

Informed Consent for Participating in the Wave of Support Group

The Wave Youth Center is partnering with Nystrom & Associates, Ltd. (NAL) to provide a voluntary, online support group for youth. The goal of this support group is to provide a safe, compassionate, and nonjudgmental environment, where youth in the Big Lake area can discuss their worries, concerns, frustrations, fears, and other difficult emotions surrounding the COVID-19 crisis. This group will also focus on the positive things that youth can do to cope during this pandemic.

You do not need to be a current client of NAL to join this group. This group will begin on May 21st and will be each week on Thursdays from 4-5pm. This group is limited to 15 participants, so sign up fast!

Benefits of support groups:

- They can help you feel less lonely, isolated, or judged
- They can help to reduce stress, depression, anxiety, or fatigue
- They can be a safe place to talk openly and honestly about your feelings
- You can meet and connect with others that might be struggling in similar ways
- You can learn skills to help cope with challenges
- You can learn about helpful resources and services in your area

Limits of Confidentiality

We want this to be a safe place for you to talk about what you are feeling, thinking, and experiencing. Our number one priority is always safety, so there are some things that may fall under the guidelines of mandatory reports that we have to follow to protect you and others. If there are things you are afraid to disclose for fear of them not being kept confidential, you have every right to withhold talking about that information during the group. We do encourage you to talk to someone that you trust if you are experiencing any concerns around your safety or the safety of someone you know.

- If you are a threat to yourself or others (including suicidal or homicidal intent), your facilitators may need to report your statements and/or behaviors to your family, a service provider, or other appropriate mental health or law enforcement professionals in order to keep you and others safe.
- There are a broad range of events that are reportable under child protection statutes. Reports of physical or sexual abuse of a child will be reported to Child Protective Services. Abuse of a vulnerable adult is also reportable.

If you do feel unsafe or are in a crisis, here are some crisis numbers:

- Sherburne County, Wright County, and Stearns County Crisis Number: 1-800-635-8008
- Crisis text line: 741 741 or call 274747
- National Suicide Prevention Lifeline 1-800-273-8255

Fees

This group is free to you! You or your parent/guardian will not be charged. We will not be billing anything for this group to your insurance.

Consent

Please fill out this portion of the form in order to consent to attending this support group. We do require that you fill out your name and contact information. We encourage you to fill out the contact information for a parent/guardian, but that is strictly your choice.

First and last name of youth participating (required):

Phone number for participant (required):

Address for participant (required):

First and last name of parent/guardian (optional, but encouraged):

Phone number of parent/guardian (optional, but encouraged):

Address for parent/guardian (optional, but encouraged):

By signing or typing below, you are providing consent to attend this voluntary support group and understand the guidelines outlined in this document:

Participant Signature

Date