are community groups?

Charlie Health Community Groups are open to everyone, including alumni, families, and the general public. These groups are focused on education, support, and empowerment, providing an opportunity to explore mental health topics in an accessible and welcoming format. Community groups are hosted by the Charlie Health DEI Committee and set on an annual schedule, designed to foster connection and learning for a broader audience. Whether you're seeking resources, insights, or a space to connect, these groups are a valuable resource for the entire community.

Both types of groups provide unique opportunities to engage and grow, tailored to meet the needs of their respective audiences.

How do I sign up for groups?

Visit your Alumni Care Center for a full list of offerings.

Community Standards

What are the community standards?

Community standards are guidelines all members must agree to follow to ensure respect and safety in groups. These standards help maintain a welcoming, supportive space for everyone. You can review the full document [here](#).

What is the Alumni Discord?

The Alumni Discord includes separate servers for 15–17-year-olds and adults (18+). Discord is an online community platform where members can engage in real-time conversations, share resources, and connect with peers. By joining, you'll have access to channels focused on daily wellness, peer support, and mental health journeys. The Alumni Discord is also where you'll find updates on weekly alumni events and opportunities to stay connected to Charlie Health's offerings. Click [here](#) to sign up.