



Support Group Waiver & Release

Quit Trip'n is a non-profit organization. We aim to create safe environments for teens to have a place where they are able to share their stress and personal struggles. We are not counseling. We provide a support system for teens struggling with various relationship stressors in their life. We believe that when a person struggles, due to lack of good relationships such as; themselves, family, friends, school...etc, it can have a huge affect on their self-esteem, self-worth and self-image. This may lead to; unusual behaviors, isolation from family and friends, lack of motivation and focus, depression, anxiety, suicidal feelings/thoughts and sometimes actions.

Here is an example of some of the topics and activities we focus on during the Quit Trip'n Support Group.

- Highs and Lows- discuss good/bad experiences and feelings of the previous week
- “Confession Session”- when individuals “confess” or say something that has been bothering them and they need to get it off their chest, in hopes that expressing it out loud will give them the insight of how to face it. It also allows group members to give support.
- Clay- an activity where we use clay to help group members express something that may be troubling them when they cannot quite figure out what it is or how to express it. Then explain and talk about it to other individuals in the group. This also allows group members the chance to give support by giving feedback about what they see in the other person's clay that was created.
- “Music and Me”- group members share songs that describe their mood, emotions and experiences and then we use the song as a way to help members communicate feelings and thoughts that may normally be too challenging or difficult to express with just words. Music is a powerful medium and can help express oneself and when people connect with an artist's lyrics it is usually because something about that song connects with their own personal feelings and experiences. We use group members' songs they have been listening to, to help them release their suppressed thoughts and feelings in a very natural way.
- “Don't Hate... Congratulate!”- this is where individuals congratulate themselves on something that they have done well or share personal changes they have made to help themselves overcome bad habits by finding a new direction. This can help them and others to see the positive and find solutions to troubling behavior(s) or attitude!
- “Narc Out”- when an individual wants to help a friend in the group talk about something that has been stressing them out but they may be too shy to speak up. The person may “call out” their friend to share what is troubling them. This helps the shy members of the group have a chance to share and get their time to benefit from support from members of the group.
- Some of the topics discussed are; fears, friends, family, school, the future, how to support people we care about without trying to fix or change them, how to seek help for yourself if you're struggling, how to communicate more effectively to others...etc.





GROUP RULES

Quit Trip'n has rules to keep the group environment safe and comfortable for everyone involved. Quit Trip'n reserves the right to restrict and/or suspend participation in the Support Groups, at its sole and absolute discretion, for reasons including, but not limited to, violation by a participant of any of the following:

1. No dating members of group; including, but not limited to, physical relationships with other group members, .
2. No walking in and out of the group continuously
3. If you want to bring; friends, boyfriends, girlfriends, etc. it MUST be cleared by Group Leader first.
4. Keep phones put away at all times. If you need to text/call go outside the room.
5. No advice or criticism, we only give suggestions and ideas.
6. No discrimination of race, sex, religion, social class, dress, personal interests and political views. In order to keep a safe environment, we ask all group members to keep personal opinions out of conversations when it pertains to any of the subjects listed. We are a support group and we care about each member's welfare and we do not try to influence others to our beliefs or opinions. This is strongly enforced by the Group Leader.
7. No side conversations.
8. No loitering in the hallways or anywhere else in the building
9. Be respectful at all times of; the feelings, personal space and property of group members.
10. Personal information of group members must not be shared outside of group**
11. No use of drugs or alcohol, or being under the influence of drugs or alcohol, during group meetings.
12. No words, actions or other communication (whether verbal or written) that could be deemed as unruly, harassment, manipulation or bullying toward another group member.





**Quit Trip'n groups are not counseling sessions; they are not meant to replace counseling or be a substitute for it. It is meant for any teen that would like to have “real” conversations that can help them have more successful relationships in life and a place to connect with others teens that are looking for the same. Group Leaders can be licensed mental health professionals but are not required to be. Group Leaders must have a minimum two years experience working with teens or one year experience as a Quit Trip'n assistant group leader. All Group Leaders are trained by David Kozlowski (who is a licensed therapist) in how to successfully lead Quit Trip'n support groups. Group Leaders are also subject to reporting directly to David to make sure that all information and situations in each group follow the Quit Trip'n rules and guidelines. Group Leaders must also be at least 28 years of age and have a clean criminal record.

**Since Quit Trip'n Support Group is not counseling, members are not required to speak or share personal information to the group. However, if an individual decides to share personal information we ask all members of the group, including Group Leaders to keep that information private and to only be discussed and shared in the group setting, unless of course the information is potentially harmful to the individual or others. If problems arise where group members share information that can be potentially harmful to themselves or others, Group Leaders will report the information to the parents and/or proper authorities. Group Leaders may make referrals to the group member's family to get help with more specific or severe issues if needed. The group will remain a trusted and safe environment for teens. If they choose to share information that requires help, Group Leaders are required to make sure the group member is supported and kept safe, even if it from themselves.

Sample Itinerary of how the Quit Trip'n Support Group will be conducted:

7:30: Group introductions, going over rules and expectations of the group

7:40: Ice Breaker

7:50: Going over chosen topic

8:30 Confession Session/other activity

9-9:30: Closing





WAIVER, RELEASE AND INDEMNIFICATION: I have read and understand the above information and agree to conduct myself accordingly while attending Quit Trip'n Support Group. I represent that I have read and understood this document, and of sound mind, have legal authority, and freely accept and assume all risks that I or my minor child may suffer by participating in the Quit Trip'n Support Group. I understand and agree that neither Quit Trip'n or its shareholders, officers, employees or agents (the "Quit Trip'n Affiliates") are insurers of my or my minor child's conduct. TO THE FULLEST EXTENT PERMITTED BY LAW, I HEREBY RELEASE, WAIVE, COVENANT NOT TO USE, AND DISCHARGE THE QUIT TRIP'N AFFILIATES FROM ANY AND ALL LIABILITY, CLAIMS, DEMANDS, AND CAUSES OF ACTION WHATSOEVER ARISING OUT OF OR RELATED TO ANY LOSS, DAMAGE, OR INJURY, INCLUDING DEATH, THAT MAY BE SUSTAINED BY ME OR MY MINOR CHILD, WHETHER CAUSED BY THE NEGLIGENCE OF THE QUIT TRIP'N AFFILIATES OR OTHERWISE, ARISING OUT OR RELATED TO MY OR MY MINOR CHILD'S PARTICIPATION IN THE QUIT TRIP'N SUPPORT GROUP.

For members over the age of 18

Member Name (Print) _____

Member Signature_____

Date: _____

Emergency Contact Name & Number _____

For members under the age of 18

I have read and understand the above information and agree to conduct myself accordingly. I give my permission for the group member listed below to attend Quit Trip'n Support Group

Member Name (Print) _____

Member Signature_____

Date: _____

Parent/Guardian Name (Print) _____

Parent/Guardian Signature_____

Date: _____

Emergency Contact Name _____

Number _____

Initials





Potential Quit Trip'n Group Member Questionnaire

1. Name:

2. Date of Birth:

3. Which group will your teen be most likely be attending **Pleasant Grove** or **South Jordan (Daybreak)**?

4. Does your teen currently or in the past received mental health or drug treatment of any kind? If so, where and for how long?

5. Also, what was your teen being treated for and what was your teens diagnoses?

6. Does your teen have any issues with the following; self-harm, truancy, physically aggressive behavior, alcohol or drug use, suicidal thoughts, feelings or actions? If yes, to any of the previous questions please explain below.

7. Has your teen ever been admitted to a psychiatric facility? If yes, what was he/she admitted for?





8. Describe in your own words what are your greatest concerns for your teen and what are you hoping they will be able to get out of attending our social support groups?

***The following are a few (but not limited to) of the items which may disqualify your teen from being allowed to attend our social support groups. We reserve the right to not allow teens that have certain issues to attend and we also reserve the right to not allow teens to return to group that have violated our rules, which are listed on our group waiver form. We do this to ensure that the group remains a safe place for all who attend.**

1. Severe mental health disorders i.e. Schizophrenia
2. History of sexual or physical abuse of others.
3. History of addictions
4. History of criminal behavior





***It is required that you print, sign, and scan/mail back this Document before your teen maybe allowed to attend our groups. It is not guaranteed that your teen will be allowed to attend until we have received and reviewed this document. If you are unable to scan and send back, you can mail it back to Quit Trip'n:**

**Attn: David Kozlowski
9075 S. 1300 E. suite #109
Sandy, UT. 84095**

Parent or Guardian printed name: _____

Signature: _____ **Date:** _____

**David Kozlowski
Founder/Executive Director
Quit Trip'n**

Initials

