

Frequently Asked Questions (FAQ)

About One Life One Heart International (OLOH)

Q1. What is the mission of OLOH?

OLOH is dedicated to healing and empowering survivors of sexual abuse while preventing sexual abuse through education on the importance of healthy relationships in all aspects of life.

Q2. What is the vision of OLOH?

Our vision is a world free from sexual abuse where every individual has the right to protection, development, and participation.

Q3. Who does OLOH serve?

OLOH primarily serves survivors of sexual abuse, particularly those who are underserved. Our programs are available to men and women of all ages, focusing on addressing the needs of diverse communities.

About OLOH Programs

Getting Started: Initial Visit

Q4: What happens during an initial visit for adults and older teens?

- Visitors fill out the primary information section of the Initial Visit Checklist.
- Volunteers introduce the program and guide visitors in choosing an appropriate program and subprogram.
- Visitors receive additional information, including highlights from the volunteers' Code of Ethics.

Q5: What is the initial visit process for children ages 5-13?

- Children sit next to their accompanying adult, while two volunteers sit on the opposite side of the table (following the Two-Person Rule).
- Accompanying adults may help complete the primary information section of the Initial Visit Checklist.
- Volunteers introduce the program, and children ages 11-13 select a program with assistance if needed.
- Children ages 5-10 can choose only from the TogetherForward and Passion Chasers programs.

Programs for Adults and Older Teens

Q6: What programs are available for adults and older teens under the Healing category?

- Walk Through the Past: Participants pair with a volunteer to discuss weekly topics and may journal their reflections.

- Resilient Pathways: Volunteers lead sessions on Finding the Dots, Connecting the Dots, and Therapy Through Belief.
- TogetherForward: Participants join small group activities designed to foster an open and supportive environment.

Q7: What programs are available for adults and older teens under the Empowerment category?

- Passion Chasers: Music-based activities that allow participants to explore their interests individually or in small groups.
- Guest Speakers: Invited speakers present topics; participants debrief with volunteers to reflect on the sessions.
- Community Service: Participants engage in carefully selected volunteering opportunities.
- Signature Retreat: Participants attend retreats and provide feedback via the Retreat Evaluation Form.

Programs for Children (Ages 5-13)

Q8: What should parents or guardians do before enrolling their children?

Parents or guardians are advised to contact local law enforcement or relevant child protection agencies for any suspicious incidents of child sexual abuse.

Q9: What rules are in place for children’s programs?

- All children’s programs follow the Two-Person Rule to ensure safety.
- Volunteers follow a Code of Ethics to maintain professional boundaries, including a no-physical contact rule.

Q10: What programs are available for children under the Healing category?

- Walk Through the Past (Ages 11-13): Participants team up with two volunteers to discuss weekly topics and may journal their reflections.
- TogetherForward:
 - Ages 11-13: Engage in small group activities fostering healing and connection.
 - Ages 5-10: Focus on building appropriate relationships and personal development.

Q11: What programs are available for children under the Empowerment category?

- Passion Chasers: Music-based activities that encourage independence and passion exploration.
- Guest Speakers (Ages 11-13): Speakers present tailored topics; participants debrief to connect the content to their experiences.
- Community Service (Ages 11-13): Age-appropriate volunteering opportunities may be provided at the discretion of core volunteers.
- Signature Retreat (Ages 11-13): Participants attend day retreats, complete evaluations, and may journal or debrief their experiences.

General Questions

Q12. What programs does OLOH offer?

Our programs are categorized into two main areas:

- Healing Programs:
 - Walk Through the Past
 - Resilient Pathways
 - TogetherForward
- Empowerment Programs:
 - Passion Chasers
 - Guest Speakers
 - Community Service
 - Signature Retreat

Q13. How does the program help survivors?

The OLOH program uses a community-based, music-based, and interaction-enriched approach. It emphasizes the importance of language and communication between survivors and volunteers to help survivors heal, regain confidence, and re-establish their community roles.

Q14. Where are these programs held?

Programs are delivered at local public venues, such as churches, schools, and public libraries, to ensure accessibility and community participation.

Q15: What is the Two-Person Rule, and why is it important?

The Two-Person Rule requires that two volunteers be present during all children's programs to ensure safety and accountability.

Q16: Are journaling and reflection required for participants?

While journaling and reflection are encouraged to support healing and empowerment, participation in these activities is optional and based on the individual's preference.

Q17: How are programs customized to meet participants' needs?

Programs are designed to accommodate different age groups and developmental stages. Volunteers guide participants to choose suitable programs and subprograms based on their interests and needs.

Q18: Are there any programs exclusive to specific age groups?

- Children ages 5-10 are limited to the TogetherForward and Passion Chasers programs.
- Programs like Community Service and Signature Retreat are tailored for ages 11-13 under specific conditions.

Volunteer and Community Involvement

Q19. How does OLOH involve volunteers?

We recruit and train core volunteers from the same communities as the survivors to ensure cultural and linguistic relevance. Our volunteer training guide is based on a theoretical framework to empower mental health professionals and non-professionals to provide the necessary support.

Q20. What does volunteer training include?

Volunteer training focuses on understanding the unique needs of survivors, fostering empathy, and providing tools to interact effectively with individuals from diverse backgrounds.

Q21. Can anyone volunteer?

Yes, we welcome mental health professionals and community members passionate about supporting survivors.

Pilot Program

Q22. What is the pilot program?

The pilot program focuses on implementing the Healing Program for adults and older teens to test its practicality and feasibility. This includes identifying local venues, recruiting core volunteers, and running two-month programs.

Q23. What happens during the pilot?

The pilot program involves offering our Healing Program at a selected venue, such as a church, to collect data and assess its effectiveness in helping survivors.

Educational Goals and Prevention Efforts

Q24. How does OLOH promote awareness about sexual abuse?

OLOH educates communities on the prevalence of sexual abuse, helps survivors understand they are not alone, and spreads the importance of healthy relationships.

Q25. Does OLOH address prevention?

Yes, prevention is a core part of our mission. We work to build awareness and educate individuals to create a world free of sexual abuse.

Contact Information

Q26. How can I get involved or learn more about OLOH?

You can contact us directly through our website or social media channels. We welcome volunteers, supporters, and partnerships with like-minded individuals and organizations.

Q27. Can I request a program for my community?

Yes, please contact us, and we will work with you to bring OLOH programs to your community.