



**Robin's Hope  
Trauma Recovery Center  
Participation Packet**

**Striving to Build Hope & Resilience After Trauma**

**Please fill this out and return it if this is your first time  
and wish to participate in our groups and events.**





**Robin's Hope**

## **Waiver of Liability Form**

I, the undersigned, hereafter referred to as I; do hereby agree to the following:

I, \_\_\_\_\_ am aware that participation in the groups and events at Robin's Hope, a program of The Jeremiah Foundation, Inc., may result in accident or injury. I assume risk connected with participation. In signing below I agree that The Jeremiah Foundation, Inc. and all of its programs, are in no way to be held responsible for accident or injury which may occur by participating in yoga, walking, and/or any other group, program, or event on or off the premises or during any group outings. I understand that at times these groups, events, and/or programs may be physically strenuous and I voluntarily participate in it with full knowledge that there are risks of accident, personal injury or death. I agree that neither I, my heirs, assigns or legal representation will sue or make any other claims of any kind whatsoever against any program under The Jeremiah Foundation for any accident, personal injury or wrongful death, whether caused by negligence or otherwise.

By signing this I indicate that I have read this agreement, understand the terms and release The Jeremiah Foundation and its programs of all liability.

Name (printed): \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone#: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Authorized Representative of Robin's Hope and/or The Jeremiah Foundation, Inc.:

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



**Robin's Hope**

### **Media Release Form**

I, \_\_\_\_\_ give authorization to The Jeremiah Foundation and all of it's programs to participate and appear in video or audio recordings, photographs, written articles, quotes, artwork and/or on websites and social media sites for purposes of:

It is my understanding that these pictures and/or likenesses may appear in the media such as television, newspaper, newsletters, radio, fundraising, trainings, staff development and/or supervision and consultation, websites and/or social media sites, and grant proposals, as property of The Jeremiah Foundation and it's programs. This release will remain in good standing until I revoke such agreement in writing.

By signing I indicate that I have read this agreement, understand the terms and release The Jeremiah Foundation and it's programs of all liability.

\_\_\_\_\_  
Parent's/Guardian/Adult Signature

Phone #: \_\_\_\_\_

Date: \_\_\_\_\_

Children's Names (please print, if applicable):

_____	_____
_____	_____



**Robin's Hope**

## **Robin's Hope Trauma Recovery Center Defining Principles**

These principles apply to all workshops, trainings, classes, groups, events, and individual interactions that occur under the umbrella of Robin's Hope as a program of The Jeremiah Foundation, Inc.

### **Our Core Values: Genuine Human Relationships, Self-Determination & Personal Strength, Mutuality, Optimism, Healing Environments and Respect**

#### **Genuine Human Relationships**

- ✓ **Robin's Hope is founded on our 'humanness' and the importance of forming genuine connections with other human beings.** This means that individuals in our center will be encouraged to form connections with each other as they develop naturally, and to use these connections as an opportunity to build or strengthen their natural support systems.
- ✓ **We will respect each other's physical, sexual and personal boundaries.** This means that everyone has the right to determine when he or she is going to be available at the center, when he or she does or does not want to be hugged or touched in any way, and what sorts of relationships he or she wishes to engage in with others at the center.
- ✓ **Imperfection in relationships is an expectation.** The presence of these values does not mean that all interactions will be perfect or fully embody all values at all times. Rather, imperfection will be expected and – when bumps occur – we will work to see it as an opportunity for growth rather than a failure of the center and/or relationship.

#### **Self-Determination & Personal Strength**

- ✓ **Robin's Hope will not preach any one way of healing and will make space for people to define their own paths to 'recovery.'** This means that Robin's Hope will offer education and information on a variety of perspectives, options and resources, but that people will always hold the power to determine their own goals, and to define for themselves the meaning of the word 'recovery' as it applies to their own lives.
- ✓ **Each individual will be treated as capable of setting boundaries/guidelines for him or herself.** Hence, Robin's Hope will avoid setting too many 'rules' and micromanaging situations and relationships because we believe in each individual's strength and wisdom to make his or her own choices, express likes and dislikes and identify needs without the overuse of rules and guidelines to dictate that process.

#### **Mutuality**

- ✓ **Every individual has a unique blend of experiences and strengths that aid their healing journeys. At Robin's Hope we utilize a diverse range of roles in our services, but value each individual's input equally.** It is assumed that all individuals who become a part of Robin's Hope for support will also give support to another at some point, and that each individual will not only approach Robin's Hope with the attitude of what he or she can get but also what he or she can give.
- ✓ **Robin's Hope is a place where peers and clinicians work together.** We value the peer support approach and we encourage peer support within our program. Our values are in utilizing the strengths and resources of all to benefit moving forward. Clinicians and students join in this value system to offer additional skills and tools to encourage healing. We are all on equal ground and we are all attaining the goal of living a lasting and fulfilling life.
- ✓ **We are all leaders at Robin's Hope.** This does not mean that each person must necessarily take turns at facilitating meetings, organizing campaigns or being the point person for a given activity. What it means is that as each of us empowers ourselves to move, question, change, act and be hopeful we thereby (intentionally or not) inspire others at the center and in our community to do the same – by doing so we become agents of change all around us.



## Robin's Hope

### **Optimism**

- ✓ **Robin's Hope believes that recovery is a process of healing for all individuals.** This means that all individuals will be welcomed to be a part of the program and treated with the belief that they have the power and ability to achieve their hopes and dreams.
- ✓ **Robin's Hope will show compassion to those who are struggling.** This means that our center recognizes that all individuals have ups and downs, and moments when they may 'relapse' or need to step away, but that we will reach out to them in times of need and always welcome them back with open arms and without judgment.

### **Healing Environments**

- ✓ **Individuals within Robin's Hope will respect each other's privacy.** This includes holding confidentiality around information shared within Robin's Hope spaces and supporting one another to define how and when information can be shared in a respectful manner and in a way that builds community and connection.
- ✓ **Robin's Hope strives to create physically and emotionally safe spaces.** Some examples of this may be walking someone to their car when it is dark if they have stated they feel unsafe and being aware of body tone, body language and actions as they impact others. We believe that everyone must have autonomy and safety to voice their needs. We ask that every individual voices his or her needs as they arise so that we can problem solve solutions together.
- ✓ **Robin's Hope is Trauma Informed.** We are walking side by side facing life together sharing tools and resources that may be helpful in promoting healing, hope, and resilience. We do not believe in asking what is wrong with you, but instead what has happened to you striving to get to know, learn, and grow from one another.
- ✓ **Robin's Hope is a drug and alcohol free environment.** This means avoiding smelling of alcohol or drugs or being visibly intoxicated or high, or bringing alcohol, drugs or drug paraphernalia into Robin's Hope spaces and/or activities.
- ✓ **Robin's Hope uses non-violent conflict resolution.** It is anticipated that when conflict arises, people will address the conflict directly with one another whenever possible. It is also anticipated that this will occur without the use of yelling, gossiping or physical aggression, and that individuals in general will be open to talking through conflicts with one another.

### **Respect**

- ✓ **Above all else, Robin's Hope expects each individual to treat others as he or she would wish to be treated.** This means treating ourselves, each other, and each other's belongings with respect, compassion and kindness at all times.
- ✓ **Robin's Hope aspires to use the most inclusive and respectful language at all times.** Everyone will be encouraged to use open, person-first, strengths-based language and to avoid using one-word labels when referring to others in the recovery community.
- ✓ **Robin's Hope encourages showing gratitude and appreciation for all at the center.** Individuals are encouraged to go out of their way whenever possible to thank others for their contributions, including those with whom they might not always get along.
- ✓ **Robin's Hope will respect all differences of opinions, beliefs, culture, appearances and ways of life.** This means treating everyone with dignity, respect and as a valued individual, as well as encouraging learning, openness and conversations about different beliefs and cultures. We will not ostracize or put down any individual based on ethnicity, sexual orientation, gender identity and expression, size or other aspect of appearance, religious beliefs and so on.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## Personal Wellness Action Plan

Name: \_\_\_\_\_

Date: \_\_\_\_\_

1. My strengths, talents, and abilities include:

---

---

---

---

2. Things I like to do include:

---

---

---

---

3. Something(s) that are not working for me in my lifestyle or health are (something I would like to change):

---

---

---

---

4. Something(s) that are not working in my home or community (things I would like to change):

---

---

---

---

5. My dream for myself and my life (what I would be doing if I were doing what I wanted according to my wishes and dreams) Describe that version:

---

---

---

---



**Goals for myself**

1. What I want to accomplish in the next six months:

---

---

---

---

2. What I want to accomplish one year from now:

---

---

---

---

**Action Plan**

1. This is what I will do to work towards my goals:

---

---

---

---

2. This is what I need from other people:

Who: \_\_\_\_\_ What: \_\_\_\_\_  
Who: \_\_\_\_\_ What: \_\_\_\_\_  
Who: \_\_\_\_\_ What: \_\_\_\_\_

Notes:

---

---

---

---

Participant Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Peer Support Specialist: \_\_\_\_\_

Date: \_\_\_\_\_