

March 19, 2021

Dear Friends,

Last week, SSSC approved funding for a set of counseling initiatives that expand the current counseling support available and create additional opportunities for counseling. One of the key changes is that the counseling that had been available only to alumni of the India school programs has now been expanded to include all members of the 2nd Gen. Similarly, two new programs, which provide opportunities for family counseling and group counseling, are also available to all 2nd Gen.

For purposes of the new and expanded programs outlined below, anyone who was born into or grew up within the 3HO/Sikh Dharma community from the late 60s to the present (i.e., “2nd Gen”) can participate.

### **Expanded Counseling through Concern**

The counseling support available through Concern has been expanded to include all 2nd Gen community members. Concern can be reached at 800.344.4222 or [concernhealth.com](http://concernhealth.com). The code word is “Second Gen.”

### **Expanded Counseling Reimbursement Program**

The counseling support reimbursement program has been expanded to include all 2nd Gen community members. In addition, the amount available for reimbursement for counseling has been increased to \$10,000 from \$5,000. If you are already enrolled in this program, then your available reimbursement funds will be increased by up to \$5,000, and you do not need to resubmit enrollment forms. Additional details about this program can be found on the enrollment forms attached to this announcement.

### **New Support for Group Counseling**

SSSC has made funding available for group counseling and peer support programs and opportunities for 2nd Gen. More details on this program will be shared in the coming weeks.

### **New Support for Family Counseling**

SSSC has made funding available for family counseling to support 2nd Gen community members and their families. More details on this program will be shared in the coming weeks.

Thank you for your continued engagement with the 2nd Gen work. We hope this expanded counseling support will be helpful for all who use it. If you have questions about any of the counseling support programs outlined above, please email [counseling@epsweb.org](mailto:counseling@epsweb.org).

Atma, Sahaj, and Sat Nam

## Second Generation Counseling Reimbursement Enrollment Form

Thank you for your interest in the SSSC's Second Gen counseling reimbursement program. This program provides limited reimbursement funding for Second Gen community members who seek counseling or therapy related to their experiences attending the organization's boarding school programs in India or growing up in the 3HO/Sikh Dharma community. If you attended one of the community-affiliated boarding school programs in India or were born into or grew up within the 3HO/Sikh Dharma community from the late 60s to the present (i.e., "2nd Gen"), you are eligible to participate in the program.

To get started, please complete the form below and return it to the Office of Ethics and Professional Standards and Conscious Conflict Resolution (EPS) at [counseling@epsweb.org](mailto:counseling@epsweb.org). EPS will contact you to confirm your enrollment when your enrollment form has been processed. Your personal information and any information related to your participation in this program will be kept confidential.

Name	
Address	
City, State/Province, Country, Zip/Postal Code	
Email Address	
Cell Phone	
Home Phone	
India Schools Attended (if applicable)	
Years Attended	
Ashram/Community You Lived in (if applicable)	
Years Lived in Ashram/Community	
Do you have insurance that will cover your counseling expenses in full or in part?	Yes <input type="checkbox"/> No <input type="checkbox"/>
If you have insurance, what percentage of your costs will insurance cover?	
Have you participated in the counseling program provided through Concern?	Yes <input type="checkbox"/> No <input type="checkbox"/>
If the answer above is yes, how many sessions have you had through Concern? (This information is requested to ensure that you receive the maximum amount of funding under this reimbursement program.)	

Here are the details of the program:

1. The program's goal is to provide support for Second Gen community members who wish to seek counseling or therapy related to their experiences attending the organizations' boarding school programs in India or growing up in this community.
2. To enroll, you will need to provide a signed certification from the counselor or therapist that you are working with certifying that you are seeking counseling in connection with your experiences in this community. The certification form is attached to this enrollment form.
3. The program will reimburse up to \$10,000USD for out-of-pocket amounts (meaning amounts not covered by insurance) that you pay for counseling or therapy during a 12-month period. If you have not used the full \$10,000 at the end of 12 months after your enrollment, the remaining amount will be available for reimbursement until it has been used.
4. If you are already participating in the existing reimbursement program for alumni of the India schools, the annual amount available to you for counseling reimbursement has been increased from \$5,000 to \$10,000. You have been automatically enrolled in this expanded program and you do not need to reapply.
5. In general, reimbursements will be provided for expenses incurred on a going-forward basis only. However, you may seek reimbursement under this program for amounts you paid for counseling on or after September 1, 2020.
6. The \$10,000 maximum annual reimbursement amount includes any amounts paid for counseling sessions through the SSSC-sponsored counseling program with Concern. For example, if you have had 10 sessions with Concern at a cost of \$120 per session, the maximum annual reimbursement available under this program is \$8,800.
7. Your participation in this reimbursement program will be reassessed after every 12-months or until you have received \$10,000 in reimbursement funds, whichever is later. You will need to provide an updated certification from your counselor or therapist at that time.
8. To receive reimbursements under the program, please submit proof of payment (e.g., billing statements, receipts, paid invoices, etc.) from your counselor or therapist to [counseling@epsweb.org](mailto:counseling@epsweb.org). We ask that you submit your proof of payment no more frequently than monthly. Reimbursement funds will be provided within 30 days of receiving request for reimbursement and proof of payment.

SSSC is providing funding under this program as an acknowledgment of the experiences of many members of the Second Gen. SSSC's intention is to provide care and support for Second Gen members who seek counseling or therapy in connection with their experiences in this community. This program is not intended to affect anyone's legal rights one way or the other. SSSC acknowledges that by participating in this program you are not giving up any rights you might otherwise have. You acknowledge that your participation in this counseling reimbursement program is not the result of any legal claim that you have submitted to SSSC or any legal obligation of SSSC to provide you with counseling.

Thank you again for participating in this program. Please sign and date below to acknowledge that you have reviewed and agree to the program's terms.

(Participant's Signature)

Date: \_\_\_\_\_

**Counselor Certification Form**  
(To be completed by your counselor or therapist)

I certify that \_\_\_\_\_ is currently or will be receiving counseling or therapy treatment from me. She/he/they has/have sought treatment in connection with the following experiences:

Date:

\_\_\_\_\_  
Signature

Printed Name

Professional Designation

Business Name

Address