SHE RECOVERS® Foundation Glossary of Terms

Term	Definition
SR/SRF	SHE RECOVERS/SHE RECOVERS Foundation (used interchangeably)
SR Volunteer	A general term describing any individual who offers their time to SR without monetary compensation for their activity.
SR Chapter Lead	One of five Lead Volunteer roles required to start and operate a Chapter: Chapter Chair, Communications & Outreach Lead, Development & Fundraising Lead, Events & Community Engagement Lead, Finance/Accounting Lead.
SR Co-Host	An SRF Volunteer who starts the SHE RECOVERS Together Online Gathering, manages the technology aspects, provides support, and ensures all participants are adhering to the gathering agreements.
SR Co-Host Coordinator	An SRF Volunteer who coordinators and is responsible for ensuring co-hosts are onboarded, trained and available to volunteer. Maintains the co-host schedule and monitors the closed group chat/email.
SR Guardian	An SRF Volunteer who supports the SR Co-Host and SR Certified Professional Volunteer Facilitator to ensure the SHE RECOVERS Together Online Gatherings remain welcoming and supportive. Monitors the chat and videos to scan for unwelcomed participants or those who are violating the gathering agreements.
SR Guardian Coordinator	An SRF Volunteer who coordinators and is responsible for ensuring guardians are onboarded, trained and available to volunteer. Maintains the guardian schedule and monitors the closed group chat/email.

Term	Definition
SR Certified Professional (SRCP)	An overarching term for any of the following: SHE RECOVERS Coach (SRCD), SHE RECOVERS Trauma-Informed Yoga Teacher (SRYT), SHE RECOVERS Professional Designate (SRPD) (in devo) which are professionals trained and certified by SRF.
SR Certified Professional Volunteer Facilitator	An SRF Volunteer who holds a SR professional certification of SRCD (SR Coach Designate), SRYT (SR Yoga Teacher), SR Dance Facilitator (SRDF), and/or SRPD (SR Professional Designate) who voluntarily facilitates the SHE RECOVERS Together Online programs and/or Sharing Circles.
SR Coach	An SRF Coach (who may/not also be a Volunteer) who has completed training in a combination of professional coaching (i.e. recovery coaching) through one of the SHE RECOVERS Coach training partners and the SHE RECOVERS Coach Curriculum.

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SR Coach Designate (SRCD)	An SRF (who may/not also be a Volunteer) Volunteer who has completed training in a combination of professional coaching (i.e. recovery coaching) through one of the SHE RECOVERS Coach training partners and the SHE RECOVERS Coach Curriculum.
SR Dance Facilitator (SRDF)	An SRF Facilitator who has been trained to lead the trauma-informed SHE RECOVERS Dance sessions online or in person.
SRF Instructor	
SR Professional Designate (SRPD)	A professional such as a clinician, therapist, or other allied professional who meets the criteria to participate in training to become certified by SHE RECOVERS.
SR Trauma-Informed Yoga Teacher (SRYT)	An SRF Volunteer who has trained with SR Founder and creator of SHE RECOVERS Trauma-Informed Yoga Yoga, Taryn Strong.

SHE RECOVERS Friend	The SHE RECOVERS® Friends of the Foundation (SRFOF) program is an opportunity for small businesses, organizations and entrepreneurs to partner in our vision to create a world where all recovering women are celebrated, supported and deemed essential to healthy communities. SRFOFs are granted rights to market their goods to raise critically needed funds for SRF through cause marketing campaigns. SRFOFs provide a percentage of total sales to SRF on an as-agreed-upon basis.
SHE RECOVERS Partner	SR Partners are corporate recovery partners, industry champions, and trusted resources whose mission and organization aligns with the SRF intentions & guiding principles. SR Partners collaborate with and support SRF through financial and in-kind sponsorship to further our mission of inspiring hope, reducing stigma and empowering women in recovery with a life-line of support.
Founding Investor	First fundraising campaign. Individual donors who are featured in the 2021 online Portfolio of Hope (website page with individual donors) and annual report documenting a moment in herstory when this global life-changing movement first began.
Term	**Definition**

SR Local Community [Facebook] Group	A local online group monitored by SRF Volunteers for folks to organize meetups, sharing circles and find connection, support, and empowerment with other like-hearted individuals in their local community.

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Meetups	Unsanctioned events that are organized through a SRF local community Facebook group by individuals who may be associated with SRF in a volunteer or paid role, or may not be associated with SRF. These activities are not endorsed or supported by SRF and participants attend at their own risk. Meetups must be low barrier and not associated with a for-profit business.
Meetup Groups	Are all being transposed to local community groups.
SHE RECOVERS Dance	Facilitated by SRF Dance Creator Payton Kennedy and SHE RECOVERS Dance Facilitators (SRDF), this experience is facilitated with a carefully curated music playlist, cues and markers based on mindfulness, mind/body/spirit connection and yoga philosophy. SRF Dance is an opportunity to create your own unique dance, within an inspiring, playful, and judgment-free space that promotes self-discovery, body positivity, freedom, joy, and empowerment.
SHE RECOVERS Trauma-Informed Yoga	A free weekly yoga session facilitated by SHE RECOVERS Trauma-Informed Yoga Teachers (SRYT) who have trained with SR Founder and creator of SHE RECOVERS Trauma-Informed Yoga, Taryn Strong.
SR Meetings on in the Rooms	A SHE RECOVERS Together Online weekly gathering hosted on Sundays @ 7AM PT/10 AM ET on the intherooms.com platform. ITR is also hos to over 30 meetings per week.
SR Sharing Circle	Local and in-real-life community-based gatherings informed by the SRF Intentions & Guiding Principles. They are facilitated by a SRF Certified Professional (SRCP), peer-supported, and intended for women and non-binary individuals who identify with women's communities – who are in or seeking recovery – to connect, learn, heal, and share within a group of like-hearted individuals.
SR Sharing Circle Facilitator	A SHE RECOVERS Certified Professional who voluntarily facilitates the SR Sharing Circles.
SR Together Online	The free SHE RECOVERS offerings occurring online. These include: Together Online Gatherings, #MentalHealthMonday, SR in the rooms, all identity-based groups and gatherings, SR Yoga, SR Dance, yOUR story speaker sessions.
SR Together Online Facilitator	A SHE RECOVERS Certified Professional who voluntarily facilitates the Together Online Gatherings.

SR Together Online Gatherings	Online, free, trauma-informed, and voluntarily facilitated by SHE RECOVERS Certified Professionals (SRCP) and supported by members of the community. Women and non-binary individuals who identify with women's communities who are in or seeking recovery are encouraged to attend. All races, sexual orientations, and all those

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	differences of life situation, background, and ability are welcome. All pathways and patchworks of recovery are supported.
SHE RECOVERS Support Group	General term for an online identity-based support group.
Movement=Medicine	A peer-to-peer fundraising campaign that encourages participants to move their body for 108 minutes or 108 repetitions to raise awareness of the power of movement as medicine while raising critical funds for SRF.

SHE RECOVERS Branded Event	An event approved, endorsed, and designed by SRF. May be hosted by a partner or other collaborator. The action is sanctioned but fall outside of the internal definition of sanctioned event.

SHE RECOVERS Sanctioned Event	An event approved, endorsed by SRF, and hosted by designated SRF representatives such as volunteers, community members, or SRCPs. All are branded by SRF HQ or have branding approved by SRF HQ. SRF sanctioned events include: Sharing Circles and Movement=Medicine.
SRF Signature Events	SRF In-Real-LIfe (IRL) events/programs/opportunities that are approved and/or rolled out by HQ and supported by Chapters in local communities.
Peer-to-peer fundraising	A fundraising campaign where individuals and/or teams organize personal campaigns to collect donations from their peers. These fundraisers can include asking for donations via a specific crowdfunding campaign (like Movement=Medicine), throwing occasion-specific fundraisers (like Facebook birthday fundraisers), and participating in events. The campaign is sanctioned and branded by SRF HQ. Volunteers are provided assets to host their campaign or fundraising event.
Amazon Smile	A give-back campaign initiated by Amazon where 0.5% of eligible purchases are donated back to the shoppers charity of choice.
Unite to Ignite	A general peer-to-peer fundraising campaign that encourages participants to raise funds for SRF in honor of any occasion or individual such as: recovery or belly button birthdays, in honor or memory of someone special, an anniversary, or simply out of gratitude and a desire to pay it forward.
SRF Chapter	A group of local volunteers that have formally filed an application and been approved by Headquarters to carry out the Mission locally in a specific geographic area under the auspices of Headquarters and in accordance with

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	Chapter Policies. Chapters are not separate legal entities, rather they are a mechanism for in-person connections, support, and empowerment within a local SRF community.
SRF Chapter Network	All SRF HQ approved Chapters across all geographic locations.
SRF Chapter Portal	An SRF HQ hosted website that each Chapter will have access to for private exchange of information with HQ and publicly accessible program and contact info for women in and seeking recovery so they can find the Chapter.
SRF Code of Conduct	A commitment to ethical conduct that permeates how SRF's directors, officers, employees, consultants and volunteers interact with each other and the public. The Code of Conduct is signed by all employees, volunteers, and board members.
Intentions & Guiding Principles	A set of individual and collective values that illustrate SRF's philosophy about recovery.
Kindful	A donor management and customer relationship management tool utilized by SRF.
SRF Train-the-Trainer	An SRF HQ provided training to Chapter Lead Volunteers that prepares them to train their local volunteers.
Volunteer Registration	The process of onboarding a new volunteer or updating the required documents of current SRF volunteers. Registration includes accepting the Volunteer Agreement, Code of Conduct, Intentions & Guiding Principles and trauma-informed training. Volunteer Registration is conducted by Volunteer Development and reviewed annually.
Volunteer Agreement	An agreement entered into by volunteers regarding personal conduct and expectations of supporting the Foundation as a volunteer. Agreements are signed at initial volunteer onboarding and reviewed annually.
Bidirectional Support	A peer-to-peer support program or group where all participants provide and receive support.
Holistic	An approach to recovery that considers multidimensional aspects of wellness. It encourages individuals to recognize the whole person: physical, mental, emotional, social, intellectual, and spiritual.
Identity-Based Spaces	Support groups and gatherings focused on specific life experiences and areas of recovery such as BIWOC, LGBTQ+, Veterans & First Responders, Healthcare & Allied Professionals, Legal Professionals, Mothers of High Needs Children, and Spanish Speaking individuals. *These are part of SRF Recovers Together Online or Together Online Gatherings.*

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Impact Statement	A written or video testimonial submitted by a member of the SRF community and/or event participant.
My Recovery Plan	A self-directed workbook designed by SRF to assist recovering individuals to improve quality of life, build recovery capital, and create an individualized framework for recovery.
#MentalHealthMonday	A monthly educational series featuring today's leaders in women's wellness, mental health, and addiction recovery. *These are part of SRF Recovers Together Online.*
SHE RECOVERS Support For BIWOC	An identity-based space (support group and weekly gathering) for Black, Indigneous & women of color to connect and find healing.
SHE RECOVERS Support For LGBTQ+	An identity-based space (support group and weekly gathering) for the LGBTQ+ community to connect and find healing.
SHE RECOVERS Support for Women Veterans & First Responders	An identity-based space (support group) that recognizes that these roles and life experiences come with their own unique challenges and triumphs. An opportunity to connect with fellow travelers who can understand and relate.
SHE RECOVERS Support for Healthcare & Allied Professionals	An identity-based space (support group and weekly gathering) designed for professionals such as nurses, therapists, physicians, clinicians, recovery support workers, and social workers to connect and find healing.
SHE RECOVERS Support for Mothers of High Needs Children	An identity-based space (support group and weekly gathering) created with the understanding that being a mother of high needs children comes with its own unique struggles and milestones.
SHE RECOVERS Support for Legal Professionals	An identity-based space (support group) for Legal Professionals, including lawyers in all areas of practice (including those in firms and other organizations, government and academia), paralegals, as well as senior law firm executives (COOs, CFOs, CBDOs) that addresses the unique challenges and stressors they face.
SHE RECOVERS Support Encuentro Español	An identity-based space (support group and monthly gathering) for Spanish speaking women.

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yOUR Story Speaker Sessions	A monthly speaker series focusing on the recovery stories and voices of the SHE RECOVERS community.
SHE RECOVERS Critical Conversations	Inclusive and collaborative dialogues (events) focused on topics crucial to women's healing necessary to moving forward in recovery as individuals and as a society.
My Recovery Plan	A self-directed workbook designed by SRF to assist recovering individuals to improve quality of life, build recovery capital, and create an individualized framework for recovery.
Recovery	A process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential. - SAMHSA
Recovery Advocacy	Advocating for meaningful representation and voice for people in recovery and their families at local, state, and federal policy levels on issues that affect their lives. Assessing and responding to national and local needs related to the adequacy and quality of local treatment and recovery support services. - Definition from FAVOR. Can also mean sharing one's story of recovery and recovering out loud so more women can find and join a movement like SRF.
Recovery Capital	The internal and external resources needed for an individual to not only initiate but maintain recovery. Recovery capital can be broken into four different types: physical, human, family/social and community.
Recovery Management	Recovery-focused services and activities that typically occur after completion of an inpatient or outpatient treatment program that have shown to have a significant positive impact on quality of life and success in one's own recovery.
Recovering Out-Loud	Sharing a portion or all of one's story with another individual, through the media, within a political platform, or within a community and/or organization to promote the potential for healing and improvement of quality of life when one embarks on a path of recovery.
Recovery Pathway	An individualized approach and steps to recovery based on cultural values, socio-economic status, psychological and behavioral needs, and the nature of their substance use disorder/addiction and or mental health challenges.
Recovery Patchwork	A combination of practices, programs, and activities people use to maintain and sustain recovery.
Recovery Oriented System of Care (ROSC)	A coordinated network of community-based services and supports that is person-centered and builds on the strengths and resiliencies of individuals, families, and communities to achieve recovery and improved health, wellness, and quality of life for those with or at risk of a substance use disorder or mental illness. - Adapted from SAMHSA.

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SRF Trusted Resources	A directory to assist those in search of quality treatment and recovery support consisting of wellness partners that includes: Treatment Centers, Professional Organizations, and Recovery Support Services whose missions align with SRF and our intentions and guiding principles. We stand behind the quality, care, and mission of all who are listed.
Trauma-Informed/Trauma-Informed Care	Trauma-Informed Care (TIC) is an approach in the human service field that acknowledges the likelihood that an individual has a history of trauma. Trauma-Informed Care recognizes the presence of trauma symptoms and acknowledges the role trauma may play in an individual's life. Trauma-Informed Care can be practiced by volunteers, individuals, employees, and contractors who have received trauma-informed training as it is a non-clinical acknowledgement of trauma and a general understanding of its manifestations. Trauma-Informed Care is different from trauma-responsive and trauma-focused care.
Trauma-Responsive	An organization's comprehensive approach that considers every aspect of its programming, environment, language, culture, and values, to better serve their clients, staff, and representatives who have experienced trauma.
Trauma-Focused	A client-centered and therapeutic approach that prioritizes the healing and repair of trauma in an individual. Care is adapted and modified based on the individual's needs and responses to therapy.
Term	**Definition**
BIWOC	Black, Indigenous & women of color
Bisexual	An attraction to more than one and/or all genders and gender expressions.
Equality	Providing the same to all.
Equity	Refers to fairness and justice and is distinguished from equality. Recognizes that we do not all start from the same place and must acknowledge and make adjustments to imbalances.
Feminism	A movement dedicated to ending sexism, sexist exploitation, and oppression and achieving full gender equality in law and in practice.
Feminist	Someone who supports equal rights for women and believes that women should have the same political, social, and economic rights as men.
Feminist Organization	An organization that focuses primarily on advocating for women's rights and equality for all women. Feminist organizations are responsive to the evolving needs of women and marginalized populations. They are diverse, organic, fluid, complex, and ever-changing across historical, geographical, political, economic, and social landscapes.

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LGBTQ+	An acronym for lesbian, gay, bisexual, transgender, queer or questioning. The 'plus' is used to signify all of the gender identities and sexual orientations that are not specifically covered by the other five initials such as two-spirited and non-binary individuals.
Matriarchal	Relating to or denoting a form of social organization led and supported by women.
Non-binary	A person whose gender identity is neither exclusively woman nor man.
Oppression	When one group has more access to power and privilege than another group, and when that power and privilege is used to maintain the status quo (i.e., domination of one group over another). Oppression is both a state and a process, with the state of oppression being an unequal group access to power and privilege, and the process of oppression being the ways in which inequality between groups is maintained. (David & Derthick, 2014).
Queer	A term people often use to express a spectrum of identities and orientations that are counter to the mainstream. This term was previously used as a slur, but has been reclaimed by many parts of the LGBTQ+ movement.
Social Justice	The view that everyone deserves equal economic, political and social rights and opportunities.
Stigma-smasher	A person who is dedicated to removing the stigma often associated with addiction and mental health issues through activities such as recovery advocacy, allyship, recovering out-loud, participating in recovery-focused activities/events/fundraisers, and/or volunteering.
TERF	A trans-exclusionary radical feminist. Someone who doesn't believe that trans women are women. A person who believes that trans-women don't deserve the same rights as cis-gendered women.
Transgender	A person whose gender identity is different from the gender associated with the sex they were assigned at birth.

Term	Definition
CPRC	Certified Professional Recovery Coach from IAPRC
CPSW	Certified Peer Support Worker
CTP	Certified Trauma Professional
LCDC	Licensed Chemical Dependency Counselor

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RYT	Registered Yoga Teacher
SEP	Somatic Experiencing Practitioner
SR/SRF	SHE RECOVERS/SHE RECOVERS Foundation (used interchangeably)