

Frequently Asked Questions (FAQs)

Based on the OLOH Program, Fourth Edition

General Questions

1. What is the One Life One Heart (OLOH) Program?

The OLOH Program is a free, community-based program that supports the healing and empowerment of survivors of sexual abuse ages five and older. The program is volunteer-led, non-clinical, trauma-informed, and participant-centered. It provides safe, respectful spaces where participants may talk, reflect, or simply be present at their own pace.

2. What is the purpose of the OLOH Program?

The program exists to support the well-being of survivors of sexual abuse as they journey toward healing and empowerment. It does this by providing compassionate human connection rather than professional treatment or therapy.

3. Who can participate?

The program is open to survivors of sexual abuse ages five and older. Sessions are adapted to meet the developmental needs of children, older teens, and adults.

4. Is the program free?

Yes. Participation in all OLOH programs is free.

5. Where is the program offered?

The program may be offered in churches, libraries, schools, and other approved community venues that provide safe and appropriate environments.

Program Approach

6. Is the OLOH Program therapy or counseling?

No. The OLOH Program is not psychotherapy, counseling, or professional mental health treatment. While the program draws upon well-established trauma-informed and person-centered principles, it provides community-based support rather than clinical services.

7. What makes the OLOH Program different?

The OLOH Program emphasizes:

- Participant choice
- Empathic listening
- Respect for individual pacing
- Non-directive conversations
- Emotional safety
- Community-based support

Participants are never pressured to disclose abuse experiences or achieve specific outcomes.

8. What does "participant-led" mean?

Participants decide:

- Whether to attend
- Whether to speak or remain silent
- What topics to discuss
- How long conversations continue
- Whether to return

Volunteers follow rather than direct the participant.

9. What are the OLOH guiding principles?

The OLOH Program is guided by four core principles:

- **Safety** – Creating emotionally and physically safe spaces where participants feel respected and protected.
- **Choice** – Honoring each participant's right to decide whether to attend, what to share, how to participate, and when to stop.
- **Dignity** – Treating every participant with respect, recognizing their inherent worth, and supporting their autonomy without judgment.
- **Compassion** – Offering genuine care through empathic listening, respectful presence, and kindness, without pressure to disclose, change, or achieve specific outcomes.

These guiding principles shape every aspect of the OLOH Program and guide how volunteers interact with participants throughout their journey of healing and empowerment.

Healing Program

Walk Through the Past

10. What is Walk Through the Past?

Walk Through the Past offers one-on-one conversations where participants may speak about past experiences if they choose. Each meeting stands alone. Example topics and conversational prompts are provided for participants' convenience. There are no required topics, goals, or sequence.

11. Do participants have to talk about their abuse?

No. Participants decide what they wish to share, if anything.

Resilient Pathways

12. What is Resilient Pathways?

Resilient Pathways offers gentle one-on-one conversations that help adult participants explore their thoughts, experiences, and personal meaning. Faith may be included if the participant wishes, but it is never required.

13. Is Resilient Pathways only for religious people?

No. Faith-informed support is available only when the participant welcomes it. Individuals of all backgrounds are respected.

Empowerment Program

Passion Chasers

14. What is Passion Chasers?

Passion Chasers is a gentle, music-centered one-on-one conversation in which music is a primary

topic. Participants are offered example topics and conversational prompts based on their age levels: adults and older teens, ages 11-13, and ages 5-10.

Community Pathways

15. What is Community Pathways?

Community Pathways is a one-on-one conversation for adults and older teens, using community services as a lens to help participants reflect on life experiences, personal strengths, challenges, and possible next steps. Participation in community service is never required.

16. Does Community Pathways require volunteering?

No. Community service is simply one possible lens for conversation. Participants are never expected to volunteer or commit to community activities.

TogetherForward

17. What is TogetherForward?

TogetherForward is a session where 2-4 participants can interact or spend quiet time with others in a simple, low-pressure space. Conversation is optional. The emphasis is on companionship, presence, and shared human connection. Example topics and conversational prompts are provided only for participants' convenience; participants will choose what to do and say.

Participation

18. Must participants attend every session?

No. Every meeting stands on its own. Participants may attend whichever sessions they choose.

19. Can participants stop attending at any time?

Yes. Participation is entirely voluntary.

20. Will volunteers encourage participants to return?

No. Volunteers welcome participants whenever they choose to attend but do not pressure them to return.

21. Can participants participate in more than one program?

Yes. Participants may choose any combination of sessions that best meets their needs.

Volunteers

22. Who are the volunteers?

OLOH volunteers are community members who desire to support survivors with compassion, respect, and empathy. They complete OLOH volunteer training before serving.

23. What do volunteers do?

Volunteers:

- Listen empathically
- Respect participant choices
- Maintain healthy boundaries
- Support emotional safety

- Provide compassionate presence

24. What do volunteers not do?

Volunteers do not:

- Provide therapy
- Diagnose or assess participants
- Give advice or direct participants' decisions
- Pressure participants to disclose abuse
- Interpret participants' experiences
- Promise specific healing outcomes

Privacy and Safety

25. Is what I share confidential?

Volunteers treat participants' information with care and respect. Confidentiality is maintained in accordance with OLOH guidelines and applicable safeguarding and mandatory reporting requirements.

26. What happens if someone is in immediate danger?

Volunteers follow applicable safeguarding and mandatory reporting policies to help protect individuals who may be at risk.

Reflection and Journaling

27. Is reflection or journaling part of the sessions?

No. Reflection and journaling do not occur during OLOH sessions. Participants may choose to use the optional workbook privately at a time and place that is convenient for them.

28. Will volunteers read participants' journals?

No. Reflection and journaling are private. Volunteers discuss them only if a participant specifically invites the conversation.

Program Philosophy

29. What does success look like in the OLOH Program?

OLOH does not define success by disclosure, attendance, emotional change, or measurable outcomes. Success is found in providing safe, respectful opportunities where participants retain choice, dignity, and control throughout their experience.

30. Why are there no required goals or activities?

The OLOH Framework recognizes that **healing and empowerment are deeply personal journeys**. Rather than directing participants toward predetermined outcomes, the program offers **compassionate support** while respecting each person's pace, preferences, and readiness.

Getting Involved

31. How can my church or community organization offer the OLOH Program?

Organizations interested in hosting the program may contact OLOH to learn about program requirements, volunteer training, and implementation support.

32. How can I become an OLOH volunteer?

Individuals who have a heart to support survivors may apply to volunteer through a participating OLOH site. Volunteers receive training and serve in accordance with the program's safeguarding policies, ethical guidelines, and participant-centered approach.

If there is no participating OLOH site within the community, a small group of individuals will be formed and receive core volunteer training from the contacted OLOH. The core volunteer team can now implement the OLOH program and recruit on-site volunteers. They can also train the on-site volunteers.

33. Where can I learn more about OLOH?

Visit the OLOH website or contact the organization directly for information about the program, volunteer opportunities, and implementation within your community.