



Loved Ones Program Expectations & Policies

Program Participation:

The Brave Step™ Loved Ones program is a psychoeducational experience, meaning it is an evidence-based therapeutic intervention for the loved ones of survivors of sexual violence that provides information and support to better understand and cope with the effects of sexual violence.

Information Collection & Confidentiality

Information that is gathered as part of the assessment and program delivery is used by Brave Step Inc., group leaders, and Social Work Solutions, PLLC solely for the purpose of evaluating the effectiveness and performance of Brave Step's services and programs. Each party having access to such information is bound by a strictly enforced confidentiality agreement to protect your information. Information gathered for program evaluation is deidentified as much as possible to protect your privacy.

Program sessions and records are strictly confidential except where state law requires the reporting of credible threats of violence, harm to self or others, or child or elderly abuse and neglect (from evidence or suspicion), or when the court orders the release of information.

Brave Step's Policies

- **Risks and Limitations:** The healing process is difficult. There are ups and downs with the possibility for emotional challenges, stress, and life changes. Taking a brave step can involve the recollection of unpleasant and uncomfortable events in your life or that of someone you love. While Brave Step is committed to helping you, we cannot guarantee results or outcomes. You are critical to the success of the program.
- **Nondiscrimination Rights:** Brave Step operates its program, services, and activities in compliance with federal nondiscrimination laws.
- **Privacy Policy:** Click [here](#) to review the policy.
- **Treatment Philosophy:** Click [here](#) to review the policy.
- **Fees:** The Brave Step™ Loved Ones program is free in 2021 and 2022. If you need to cancel or postpone your participation, please provide at least 24 hours' notice.
- **Termination Policy:** Each person has the power to terminate its relationship with Brave Step at any time. However, services will not be offered if you repeatedly miss sessions over the specified course of time.

Program Guidelines

- Confidentiality is paramount to the success of the group. Therefore, if someone shares names, details, etc. regarding other members that participate in the Brave Step™ Loved Ones program to someone not in the group, that member will be asked to leave and not participate in future meetings.
- Group is appropriate for individuals 18 years and older.
- This group is considered sacred space regardless of religious, political, or social views. These are personal and should never be forced upon another or used to make anyone feel inadequate or uncomfortable, even unintentionally.
- To ensure that all participants are able to support each other and get as much out of the group as possible, we ask for a commitment to attend all the group sessions. If you miss more than one session, you will be instructed to not continue with the group you have been part of and will be reassigned to a future group.
- Participants will be asked to complete a pre-test before and a post-test after the group. The scores will be used to determine how well the groups work and individual's name will not be included with any reports that are produced that include the scores.
- The Brave Step™ Loved Ones program is not a substitute for appropriate therapy or medical care.

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