

Guidelines for Legacy Peer Group (LPG)

The following guidelines may help us become more "open" and able to give and receive clear communication with others. The primary purpose of the meeting is to explore ways of addressing the issue of PTSD/mental health in our daily life.

1. Golden Rule: "Do unto others as you would have them do unto you".

2. Alcohol and other Drugs: Attendee cannot participate in the meeting under the influence of alcohol or other mind altering drugs. I understand that if the peer facilitator believes that I am under the influence of alcohol or other drugs. I will be asked to leave the group.

3. Cell Phones: Cell phones are a part of our daily life and are part of our emergency network when away from home: "Please", when group is in session, place your phone on vibrate whereby it doesn't disturb others in group when therapy is being conducted and leave the room to answer. "Thank You"

4. Violence or Intimidation: Violence or intimidation toward other attendees is never tolerated. I understand that I must never be violent or intimidating toward other attendees and that if I threaten to harm persons or property I will be asked to leave the meeting.

5. Gossip: Gossip and secret grudges can be very destructive in a meeting. I agree that if I have something to say to another attendee, I will try to say it to the attendee directly rather than talk about him/her behind his/her back.

6. Confidentiality: Anything said during the meeting is considered confidential. I understand that everything said in meeting is confidential. I agree to keep secret the names of other attendees of the meeting and what is said about their private life. I understand that there is an exception to this confidentiality which applies to the peer facilitator. If the peer facilitator believes that someone is in danger, the peer facilitator has a professional obligation to take action in order to keep everyone safe.

7. Privacy: (The stop rule) No attendee is ever required to answer any question, to participate in any activity, or to tell anything. I have the right to pass or refuse on any of these activities. I agree that I will never pressure another group attendee to participate after he/she has refused.

8. Speak with the first person "I": Instead of "people feel" or "you get that feeling." say "I feel" or "I think I feel" This gives more of the flavor of you rather than broad generalities. Please stay in the "here and now" as much as possible. Look and speak directly to an attendee (s) and speak from the heart.

9. Dignity: No attendee shall ever be humiliated or abused; (physically or mentally)

10. Speak directly to individual: Look and speak directly into the attendee(s) face. If you are asked "how do you feel", "what is it that you need", "how can this group help you?) Do not try to evade the question, you may have to say! I never thought about that question, let me think about that.

11. Do not speak for others: Speak of what "YOU" are experiencing at that moment rather than focusing excessively on the other person. Sometime empathizing with another is a way of deflecting your own feelings.

12. Responsibility: I understand that it is the peer facilitator's responsibility to enforce these procedures and guidelines. Attendees may when it wishes propose other procedures which will be up to the attendees to monitor.

13. Group Prayer: VA researchers' findings showed that some Veterans' experiences weakened their spirituality. Weakened spirituality was related to greater use of mental health services. That was true regardless of severity of PTSD symptoms or limits in social support. Our meeting begins and ends with a prayer by one of LPG's Chaplain. You have a choice to opt out of the prayer simply by leaving the room during the prayer.

14. Termination: Disrespect towards attendee(s), guests, anger issues that cannot be controlled or disregard for the welfare of the attendees and the Elmcroft facility can be grounds for termination from LPG. If you decide to 'graduate' from LPG, please attend and let the attendees know you are leaving.

Name

Date