



Tiffany Moon Foundation for Abduction Recovery
www.tiffanymoonfoundation.org

Trauma Support Group Rules & Agreement

Welcome, Survivor.

Thank you so much for being here. Each woman here has survived a traumatic event. Sharing support for each other makes us all stronger, and we are so honored that you have reached out to us, and that we will have the opportunity to share a supportive environment with you. The ultimate goal of this group is to provide a safe, calm, understanding environment of peers in which to develop coping skills for managing the symptoms of trauma. In order to achieve our goal of safety and comfort for everyone, we ask that you follow these guidelines.

We understand that mistakes happen, and we hope that you will understand when we make mistakes. If any of the group rules makes you uncomfortable, or if we or anyone else in the group says or does anything that makes you feel unsafe or uncomfortable visiting or sharing in this group at any time, please send a private message to one of the administrators; we want to resolve any issues to ensure that everyone is comfortable. In turn, we will also understand if a non-threatening rule is accidentally broken, and we will discuss it with you; repeated rule-breaking after this kind of discussion will result in removal from the group. We do consider some rules to be moral absolutes, such as the privacy of this group and not sharing members' names or anything that is shared here with anyone; any violation such as this, which threatens other members' safety, will result in immediate removal, and any other appropriate action.

While we hope for everyone to feel free to express their true feelings and share information and resources, we ask for your cooperation in ensuring that this is a safe, calm, nurturing environment focused on healing for trauma survivors. We have already lived through enough; this is our safe space for healing. Thank you for taking responsibility for our group, our shared space.

With care,

Rev. Tiffany D Moon & the Administrative Team

1. Members:

This group is specifically for women who have survived a traumatic event. As much as we love the support of others, such as friends, partners, advocates and leaders of related organizations, we need this private space for safely connecting with peers. You, personally, must be a woman who has survived a traumatic event to belong to this group.

The administrative team will attempt to screen each new member before adding anyone to the group. Anyone who is found not to be a trauma survivor, never shares and/or will not confirm that he or she has been affected by trauma when asked privately will be removed from the group. We will make every effort to communicate and to ensure that no one is removed wrongly (especially because coming forward is so difficult), and that communication with administrators is open after a removal in case of mistake or an inability of the survivor to explain her experience at the time.

Those interested in sharing their personal advocacy work or the work of their related organizations should contact Tiffany Moon privately, outside of this group. We would be happy to work with you via the Tiffany Moon

Foundation for Abduction Recovery (www.tiffanymoonfoundation.org), and to have you promote the existence of this group for survivors through your advocacy or organization.

2. Privacy:

The privacy of this group, its members, its physical location, and what is shared here is absolute. Some of us are still in danger from our perpetrators or have other reasons for the necessity of having our identities protected and hidden. Much of what we are sharing is extremely difficult emotionally and mentally, and our experiences are each unique and personal. Some of us are authors, artists or creators of copyrighted materials and trademarked information that we share here in safety. Any survivor stories that are shared in this group are the intellectual property of that survivor. As such, no materials may be duplicated and no testimony shared without the express permission of the person you wish to quote or copy from. This is also true of video, documents, artwork, blogs, copyrighted resources, projects, posts and comments.

The sharing of names, stories, posts, comments, information or intellectual property of others from this group, without explicit, case-by-case permission is strictly prohibited. Any violation such as this, which threatens other members' safety, will result in immediate removal, and any other appropriate action, including reporting to authorities.

3. Peer support:

This is a peer support group. While Tiffany is a minister, we are not mental-health professionals, and as much as we care about you, we are not equipped emotionally or physically to prevent you from harming yourself. While you are encouraged to express all of your very real emotions and situations (as long as you also respect and maintain the calm, safe environment we all need), we are unable to help you physically, and we may find it distressing that we can't help you if you say that you are thinking of harming yourself. We may also find this distressing if we then don't hear from you for a period of time. While expressing suicidal thoughts, past and present, is normal and acceptable, please do not make comments indicating that you plan to hurt yourself. Instead, please seek help from a professional or a known hotline:

Access & Crisis Line: (888) 724-7240
National Suicide Hotline: (800) SUICIDE
National Depression Hotline: (800) 273-TALK
RAINN: (800) 656-HOPE

5. Types of comments:

In this space, please take responsibility for your behavior, your behavior toward others, and the information you share. Please limit your comments to information, personal stories and shares, and healing resources that are related to managing trauma symptoms. Aggressive behavior, solicitation, advertising, off-topic comments, and stories of current, unrelated traumatic events are not permitted here.

*Trigger warnings: Due to the sensitive nature of many of the comments in this group, as a survivor, please be aware that some of the content here may be triggering to you. Take time to yourself, check in with your feelings, express your feelings to the group, and reach out for additional support if you need to. You have the right to explain that a comment or conversation is becoming difficult for you, and to leave a conversation if it is becoming harmful to you. Please contact the administrators if there is another member who is causing you distress. If you think that something you want to share may be triggering to others, please tell us so first; this allows other members the opportunity to prepare themselves, to know that they may speak up if your comment is becoming difficult, or to leave the room if they don't feel they are in the right mindset to hear something triggering at that moment in time.

*Language and aggressive behavior: Please refrain from raising your voice or using profanities. Raised voices can be scary and triggering for many people; the same is true of swearing. This is also true of expressions of panic. Please use “I statements” and ask questions as often as possible, and avoid giving advice unless it is asked for. While we are here to hold the space for you during all of your challenges, including those times when you are angry, please also be considerate of our need for a calm, safe atmosphere. Aggressive, demanding or demeaning language is not acceptable here.

*Off-topic comments: Please share current events and information only as they relate to you, how you are feeling, and how the information might be relevant to trauma survival and healing. If a current event is affecting you because of your experience and/or resulting disabilities and feelings, please share and let us be there for you, or if information about a current event might be related to all of our experiences as trauma survivors and the feelings and needs we have, please share that also. Please do not share information about unrelated, current events; there are many tragedies in the world today; it is distressing for us to hear about them.

*Soliciting and advertising: No soliciting is permitted in this group. As with stories of current traumatic events, pleas for monetary help make us feel helpless and distressed. If you are a trauma survivor who is also an advocate, social worker or organization director, and you are fundraising or seeking monetary aid, please do not share that information here; instead, contact Tiffany Moon privately about potentially partnering and sharing that information through the Foundation for Abduction Recovery. Additionally, if you are an executive or a member of another organization, please do not use your comments here as an opportunity to advertise your group or organization. Sharing information about or from your organization that may be helpful to all of us as survivors is appreciated, but sharing your group name in support conversation may make others feel impersonal and used, and ultimately makes this group an unsafe place. If you are interested in sharing information about your group or organization, please instead contact Tiffany privately to discuss partnering publicly, outside of this forum.

*Private conversation: Please be cautious and use good judgment about private discussion, telephone calls, and friendships with other group members. While we truly encourage you to connect with each other, especially when you feel a personal connection, many groups have experienced hurt feelings and difficult consequences of private relationships. Gossip is particularly hurtful and is not tolerated in or outside of this group; any gossip about group members will result in immediate removal from the group and any other appropriate action. Please be responsible, respectful, and if you do experience a problem with another member, contact an administrator, especially if a private conflict or situation would prevent you from returning to group.

6. Indemnity:

This group is a service of the Tiffany Moon Foundation for Abduction Recovery. While we care for you and consider it our moral responsibility to do whatever we can for you, we cannot be held legally responsible for your mental health or safety. By using this service, you agree that you are 100% responsible for your own actions, health and safety, and you agree to indemnify and release from responsibility Tiffany Moon, the group administrators and members, the Tiffany Moon Foundation for Abduction Recovery, and its officers for any action or harm, physical, mental or emotional, real or imagined, that you may experience while using or as a result of using this group.

Thank you again for being here, for sharing, and for taking responsibility for our safe place.

Liability Release, Waiver, Discharge and Covenant Not to Sue

This is a liability release, waiver, discharge and covenant not to sue, entered into by the undersigned with Tiffany Diane Moon, the Tiffany Moon Foundation for Abduction Recovery, its officers, employees, volunteers, agents, and fellow group or activity members or participants.

I, _____, release and discharge Tiffany Diane Moon, the Tiffany Moon Foundation for Abduction Recovery, its officers, employees, volunteers, agents, and fellow group or activity members or participants from any and all liability, claims and actions that may arise from injury and/or harm to me, including death and property damage, in connection with this activity or group. I understand that this is a waiver of my rights to sue, and I agree not to sue, Tiffany Diane Moon, the Tiffany Moon Foundation for Abduction Recovery, its officers, employees, volunteers, agents, and fellow group or activity members or participants for any reason. I understand that this release and discharge applies to liability, claims and actions caused entirely or in part by any acts or failures to act, including but not limited to intentional acts, error or negligence, by Tiffany Diane Moon, the Tiffany Moon Foundation for Abduction Recovery, its officers, employees, volunteers, agents, and fellow group or activity members or participants.

I understand that there are dangers and risks associated with participation in this activity, and that this agreement pertains to any possible injury, real or imagined, physical, mental, or emotional from this activity, including but not limited to potential responses to environment, subject material and discussion, including but not limited to anxiety, anger, depression, suicidal thoughts, homicidal thoughts, suicide and homicide. I understand that the Tiffany Moon Foundation for Abduction Recovery is operated by peer volunteers, and that Tiffany Diane Moon and officers, employees, volunteers and agents of the Tiffany Moon Foundation for Abduction Recovery are not mental-health or medical professionals, and are not acting in a professional capacity in this activity.

I understand the risks involved in this group or activity, and I am voluntarily choosing to participate in this group or activity. I understand and agree that this release, waiver, discharge, and covenant not to sue applies to injuries, damages, and losses I may incur while participating in this activity or group, and also applies to injuries, damages, and losses I may incur at a later date or time as a result of or in connection with participating in this activity or group. I understand that this release, waiver, discharge, and covenant not to sue also binds my heirs, executors, administrators, and assigns, as well as myself.

I confirm that I am at least 18 years of age, that I have read this entire release, waiver, discharge, and covenant not to sue, as well as any group or activity rules in connection with it, that I fully understand it, and that I agree to be legally bound to it.

_____ Signature	_____ Print Name	_____ Date
_____ Mailing Address		_____ Telephone
_____ Emergency Contact	_____ Telephone #1	_____ Telephone #2
_____ Emergency Contact	_____ Telephone #1	_____ Telephone #2

***501c3 is pending donations needed for the filing fee. An EIN is filed, and donations are deposited to a bank account in the organization's name and directed toward basic living expenses.**