

Resource Directory for Trauma Survivors

Parke & Vermillion Counties
September 2018



Support for Survivors of Trauma

Provided by
Hope Recovery

Hope Recovery

Mission: 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.

About: a Christian based support program, providing support groups, referrals and information for survivors of trauma. We specialize in child abuse and sexual assault trauma, while offering a variety of trauma related resources, referrals and information by phone, in person and internet. We are not a treatment provider but offer a supportive resource which compliments treatment.

Some of our services include:

- support groups
- newsletters & publications
- informative and educational workshops
- referrals

Support services: available to any survivor over the age of 18 without discrimination. Support services are free of charge to any survivor.

Donations: requested and accepted on behalf of survivors to offset the costs of services.

Endorsement: Hope Recovery does not endorse any resource listed in this directory and provides these for informational purposes only. Please make contact and ask the questions that you think would be appropriate for your situation and needs.

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What is Trauma?

"Trauma results from an event or set of circumstances that is experienced by an individual as physically or emotionally harmful or threatening and that has lasting adverse effects on the individual's functioning and physical, social, emotional or spiritual well-being."
(SAMHSA's Trauma and Justice Strategic Initiative, 2012, p.2)

Trauma may be caused naturally or by people. We see that those traumas caused by people are most often accidents, technological catastrophes or intentional acts. Most of those traumatic events are experienced directly, by witnessing, feeling threatened or hearing about them. Those events may happen to anyone regardless of age, gender, nationality, or financial status.

With individual traumas such as assault, unexpected medical, physical injury, there may be a reluctance to share the event. This can make it less likely to receive support. There may be shame, fear of what would happen if they share, feeling isolated or responsible or victimized with re-experienced traumas.

Most individuals do not experience long-term impairment. Coping depends on the extent of the trauma, the ability of agencies within a reasonable proximity to provide resources and support, the number of previous traumas experienced, coping skills already in place, the extent of the traumatic event, and a few more factors. "Initial reactions to trauma may include exhaustion, confusion, sadness, anxiety, agitation, numbness, dissociation, physical arousal and blunted affect." (SAMHSA's *Trauma Informed Care in Behavioral Health Services*, 2014, p. 61)

Initial reactions may be emotional, physical, mental/cognitive, behavioral and/or spiritual. Most individuals will be able to manage these reactions in an average of 3-4 weeks. Approximately 7-8 percent of trauma survivors will experience these symptoms that do not resolve and may go on to experience Posttraumatic Stress Disorder (PTSD).

Counseling Services

Hamilton Center

Clinton: 510 S. Main St.

(765) 832-2436

Rockville: 215 N. Jefferson St.

(765) 569-2031

Narrow Gate

Rockville: 1008 W. Ohio St.

(765) 569-5350

Christian Counseling Offered

Associated Psychologists

Terre Haute: 2901 Ohio Blvd.

(812) 232-2144

Christian Therapists on Staff

Community Christian Counseling

Terre Haute: 518 S. 7th St.

(812) 244-0400

Union Hospital Behavioral Health

Terre Haute: 1801 N. 6th St., Suite 700

(812) 238-7384

Valley Professional Community Health Center

Bloomingsdale: 201 W. Academy St.

(765) 498-9000

Cayuga: 703 W. Park St.

(765) 498-9042

Clinton: 777 S. Main St., Ste, 100

(765) 828-1003

Crawfordsville: 1810 Lafayette Rd.

(765) 362-5100

Rockville: 727 N. Lincoln Rd

(765) 569-1123

Terre Haute: 1530 N. 7th St., Ste 201

(812) 238-7631

Hotlines:

- **Abuse (Adult)** (800) 992-6978
- **Abuse (Child)** (800) 800-5556
- **Alcohol & Drugs** (800) 662-4357
- **Careline/Parent Stress Line** (800) 244-5373
- **Domestic Violence (CODA)** (800) 566-2632
- **Domestic Violence (National)** (800) 799-7233
- **Family Wellness** (800) 433-0746
- **Human Trafficking** (888) 373-7888
- **Rape, Abuse and Incest (RAINN)** (800) 656-4673
- **Runaway Switchboard** (800-786-2929
- **Suicide Prevention** (800) 273-8255

- **Suicide Prevention Chat Line**
- **Veteran**

www.imalive.org
(800) 273-8255

Inpatient Psychiatric Treatment Centers

Hamilton Center Terre Haute: 620 Eighth Ave.	(800) 742-0787
Harsha Behavioral Center Terre Haute: 1420 East Crossing Blvd	(812) 298-8888
Regional Behavioral Health Terre Haute: 3901 S. 7 th St.	(812) 237-1460

Inpatient: Dissociation, PTSD & Trauma Specialty Units

McLean Hospital Dissociative Disorders & Trauma Program Massachusetts	(800) 333-0338
River Oaks Hospital (The New Orleans Institute) Louisiana	(800) 366-1740
Sheppard Pratt (The Trauma Disorders Program) Maryland	(410) 938-3584
The Center: Posttraumatic Disorders Program Washington, DC	(800) 369-2273
The Ranch Tennessee, Pennsylvania, Mississippi	(888) 534-4731

Residential/Transitional Programs

Alcohol & Drugs:	
Amethyst House (Men & Women) Bloomington (Men)	(812) 336-2812
Bloomington (Women)	(812) 336-2666
Club Soda (Men & Women) Terre Haute	(812) 841-6319
House of Hope (Men & Women - Christian based) Brazil	(812) 446-1717
Inside Out Recovery (Transition from Jail to Community) Brazil	(812) 251-6194
LifeSpring-Turning Point Center (Men & Women) Jeffersonville	(812) 283-7116
Next Step (Men & Women) Terre Haute	(812) 917-5006
Odyssey House (Men Only) Terre Haute	(812) 298-3125

Self-Injury:

Mercy Ministries (Women Only - Ages 13-28), Christian Based
Eating Disorders, Abuse, Unplanned Pregnancy
California, Louisiana, Missouri, Tennessee
www.mercymultiplied.com

Timberline Knolls (Women Only)
Illinois

(855) 411-1630

Vision of Hope (Women Only - Ages 14-28) Christian Based
Lafayette, IN

(765) 447-5900

Trauma/PTSD/Dissociation:

Hill Center for Women
Massachusetts

(617) 855-2595

Life Healing Center of Santa Fe
New Mexico

(800) 989-7406

Sierra Tucson
Arizona

(800) 842-4487

The Refuge
Florida

(844) 214-8796

Timberline Knolls (Women Only)
Illinois

(855) 411-1630

Shelters & Missions

Agape House

Bloomington: 400 S. Opportunity Ln (812) 334-4047
Women & children emergency shelter/transitional housing

Albion Fellows Bacon Center

Evansville: PO Box 3164 (800) 339-7752
Sexual Assault and Domestic Violence shelter - Women and minor children only.

Bethany House

Terre Haute: 1402 Locust St. (812) 232-4978
Women

Care Center
Indianapolis:

(317) 637-2916

Caring Center

Lebanon: 1230 Ransdale Ct. (765) 482-2020
Transitional housing for men, women & children

CODA

Terre Haute: (812) 232-1736
Domestic Violence and Sexual Assault shelter - both male and female
victims and their children can be accommodated. Maximum stay is 60 days.

Conner Center

Terre Haute: 1201 S. 13th St. (812) 232-4050
Transitional housing for women & children

Crossroad Connection

Terre Haute: 1324 Eagle St. (812) 232-4267
Shelter & Support services for girls ages 12-17 (or older if still in high
school) that are homeless, pregnant, or parenting teens. Residents must be
enrolled in school and parental permission required.

Good News Mission

Indianapolis: 2716 E. Washington St. (317) 638-2862

Lighthouse Mission

Terre Haute: 1201 S. 13th St. (812) 232-7001
Men only

Martha's House

Bloomington: 919 S Rogers (812) 332-1444
Emergency shelter for women and men

Queen of Peace

Indianapolis: 2424 E 10th St (317) 916-6795
Women only emergency shelter

Salvation Army Harbor Lights

Indianapolis: 2400 N. Tibbs Ave. (317) 261-1562
Men & Women Transitional Housing (317) 637-5551

Upper Room Shelter (Backstreet)

Bloomington: 215 S. Westplex Ave. (812) 333-1905
Men only

Wheeler Mission

Indianapolis: 245 Delaware St. (317) 687-6795
Men only

General Community Resources

Education, Employment & Training

GED Preparation/Testing (765) 245-2870

www.pveti.k12.in.us/adulted

Harrison College (812) 877-2100

www.harrison.edu

Indiana Department of Workforce Development (812) 234-6602

Indiana State University (812) 237-6311

www.indstate.edu	
Ivy Tech Community College	(800) 377-4882
ivytech.edu	
Parke Adult Tutoring Services (P.A.T.S.)	(765) 569-3995
Parke County Extension Office	(765) 569-3176
www.ces.purdue.edu/parke	
Parke County Learning Center	(765) 569-1065
Ivytech.edu/terrehaute/distance-education/outreach/Parke_County_LC.html	
Vermillion County Extension Office	(765) 492-3394
www.ces.purdue.edu/vermillion	
WorkOne	
Clinton	(765) 832-3523
Rockville	(765) 569-2021
www.workonewest.com	

Human & Social Service Organizations

American Red Cross - Wabash Valley	(812) 232-3393
www.wabashvalleyredcross.org	
Community Action Program of Western Indiana	
Covington: 418 Washington St.	(765) 793-4881
Provides services to Fountain, Parke, Montgomery, Vermillion & Warren counties. Services may include energy assistance, housing assistance, WIC, Head Start, Tobacco Prevention, Weatherization evaluations, Elderly & Disabled Van, and small business loans. They will help you identify where to go and what services you qualify for.	
Department of Child Services	
Clinton:	(765) 492-3305
Rockville: 103 S. Jefferson St.	(765) 569-3156
Family Health & Help Center	
Rockville: 109 S. Jefferson	(765) 569-4008
Salvation Army (Disaster & Emergency Needs)	(765) 569-5455
Valley Professional Community Health Center	
Bloomingdale: 201 W. Academy St.	(765) 498-9000
Cayuga: 703 W. Park St.	(765) 498-9042
Clinton: 777 S. Main St., Ste, 100	(765) 828-1003
Crawfordsville: 1810 Lafayette Rd.	(765) 362-5100
Rockville: 727 N. Lincoln Rd	(765) 569-1123
Terre Haute: 1530 N. 7 th St., Ste 201	(812) 238-7631
WIC Programs	
www.in.gov/isdh/19691.htm	
Clinton: 424 S. Kirby St	(765) 832-6732

Covington: 418 Washington St. (765) 793-4881
Provides assistance to Parke & Vermillion counties
Rockville: 109 S. Jefferson St. (765) 569-4008

Food Pantries

Clinton Locations

Clinton Assembly of God

Clinton: 223 N. Main St. (765) 832-7424
Hours: By appointment only - not used in the last 3 months

Hillcrest Community Center

Clinton: 505 N. 8th St. (765)
Hours: Mon-Thurs 10:00 am - 3:00 pm; Fri 6:00 pm - 8:00 pm

New Life Family Four Square Gospel

Clinton: 582 E. 4th St. (765) 505-9905
Hours: Sign in - Sun 9:00 am - 9:30 pm *One visit per month

Vermillion County Emergency Food Pantry

Clinton: 315 Mulberry St. (765) 832-6262
Hours: Thursdays 3:00 pm - 5:00 pm
2nd & 4th Tuesday 2:00 pm - 4:00 pm

Additional Locations

Dana Fire Department

Dana: 190 N. Maple St. (812) 243-1157
Mobile Pantry: 2nd Thursday every other month

Highland Manor

Perrysville: 133 W. Depot (765) 793-4881
Mobile Pantry: 3rd Thursday even months

Joy Ministries International

Rosedale: 7030 W. 5th (812) 232-4776
Referral Baskets

Marshall Federated Church

Marshall: 105 N. Main (765) 597-2497
Mobile Pantry: 1st Monday every month

Montezuma Community Center

Montezuma: 1081 N. Jefferson St. (765) 245-2804
Mobile Pantry: 4th Thurs of odd months

New Life Wesleyan Church

Mecca: 4924 College St (765)
Hours: Tuesdays 4:00 pm - 5:00 pm

Parke County Emergency Food Pantry

Rockville: 3284 White Tail Ln (765) 245-2641

Hours: Wednesdays 8:30 am - 12:45 pm
Vermillion County Christian Food Center
Newport: 355 S. Main St
Hours: Tuesdays 9:00 am - 1:00 pm

(765) 492-4571

Indiana Department of Family Resources

Burial Assistance Program

To qualify for assistance to defray burial costs, the person who has died must have been covered by Medicaid in an eligible category including aged, blind or disabled.

Department of Family Resources

(800) 403-0864

Clinton: 121 N. Main St.

Rockville: 513 Rockville Rd.

<https://www.in.gov/fssa/2407.htm>

Services include Impact Job Training, Medicaid/health plans, SNAP (food assistance), TANF (cash assistance)

Indiana Refugee Services

(855) 673-0193

Extension 5831 or 5838.

Eligible refugees, asylees, certain Amerasian immigrants, Cuban and Haitian entrants, and victims of human trafficking

Prescription Medication Assistance

GoodRx

www.goodrx.com

Many assistance programs have requirements for assistance. If you are having trouble affording your prescriptions, you can put the name of your medication in the "Find the Lowest Price" search bar, and this site will take you to the options for obtaining the medication at a lesser cost or possibly free from the pharmaceutical company. If assistance is available, there is most likely an application you and your physician will need to fill out. If you do not have internet access and are unable to get to the library, contact your physician's office.

Public Housing

Community Action Program of Western Indiana

Covington: 418 Washington St

(765) 793-4881

Provides a variety of rental assistance and housing services and provides services to Parke & Vermillion Counties

Rockville Housing Authority

Rockville: 107 W. High St., PO Box 88

(765) 569-3639

Coping & Recreational Activities (For Self-Care & Distraction)

Libraries

Clinton: 313 S. 4 th St. www.clintonpl.lib.in.us	(765) 832-8349
Montezuma: 270 Crawford St. www.montezuma.lib.in.us	(765) 245-2772
Newport: 385 E. Market St. www.vermillionpl.info	(765) 492-3555
Rockville: 106 N. Market St.	(765) 569-5544

Movie & Performing Arts Theaters

Parke County

Historic Ritz Theater

Rockville: 210 W. Ohio St. www.historicritztheater.com	(765) 569-7529
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Outside of Parke & Vermillion Counties

AMC Classic Crawfordsville 8

Crawfordsville:	(765) 362-4522
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AMC Village Mall 6

Danville, IL: 2917 North Vermilion	(888) 262-4386
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AMC Showplace Terre Haute 12

Terre Haute: 3153 S. 3 rd Pl	(888) 262-4386
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Ashley Square Cinema

Greencastle: 2 W. Seminary St.	(765) 653-5374
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Indiana Theatre (Performing Arts)

Terre Haute: 683 Ohio St	(812) 683-8076
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Paris Theater

Paris, IL: 119 N. Central Ave.	(217) 465-6048
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The Historic DEVON Theater

Attica: 107 W. Mill St.	(765) 762-3403
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The Walnut Theatre

Brazil: 24 S. Walnut St	(812) 442-0652
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Other Activities & Events

Parke County Chamber of Commerce Recreation Activities

www.parkecountychamber.com/recreation/

Vermillion County Chamber of Commerce

www.facebook.com/Vermillioncountychamber/

Parks

Raccoon Lake (Cecil M. Harden Lake)

Rockville: 1588 S> Raccoon Pkwy

(765-344-1412

www.in.gov/dnr/parklake/2959.htm

Rockville Lake Park

Rockville: 1155 E. Gatehouse Dr.

(765) 569-6541

www.rockvillelake.com

Shades State Park

Waveland: 7751 S. 890 W.

(765) 435-2810

www.in.gov/dnr/parklake/2970.htm

Turkey Run State Park

Marshall: 8121 E. Park Rd

(765) 597-2635

www.in.gov/dnr/parklake/2964.htm

Brief Checklist of Trauma Symptoms

Circle the symptoms below that you experience. Include symptoms you have even if you are not sure they are related to a traumatic event.

I experienced or witnessed a traumatic event during which I felt extreme fear, helplessness, or horror. The event happened on (day/month/year)

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I experienced or witnessed a traumatic event during which I felt extreme fear, helplessness, or horror. The event happened on (day/month/year)

1. I have symptoms of re-experiencing or reliving the traumatic event:

- Have bad dreams or nightmares about the event or something similar to it
- Behave or feel as if the event were happening all over again (this is known as having flashbacks)
- Have a lot of strong or intense feelings when I am reminded of the event
- Have a lot of physical sensations when I am reminded of the event (for example, my heart races or pounds, I sweat, find it hard to breathe, feel faint, feel like I'm going to lose control)

2. I have symptoms of avoiding reminders of the traumatic event:

- Avoid thoughts, feelings, or talking about things that remind me of the event
- Avoid people, places, or activities that remind me of the event
- Have trouble remembering some important part of the event

3. I have noticed these symptoms since the event happened:

- Have lost interest in, or just don't do, things that used to be important to me
- Feel detached from people; find it hard to trust people

- Feel emotionally "numb" or find it hard to have loving feelings even toward those who are emotionally close to me
- Have a hard time falling or staying asleep
- Am irritable and have problems with my anger
- Have a hard time focusing or concentrating
- Think I may not live very long and feel there's no point in planning for the future
- Am jumpy and get startled or surprised easily
- Am always "on guard"

4. I experience these medical or emotional problems:

- Stomach problems
- Intestinal (bowel) problems
- Gynecological (female) problems
- Weight gain or loss
- Pain, for example, in back, neck, or pelvic area
- Headaches
- Skin rashes and other skin problems
- Lack of energy; feel tired all the time
- Alcohol, drug, or other substance use problems
- Depression or feeling down
- Anxiety or worry
- Panic attacks

Other symptoms such as:

Summing it up

If you checked off some of the symptoms above, it is important for you to let your health care provider know. This information helps providers plan your medical treatment. It can also help them connect you with services you may need. If you think you may have PTSD, print this checklist, fill it out, and take it to a health care provider, or someone you trust.

Questions to Ask Potential Outpatient Treatment Providers

How much experience do you have with (fill in your issue)?

Are you licensed in (fill in your state or providence)? If the answer is no, please check your state/providence rules about whether a counselor has to be licensed or credentialed to practice counseling/psychology. Note that new therapists may be required to be supervised for a specific number of hours or years before they can be licensed in their state. This does not mean they will not be a good counselor, but that their state requires them to be under supervision of a licensed counselor, psychologist or social worker during a specific time period or number of hours.

How long have you been a practicing therapist?

What kind of counseling do you offer? (cognitive, person-centered, gestalt, etc.)

Are you available if I have an emergency? If not, who is available in an emergency?

How long does it take to get an initial appointment?

How often do you see clients and how long are the sessions?

Do you have privileges at the local inpatient psychiatric facility if I need to be admitted?

Do you take my insurance (specify what it is)?

If you do not have insurance and are not eligible to receive insurance such as a state insurance, you might want to ask if they have a sliding fee for those who are self-pay? If not, can they refer you to someone who does?

Ask any other questions you have. Write them out so you can remember and will ask exactly what you want to know.

Questions to Ask Potential Inpatient Treatment Providers

Trauma/PTSD/Dissociation may be substituted for the questions you ask depending on the issue you are seeking treatment for.

You may want to see if you can talk to someone on the unit rather than admissions, but if not, feel free to ask admissions, and if necessary, ask them to get back to you. You may want to make the call to the program with your therapist so that way if there are follow-up questions you may ask them together. Your therapist may have other questions you might not think of.

Is your trauma program a separate unit or on a general unit with other patients?

If on a general unit, are there rooming arrangements set up special for trauma patients?

Are there 1 or 2 trauma groups for the day, or is the entire day filled with trauma related groups?

Do your group therapists have specialized training in trauma treatment and recovery?

Does your program offer individual therapy in addition to group?

If so, how many times a week?

Does your individual therapist have specialized training in trauma treatment and recovery?

Would my therapist there communicate with my therapist at home?

How long is the program?

Do you take my insurance (ask if it's in or out of network)?

What do i need to bring to the program?

May i bring my favorite stuffed animal?

Can i bring my laptop/ipad?

If applicable:

I have a lot of flashbacks. What will happen if i start flashing there? How do staff generally deal with flashbacks?

Coping Skills for Addictions (Food, Self-Injury, Substances, Etc.)

New coping techniques are needed to help stop behaviors that may have been turned to as a way to cope with trauma. It's important to use healthy tools when stopping what has now become a problem. In addition to using any healthy tools that have been established as a routine, here are some coping strategies that may help manage through difficult times.

IDENTIFYING TRIGGERS

Each individual has triggers that set off urges to choose a negative behavior at times. Common emotions that may trigger this could be feeling out of control, guilt, shame, loneliness, and more. Once you identify your trigger, then you can work toward finding a solution to responding to the trigger without the behavior you wish to stop.

EMOTIONS

Spend some time getting to know what emotion is being experienced. Instead of acting on the urge to act on the behavior, what can you do to address the feeling you are experiencing? If you are struggling to identify it, consider investing some time with a counselor to discover what you are feeling.

COMMUNICATE

Keeping emotions inside and bottled up can lead to an eruption of the emotions. Find someone who you can talk with about your feelings such as a friend, a counselor or your mentor. Talking about the emotions takes away the power of the emotions, which in turn will lessen the urges to turn to addiction. Try to find activities to match your feelings.

ANGER

Rip up an old telephone book
Make clay or Play-Doh models and cut or smash them
Throw ice into the bathtub or against a brick wall
Clean your house
Go for a walk or jog
Dance

DEPRESSION

Drink a cup of hot chocolate
Take a hot bath with bubble or bath oil
Baby yourself somehow
Call a friend
Snuggle your pet

DISSOCIATION

Sniff Play-Doh

Put a finger into a frozen food for a minute
Take a cold bath
Breathe deep and focused

FEELING OUT OF CONTROL

Focus on something (computer game, writing, etc.)
Choose an object in the room and examine it with as much detail as possible.
Pick a topic and research it on the web in as much detail as possible.

WANTING TO SELF-INJURE

Paint yourself with tempera paint
Get a henna tattoo kit and put it on as a paste and leave overnight. Peel it off the next day.
Use a glow stick until it stops glowing. Hopefully your urges will have passed by then.

THERAPY

Consider finding a counselor or psychologist who has extensive work with addiction recovery, particularly for your specific addiction.
Look for a treatment program that offers Dialectical Behavioral Therapy to learn skills to help yourself with emotions and thoughts in your times of crisis.

TAKE UP A NEW HOBBY

At a time when you are feeling overwhelmed or not feeling anything at all, consider researching a new hobby that might interest you, and learning all you can about it. Then set to the task of practicing that new hobby. Jewelry making or woodworking require concentration and attention to detail and this can help to distract your mind from focusing on the desire to turn to your addiction of choice.

15 MINUTE RULE

When having urges to choose that addictive behavior, make yourself a contract. For 15 minutes, I will do whatever healthy and safe behaviors I can do to keep me from choosing my addiction. If the first 15 minutes pass and the urges are still there, contract with yourself for another 15 minutes. If you find that you are still struggling, now is the time to contact someone - friend, sponsor, counselor, clergy or a hotline to talk with someone. Once you get past the urges to turn to your addiction, find a way to celebrate this victory—give yourself kudos or tell a friend of your success.

Support Groups Hope Recovery Offers

Hope Recovery offers a variety of support groups throughout the year based on demand. Here are some of the groups that we can make available online or in person to survivors of trauma. Groups are limited to 10-12 members and last for 1.5 hours unless noted otherwise. Some groups are only available online using the Zoom program (a free download for computer or phone). All support groups require a signed confidentiality agreement for privacy of member participation.

Groups are open, semi-open or closed. Open groups are available to those that meet the limitations of the group, and may join at any time. Semi-open groups take in new members on set weeks after the group has been notified. Closed groups will not take in new members once it is started, and those desiring to participate in the group will be put on the waiting list for the next start date.

Self-Care Workshop

The goal of this workshop is to improve skills of self-care, to manage triggers that may occur in various groups, to put in place as many coping skills as possible for groups. This also reviews guidelines and expectations of groups in general (specific groups may have additional guidelines due to the nature of their focus). This workshop is included here as it is recommended for many of our groups, and is available online in a self-paced manner, or in person lasting approximately 2 hours.

Addiction Recovery Support

This group is for anyone who is dealing with a substance abuse or addiction problem. It provides time for accountability, resources, information and support to each other. Topics may include relapse prevention, coping with boredom, emotions, thoughts & feelings and more. Discussions of specific substances or glorifying use or amounts of use are not permitted. Formats: Available online and is an ongoing group. This is an open group that is available to those dealing with substance abuse or addiction only. This is not a trauma only group.

Addiction & Trauma Support

This group is a discussion on how to cope with both trauma and addiction. It is an

opportunity to find support and to be supportive. Topics may include relapse prevention, coping skills, emotional awareness and more. Formats: Available online only, lasting 12 weeks. This group is closed.

Coping with PTSD Support

This group is a discussion on how to cope with the symptoms of PTSD, and what to do to help manage, addressing feelings, thoughts and actions to help cope with PTSD. Allows members to learn from each other about what has helped while reducing the isolation of having PTSD. This group recommends the Self-Care Workshop. Formats: Available online or in person lasting 6 weeks. This is a closed group.

Creative Journaling for Trauma Survivors Workshop

This is an experiential group format where survivors of trauma will focus their time on journaling in a variety of ways and utilizing the journal to help with coping and recovery. Formats: This group meets in person for 3 hours. Group size is limited to 6 members. Supplies are provided.

Faith and Recovery Support

This group is for survivors of trauma who are seeking to discuss how the Christian faith is impacting their healing progress and to discuss ideas for managing faith in the midst of recovery. Formats: This semi-open group is available online and is an ongoing group.

General Trauma Support

This group is an ongoing support group that addresses issues such as emotions, self-esteem, coping, effects of trauma, PTSD, forgiveness, spirituality and more. This group recommends the Self-Care Workshop. Formats: Online and In-Person. This group is semi-open and members will be accepted on a limited basis as the group has space available.

Grief, Loss and Trauma Support

This online support group addresses the feelings, thoughts and coping with grief and loss after trauma. This includes unexpected loss that is traumatizing. Sharing of experiences may be allowed based on the week's focused discussion, except for

graphic descriptions to prevent triggering. This group recommends the Self-Care Workshop. Formats: Online and in person lasting for 6 weeks. This is a closed group.

Female Survivors of Sexual Assault Support

This group is for women who have survived sexual abuse as a child or sexual assault as an adult. It focuses on discussions on recovery, coping, self-worth, and more. This group recommends the Self-Care Workshop. Formats: Online and in person lasting 12 weeks. This is a closed group limited to 10 members.

Supporting Survivors of Trauma

This group is for those who care and love a survivor of trauma with PTSD and related issues such as addictions, depression, and more. This group also addresses self-care for the friend or partner of a survivor. Format: This is an ongoing group. This is a semi-open group limited to 12 members.

Trauma and Binge Eating Disorder Support

This group is for survivors who have been diagnosed with a binge eating disorder and are seeking recovery and support. It provides accountability, information, education and focuses on discussions on recovery, self-worth, struggles, successes and more. Format: Available online only and is an ongoing group. This is a semi-open group limited to 10 members.

Scriptures of Comfort

Some individuals will find peace and comfort in their spiritual walk or beliefs. Here are some scriptures from the Bible you may find comforting to meditate on.

Psalm 34:15: The eyes of the LORD are on the righteous and his ears are attentive to their cry

Psalm 34:17-19: The righteous cry out, and the LORD hears them; he delivers them from all their troubles. The LORD is close to the brokenhearted and saves those who are crushed in spirit. A righteous man may have many troubles, but the LORD delivers him from them all

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

John 14:1: Jesus said, "Do not let your hearts be troubled. Trust in God; trust also in me."

Psalm 46: 1: God is our refuge and strength, an ever-present help in trouble.

2 Corinthians 4:16: Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.

Psalm 18:28: You, O Lord, keep my lamp burning; my God turns my darkness into light.

1 Peter 5:7: Cast all your anxiety on Him because He cares for you.

Deuteronomy 31:6: Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; He will never leave you nor forsake you.

Psalm 23:4: Even though I walk through the valley of the shadow of death, I will fear no evil for you are with me; your rod and your staff, they comfort me.

Psalm 63:8: My soul clings to you; your right hand upholds me.

Hope Recovery

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