



Heard Vet: Swine Veterinarian Support Group Terms of Service and Consent Form



Welcome!
Wednesdays 7-8:15 pm ET

This virtual support group is for swine veterinarians to have a place to talk honestly and openly about challenges and wellbeing levels during the COVID-19 Pandemic.

This is a place where you can be honest with yourself and others. You may both give and receive support. You do not have to be struggling to be here. Some support group members may be having current challenges, some may not. Anyone who wants to share and listen to others share about how they are doing with their wellbeing and current challenges is welcome.

This is not a therapy group and is not a substitute for psychiatric care, psychotherapy, or medical treatment.

The goal is to provide a safe place for you to share your thoughts and feelings related to your unique experiences as a swine veterinarian during this pandemic. The best thing you can bring to the group is a willingness to be honest and listen to others. We do not try to solve every problem, and you do not need to give advice or solutions to others. The best social support is having a place where we feel accepted, understood, and respected just as we are.

We are not a problem to be fixed. We are human beings having natural and normal responses to challenging times.

The mental health coach facilitator and swine DVM peer mentors are here to guide discussion and connect the support group with resources.

This is a virtual group that can be joined both by computer and/or phone call. The technology that will be used for this group is ZOOM. The hosts **will never record** the support group meetings. Nor should you. For more information about the privacy of ZOOM click here: <https://zoom.us/privacy>

The ground rules for the group are:

1. Keep everything shared during the session confidential. We want it to be a safe, secure place for all to share. Neither host nor members will ever record the video or audio of the group
2. Give everyone who wants to share a chance to talk.
3. Do not force anyone to share more than they want to or at all
4. Don't give advice or tell others what they should do.
5. Keep your shares to about 3 minutes per comment. This makes it possible for everyone to contribute
6. You can come late and leave early if you need to
7. If you want to share a thought with somebody about their story, ask if they want feedback or input before giving it

Mental Health Safety Practices: If you are experiencing symptoms that appear to need further attention from a healthcare professional, the mental health coach facilitator and peer mentors will encourage you and support you in accessing support. It is possible that your continued participation in the support group would be dependent upon your use of such services for your and others safety.

Moreover, if you are a danger to yourself or others, we must assist you in finding an appropriate level of care. This could mean breaking your confidentiality about your group attendance and your self or other harm experiences in order to keep you and others safe. Ideally, if it is needed, we will assist you in contacting the necessary organizations that will assist you and your family to be safe from harm. We will also contact necessary organizations directly if you are a danger to yourself or others and are unable or unwilling to seek help independently.

Prior to your support group session please review this consent form.

On the day of the support group, up to five hours prior to your attendance, please complete the consent by [clicking here](#).

You will be asked to share:

- 1) Your name,
- 2) Phone number,
- 3) Physical address,
- 4) The name, phone number, and relationship to you for an emergency contact person.
- 5) Your acknowledgment of and agreement to abide by the informed consent guidelines

If you do not get a chance to complete the consent, that is OK. You will have a chance to do so at the start of our meeting as well!

Looking forward to seeing you in group