



**SHARED  
VALUES**

# **Fresh Hope groups**

Our Values

# Values

As part of a Fresh Hope Leadership Team, it is important for you to understand and embrace the Shared Values that we hold. These values form our foundational philosophy of ministry and shape the operational procedures of Fresh Hope groups.

Fresh Hope is about positive choices regarding recovery. When people come for the first time, they should leave with a sense of:

- **Acceptance:** "God loves you and has a purpose for you."
- **Validation:** "This group cares about you as a person."
- **Refreshment:** "This is a safe place where you are accepted and cared for."
- **Encouragement:** "Don't give up; we will help you push through."
- **Growth:** "We continue to look for ways to improve our lives and grow in Christ."
- **Unity:** "We are in this for the long haul; we will do this together."
- **Victory:** "We are not victims; we can live full, abundant lives in spite of a disorder."

## The impact of our Values

A recent attendee at a Fresh Hope group observed: *“Every time there has been a new person at a meeting, I’ve seen at least one person go to them and offer themselves as support beyond the meeting with a phone number, email, etc. It happened to me my first meeting. That says a lot about Fresh Hope.”*

Another group member said, *“We are welcoming, and the way the meeting is structured at the beginning allows for everyone to relax, even those who are there for the first time and feeling a little anxious. I can look around the group and watch people slowly growing calmer. I know it’s true for me!”*

Professionals can come and go; relationships can change; but the support available at Fresh Hope should remain constant. As a Fresh Hope Facilitator, you have a strong influence on the environment and culture of your particular group by the way that you implement Fresh Hope values. We believe these Shared Values significantly influence each member’s sustained recovery.

# What We Value (1)

Please take a few moments to familiarize yourself with these values before you move on.

● We value the individual's ability to choose to live the most fulfilling life possible, believing that we do not need to become our disorder.

● We value choosing to have a victor mindset as opposed to a victim mentality, allowing ourselves to push through when things are going tough.

● We value faith-based healing and hope that comes from the Lord.

● We value living fulfilled lives IN SPITE OF our disorders, rather than living WITH them, always holding as the goal that we can come to a point in our recovery that we are no longer being afflicted in our daily lives by our disorders.

● We value healthy physical and mental lifestyles (including medication when needed) that allow us to experience sustained recovery/remission/managed recovery.

## What We Value (2)

- We value true accountability in our recovery – counselors, pastors, physicians, peers, and loved ones who talk to one another for the sake of our best interest.
- We value committed relationships, not allowing ourselves to push people away and withdraw into isolation.
- We value personal responsibility for the dysfunctional behaviors caused by our mental health issues, understanding that the disorder may be an explanation of “why”, but cannot be the excuse!
- We value choosing to have a positive attitude, resulting in a more solid, sustained recovery.
- We value disciplining our thinking, bringing every wild thought into captivity to our will.
- We value acceptance and creating a positive, uplifting environment for all participants, regardless of their state of mind when they arrive.

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