



WELLNESS • RECOVERY • RESILIENCE



Wellness & Recovery Support Group Participation Agreement

Thank you for expressing interest in the Peer Support groups offered by the Wellness and Recovery Unit with Solano County Behavioral Health. Our voluntary groups provide a safe and non-judgmental space for people to share their experience, feelings, and insights. They also help to break down the stigma surrounding mental illness and other health conditions, by providing a platform for open and honest discussions. We provide much-needed support and community for individuals and families facing challenges.

It is our hope that every group helps support each participant's journey towards wellness and recovery. This participation agreement is used to collect the names, contact information, and specific group interest, and consent to group agreements which is required to participate. **Should you have any additional questions, please contact us at 707-784-8066 or via email at wru@solanocounty.com.**

1. Please complete all fields below:

First Name: _____

Last Name: _____

Phone Number (including area code): _____

Email: _____

2. Which support groups are you interested in attending? (check all that apply)

Peer Support Groups

Family Support Groups

Journaling Groups

3. Review the following terms of confidentiality and group guidelines below:

- **Confidentiality:** The rule for support groups is that group members are not allowed to share any personal information that is mentioned during meetings. This includes sharing personal data or the identity of other members who were present. However,

there are limitations to confidentiality in the event of a member expressing intent to harm themselves or others, suspected child abuse or neglect, suspected elder abuse or neglect, or suspected abuse of a disabled individual which may include contacting appropriate authorities.

- **Group Guidelines:** It is important for everyone to understand the expectations for respect and personal responsibility. Group participants shall comply with common courtesies such as listening without interrupting, maintaining an environment free of harassment or abuse, avoiding personal or side conversations during the meeting, acceptance of differences (including social, cultural, linguistic differences or where an individual is in their recovery journey), respecting each other's opinions and boundaries, refraining from judging others, using first person language ("I" statements), and sharing the group's time so that everyone who wishes to share gets an opportunity to do so.
- Failure to comply with these participation agreements may result in being removed from future support groups.

Check this box if you have reviewed the terms of confidentiality and group guidelines above and you agree to comply with these participation agreements.

Please email completed forms to WRU@solanocounty.com