



**SKILLS for PSYCHOLOGICAL RECOVERY**

Skills for Psychological Recovery (SPR) is an evidence-informed approach designed to help children, adolescents, adults, and families in the weeks and months following disaster and trauma. SPR is designed to help individuals gain skills to reduce ongoing distress and effectively cope with adversities.

SPR interventions are performed by mental health practitioners through individual and/or group sessions. For the best results, it is recommended that individuals participate in a minimum of 3 to 5 sessions of skills-building. Human Development Center (HDC) providers for SPR have completed a basic credentialing course, have experience in the delivery of mental health services, and receive ongoing supervision of their practices.

**Consent to Participate**

I \_\_\_\_\_ (participant’s name) voluntarily agree to participate in the SPR interventions offered through HDC and understand that I can withdraw my participation at any time. I understand that I will not be charged for these services and only demographic information will be gathered for grant funding purposes. My contact information (name and phone number) will only be used for emergency contact purposes and will not be shared with other parties.

I voluntarily agree to participate in telehealth visits and understand that the video and audio connections used for telemedicine are secure and meet federal, state, and agency privacy standards.

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Participant’s Authorized Representative: \_\_\_\_\_

- I am the participant’s (Check One):  Parent of a Minor  
 Court Appointed Guardian/Conservator  
 Other: \_\_\_\_\_