

## Hope Recovery Believes:

1. Trauma is not the fault of the victim, it is the fault of the perpetrator or due to situations beyond our control such as natural disasters.
2. Victims of trauma can become survivors and lead healthy and productive lives.
3. Survivors of trauma can overcome the ill effects of their trauma and can find healing.
4. Survivors of trauma have the right to professional, ethical, and healthy treatment and support.
5. Past trauma is not an excuse to traumatize others.
6. Adult survivors of abusive trauma have the right to receive healthy care, appropriate touch and hugs, which may have been missed out on as a child, without sexual overtones.
7. Trauma survivors have the right to say no.
8. Survivors have the right to have a safe and supportive environment to recover in.
9. Survivors have the right to speak their own opinions and the responsibility to respect the opinions of others.
10. Survivors have the right to be listened to determine the best course of action for their lives.
11. Survivors have the right to agree or disagree and the responsibility to allow others to do the same.
12. Survivors have the right to be part of the decision making process and the responsibility to be accountable for those decisions chosen.
13. Survivors are not alone, even when it feels that is true. God loves survivors!

### STATEMENT OF FAITH

Psalm 147:3 He heals the brokenhearted and binds up their wounds.

### MISSION

The mission of Hope Recovery is to provide Christian-based compassion in the lives of trauma survivors by assisting them in recovery, providing support, resources, committed volunteers, and standards of excellence.

### VISION

Hope Recovery aspires to work with professional mental health staff to assist in the supportive facilitation of trauma survivors in achieving their recovery goals.

**Donations are welcome to keep support services free for trauma survivors.**

## Hope Recovery

PO Box 91  
Shepardsville, IN 47880

E-mail: [recovery@hope4christianrecovery.org](mailto:recovery@hope4christianrecovery.org)  
Phone: (765) 505-8908

[www.hope4christianrecovery.org](http://www.hope4christianrecovery.org)

Hope Recovery Inc.

## Support & Services



{ You Are Not Alone! }



# About Hope Recovery

## About Hope Recovery Inc.

Hope Recovery is a support program for individuals struggling with traumatic experiences. We are devoted to providing support services to adult survivors of trauma. We are a Christian based nonprofit organization and any survivor or person who supports a survivor is welcome to receive support from our program. We will do everything possible to make sure you receive compassionate and understanding support. We offer online and in-person support groups, workshops, publications, information, and referrals.

## Reasons to Seek Support

You or your loved one has experienced a traumatic event. You may be experiencing varying degrees of posttraumatic stress disorder, dissociation, feelings of helplessness, use of alcohol/drugs, self-injury, eating disorders, and/or difficulty with boundaries, relationships & intimacy or more. Feeling you are alone in recovery is another reason to seek support—there are others working through recovery too.

If you are a survivor, please consider using our services to help you through the struggles you may be facing. You do not need to go through this alone.

## Informational Topics & Issues

We offer information, workshops and support on the following topics and issues.

- ◆ Dissociative Disorders
- ◆ Domestic Violence
- ◆ Emotional, physical & sexual abuse
- ◆ Grief & Loss due to Trauma
- ◆ Grounding Skills & Flashbacks
- ◆ Non-sexual Trauma (medical, etc.)
- ◆ Posttraumatic Stress Disorder
- ◆ Re-traumatization Information
- ◆ Self-Injury
- ◆ Support for Friends & Family
- ◆ Types of Treatment & Therapists

## Volunteering

Hope Recovery is always looking for volunteers with a variety of opportunities available to get involved both online and in person, many from the comfort of your home.

## Costs of Services

All support services are free to trauma survivors. Supportive persons are encouraged make a donation on behalf of a survivor.

## Benefits of Services

Increased socialization  
Opportunities to be involved  
Increased coping skills  
Increased healthy relationships  
Increased hope and self-esteem  
Increased support

## Crisis & Therapy

We are **unable** to provide crisis assistance. If you or someone you care about is needing immediate assistance, please call 911, go to the emergency room, or contact your local emergency responders.

Our services are best used as an asset to professional treatment. Information and services provided are NOT a replacement for professional treatment. If you do not have a therapist, we can provide links to trauma therapists or provide you with links to find a provider in your area.

## Contact Us

Call us at (765) 505-8908 or email us at [recovery@hope4christianrecovery.org](mailto:recovery@hope4christianrecovery.org)