

PIR® PR Committee

Volunteer Starter Pack

Welcome to the PIR® PR Committee

Thank you for offering your service to **Psychedelics in Recovery (PIR®)**.

The PR Committee helps share the message of recovery, amplify the voices of the fellowship, and connect people around the world who are exploring recovery and psychedelic integration.

You do **not need professional PR experience** to contribute. Many roles simply involve helping share stories, creating posts, or supporting media projects.

Service is about **participation, creativity, and collaboration**.

1. What the PR Committee Does

The PR Committee supports the fellowship by helping:

- Share the message of recovery
- Promote meetings and events
- Amplify community voices
- Produce Integration Radio, the PIR® podcast
- Publish De Vine, the PIR® newsletter
- Manage social media outreach

PR helps ensure that people who may benefit from PIR® can **find the fellowship and feel welcomed**.

2. Key PR Projects

PIR® Integration Radio

The PIR® podcast shares recovery stories and conversations around psychedelic integration.

Volunteers may help with:

- Guest coordination
 - Recording sessions
 - Writing the podcast description and creating the right tags
 - Editing clips
 - Podcast promotion
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De Vine Newsletter

The monthly PIR® newsletter.

Volunteers may help with:

- Collecting contributions
 - Editing content
 - Designing layouts
 - Sharing the newsletter
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Social Media

PR volunteers help share PIR® content across platforms such as:

- Instagram
- TikTok
- YouTube
- LinkedIn
- Facebook

Typical tasks include:

- Sharing podcast clips
 - Promoting meetings
 - Creating visual posts
 - Highlighting community stories
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3. PR Tools You May Use

PR volunteers may interact with the following platforms:

Riverside

Podcast recording and AI editing

OpusClip

AI clip generation for social media

Canva

Design platform for posters and visuals

These tools help make PR work **efficient and accessible**, even for volunteers without technical experience.

4. How You Can Contribute

There are many ways to support PR.

You might enjoy helping with:

Podcast Support

- coordinating guests
- producing episodes
- editing clips

Visual Design

- creating posters
- designing social graphics

Social Media

- posting updates
- sharing clips
- highlighting community voices
- Moderating content

Writing

- newsletter contributions
- blog posts
- recovery reflections

Even **small contributions make a meaningful difference.**

5. Our Guiding Principles

All PR work should reflect PIR® values.

We prioritise:

- Recovery-first messaging
- Respectful discussion of psychedelics
- Inclusivity
- Authentic voices
- Service to the fellowship

We avoid sensationalising psychedelics and instead emphasise **recovery, integration, and community**.

6. Getting Started (Quick Guide)

If you are new to the PR Committee, a simple way to begin is:

- 1 Join the PR Committee meetings held the first Saturday of the month at 8.30 am PST
- 2 Review the PR Handbook
- 3 Choose an area that interests you
- 4 Collaborate with other volunteers
- 5 Start contributing small pieces of work

PR is a **team effort**, and learning happens through participation.

7. Service and Fellowship

PR is not only about communication — it is also about **service to the fellowship**.

By helping share stories of recovery and integration, PR volunteers help create:

- connection
- hope
- visibility for the recovery journey

Many people are discovering PIR® through the work of the PR Committee.

Your service may help someone **find recovery or feel less alone**.

Thank you for being part of the **PIR® PR Committee**.

Together we help carry the message of recovery, connection, and healing.