



ORIENTATION IS SUNDAY January 8th 2020 AT THE BELL HOUSE SUITES: INDIGO'S CULTURAL ARTS CENTERS FROM 5:00 P.M. TO 7:00 P.M.

The Indigo's Teen Mentorship and "Rites of Passage Program" 2020

We accept youth ages 16 to 18 and young adults ages 19 to 25. If you are accepted into the program, you will have to pay \$250.00 to start (the remaining \$750 will be raised through fundraising efforts and your assistance). The total fee of the program is \$1000. The fee is due December 27, 2019. This fee is for the Sacred Three –Day Retreat, which will take place the first or second week in March. You will receive an email indicating whether or not you are accepted into the program by January 1, 2019.

Application Due: December 27, 2019 by 5:00 pm!!!

Name: First _____ Last: _____
Age: _____
Address: _____
Home Telephone Number: _____
Cell Number: _____
Email: _____

Emergency Contact:

Name: First _____ Last _____
Address: _____
Phone: _____ Cell Phone: _____

How did you hear about the program? _____

HERE: Write an essay about why you are a good fit for this cohort “Rites of Passage” program, what do you want to accomplish, and how you think this program could benefit you. Please paste your essay in the box below!

Questionnaire:

Please answer all questions or put N/A, if it is not applicable

How do you define

Trauma? _____

Have you ever experience trauma?

Yes (1) _____ No (2) _____

How old were you when you had your traumatic experience? _____

Can you identify the effect that the experience had on you?

Yes (1) _____ No (2) _____

What was the effect?

explain:

Was the traumatic experience life altering?

Yes (1) _____ No (2) _____

explain:

Do you think your trauma had anything to do with racism? Yes (1) _____ No (2) _____

explain:

What kind of trauma did you experience?

sexual abuse : Yes (1) _____ No (2) _____

physical abuse: Yes (1) _____ No (2) _____

emotional abuse: Yes (1) _____ No (2) _____

Car accident: Yes (1) _____ No (2) _____

Death in the family: Yes (1) _____ No (2) _____

Racism: Yes (1) _____ No (2) _____

Discrimination: Yes (1) _____ No (2) _____

Relationship abuse: Yes (1) _____ No (2) _____

Head trauma: Yes (1) _____ No (2) _____

Other, please explain here:

Was it someone you knew? Yes (1) _____ No (2) _____

Do you feel you can trust again Yes (1) _____ No (2) _____

why or why not, please explain:

If someone assaulted you who was it that assaulted you?

If you have begun to trust again, who is the person and why did you allow yourself to trust them?

Do you believe you have healed from your traumatic experience? Yes (1) _____ No (2) _____

What tools or skills have you used to heal? How often do you use these tools?

Do you believe you need more skill development/ or tools to help you heal?

Yes (1) _____ No (2) _____

Have you ever used alternative medicines other than Western Medicine to heal mentally, spiritually, and physically? Yes _____ or No _____?

What alternative medicine have you used spiritually?

What alternative medicine have you used mentally?

What alternative medicine have you used physically?

Define

Culture: _____

Is culture important in your immediate family? Yes ___ or No _____

If no explain?

What cultural principles do you practice?

Is culture important in your extended family? Yes ___ or No _____

If no explain?

What cultural principles do you practice as an extended family?

What is ritual? Explain.

Define Tradition:

What are some traditions you value and

why: _____

What does a "Rites of Passage" mean to you?

Have you ever been a part of a "Rite Of Passage"? Yes ___ or No ____, If so explain when, where and how old were you when your "Rite of Passage took Place"

Have you ever had therapy? Yes (1) _____ No (2) _____
Why or Why
not? _____

Have you ever been diagnosed with a mental health disorder? Yes ___ or No ____, and if so what was the diagnoses?

Have you ever self-medicated? Yes _____ or No _____ and if so
why? _____

Do you take any medications? Yes _____ or No _____ and if so what
for _____

Please list all allergies/ or things that you are allergic to here:

Have you shared with anyone your traumatic experience? Yes (1) _____ No (2) _____
Who was the person?

Have you ever heard of the Erik Erikson Psychosocial Stages of development? If so, what stage did you experience the most trauma.

Yes (1) _____ No (2) _____
If yes, explain:

Have you developed a good relationship with your mother?

Yes (1) _____ No (2) _____

Why or Why not explain:

Do you trust your mother? Yes (1) _____ No (2) _____

Why or Why not explain:

What attributes do you believe makes a good mother?

explain: _____

What are your mother characteristics? Yes =1 No =2. Place the number by each characteristic that describes your mother.

- | | |
|-----------|--------------|
| loving | liar |
| nurturing | manipulative |
| caring | deceitful |
| happy | dishonest |
| exciting | unhappy |
| genuine | boring |
| honest | controlling |

trust worthy
giving
sensitive
respectful
old fashion

mean
angry
insensitive
disrespectful
worldly

Other:

Do you believe race or racism played a role in who your mother is, was or has become?

Yes (1) _____ No (2) _____

explain:

Do you believe you have any characteristics like your mother?

List them:

Have you developed a good relationship with your father?

Yes (1) _____ No (2) _____

Why or Why not explain:

Do you trust your father? Yes (1) _____

No (2) _____

Why or Why not explain:

What attributes do you believe makes a good father?

explain: _____

What are your father characteristics? Yes =1 No =2. Place the number by each characteristic that describes your mother.

- | | |
|--------------|---------------|
| loving | liar |
| nurturing | manipulative |
| caring | deceitful |
| happy | dishonest |
| exciting | unhappy |
| genuine | boring |
| honest | controlling |
| trust worthy | mean |
| giving | angry |
| sensitive | insensitive |
| respectful | disrespectful |
| old fashion | worldly |

Other:

Do you believe race or racism played a role in who your father is, was or has become?

Yes (1) _____ No (2) _____

explain: _____

Do you believe you have any characteristics like your father?

List them:

What intergenerational cycles or issues exist in your family? Please list diseases, health issues, mental health issues, substance abuse or addictions

List them:

Have you broken any of the cycles listed above?

Yes (1) _____ No (2) _____

explain: _____

Signing below states that you were honest and truthful about the above questions. Also, you understand that signing below states that you are at least 18 years of age. Please have guardian sign below if you are underage or you have a guardian.

Signature of Participant: _____

Date: _____

