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# STEP 1

INQUIRY

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# INTRODUCTION

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## HELLO PROSPECTIVE PARENT OR GUARDIAN,

Thank you so much for your interest in Compass Rose Academy. We look forward to getting to know more about the student for whom you're seeking care.

Located in the Midwest, Compass Rose is a licensed, accredited long-term residential treatment center. We work to redirect, rebuild and restore troubled girls ages 14-18 from around the country. As a Christian organization, CRA provides a positive, nurturing environment for teens struggling with a variety of emotional and behavioral problems including depression, anxiety, ADHD, bipolar disorder, reactive attachment disorder and issues related to adoption. In general, our girls tend to be those who have turned inward and are experiencing emotional numbing rather than those who aggressively act out.

We know there are many wonderful programs that are doing good work, and you may be overwhelmed trying to distinguish one from the other. In three short points, here is what makes Compass Rose Academy unique:

### 1. BLEND OF FAITH AND CLINICAL SERVICES:

We beautifully blend Christian principles AND evidence-based clinical programming. At CRA, families don't have to choose between faith and strong clinical treatments. With us, families receive both.

### 2. LOCATION:

We're centrally located in the Midwest. There's no need to travel several states and hours away for good treatment when we're right in your backyard.

### 3. FINANCIAL ASSISTANCE:

As part of our mission to serve families regardless of financial capacity, we offer scholarships on a sliding scale, making our services more accessible to families of all income levels.

Within this packet you will find more information to provide you with a clearer picture of who we are and what treatment looks like. You will find an explanation of our therapeutic Growth Model and counseling services, the Phase System (which is how our girls grow and progress through the program), our academic program, a weekly schedule of the girls' activities and our fee structure.

Our Admissions Team would love to chat further with you to determine if Compass Rose can be the help you're seeking. Please let us know how we can continue to serve and support your family. You can contact us directly at 260-569-4757 or email us at [admissions@compassroseacademy.org](mailto:admissions@compassroseacademy.org).

If you would like us to give you a call, please let our team know a few good times to reach out, and we will be glad to do so.

We look forward to speaking with you!



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# PROCESS OF ADMISSIONS

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## ADMISSIONS PROCESS

There are three phases to our admissions process. In an effort to alleviate any confusion or feelings of being overwhelmed (which is understandable, considering the situation that led you to explore Compass Rose), we have tried to simply and clearly outline our admissions process below.

### Step 1: Inquiry

This is where you are now: gathering information, learning about our program and evaluating if Compass Rose is the best option for your daughter and family.

### Step 2: Application

This is the application for admission. This step requires you to complete our clinical application online and submit mental health documentation. These are then reviewed by our clinical team to evaluate if your daughter is an appropriate fit for our program. If she is accepted, you'll move onto Step 3. If she is declined admission, you'll receive an email explaining the reasons as well as other resources for your family to explore. If you are in need of a scholarship, this is when you would need to complete an additional packet to apply for scholarship funds. (Don't worry, all of this is explained again once you get to the Step 2 packet!)

### Step 3: Enrollment

This step is after your daughter has been clinically accepted. If you have applied for a scholarship, you will have received your scholarship rate by this time. This packet includes final details you need to know prior to intake day. It will include a packing list, our dress code and a description of medical services. If there is a waiting list, you will need to supply your tuition deposit of \$900 at this time to hold your daughter's place.

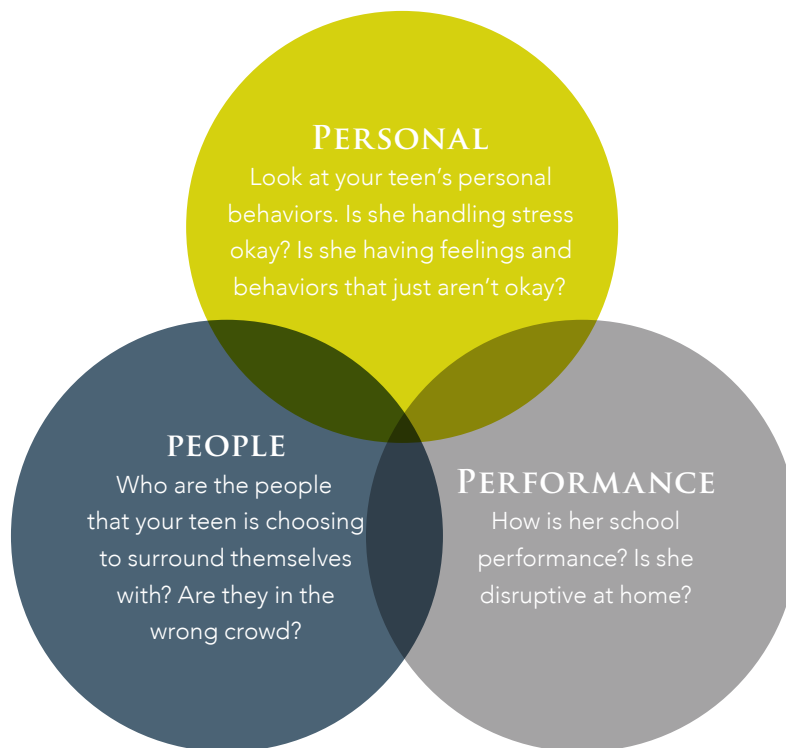


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# THE THREE P'S

Determining if residential treatment is what your child needs.

Raising a teenager is difficult for any parent. It is tough to know when it is time to get your teen help. Dr. John Townsend uses the 3Ps: personal, people and performance to assist in deciding to seek help for your teenager. If your child is struggling in one or all of these areas despite your best efforts, residential care may need to be seriously considered.



Dr. John Townsend is a nationally known organizational consultant, clinical psychologist and author of 26 books on relationships, leadership, growth and parenting. A national thought leader in counseling and therapeutic care best practices, Townsend endorses our mission at Compass Rose Academy and lends his expertise through guest blogs, consulting, conferences and other strategic support.

Townsend has been helping individuals, organizations and leaders make changes and exceed their goals for more than two decades. His expertise in psychology, leadership and spirituality help him connect with and provide solutions for people in many venues.



# GROWTH MODEL

Based on the work of Dr. John Townsend

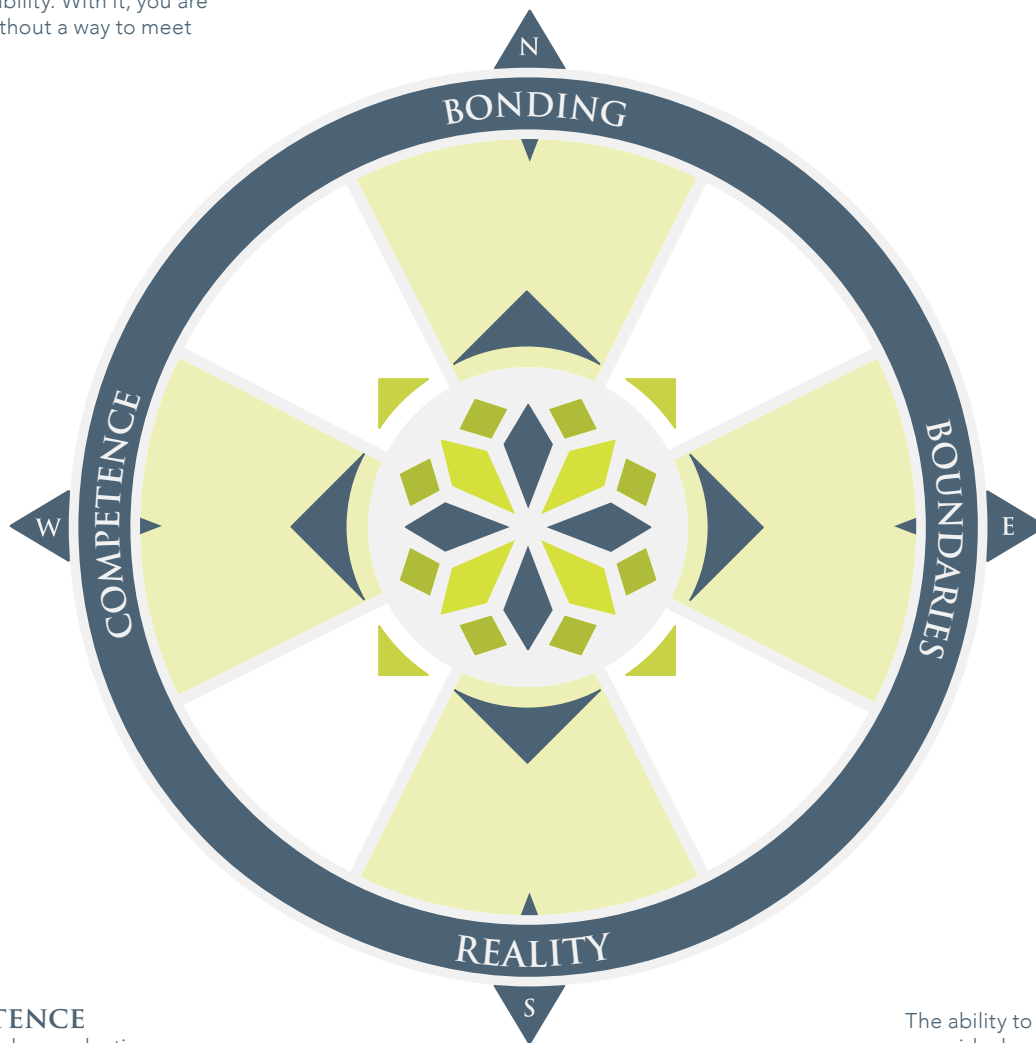
This Growth Model is the basis for our program. It is attachment-driven and focuses on helping girls build in the areas of bonding, boundaries, reality and competence.

## BONDING

The capacity to relate to God and others, to connect to something outside of yourself. All of life's tasks rely on this ability. With it, you are never left without a way to meet your needs.

## BOUNDARIES

The capacity to see yourself as separate from others. With boundaries, you can own your life and see it as your responsibility.



## COMPETENCE

The ability to be productive in the world and to contribute meaningfully to others in a significant way.

## REALITY

The ability to hold onto and pursue your ideals while accepting, forgiving and redeeming the imperfections you encounter in yourself, others and the world around you.



# COUNSELING SERVICES

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The growth model is based on the work of Dr. John Townsend and goes beyond solely reducing symptoms such as depression, anxiety, and defiance and confronts the problems right at their core. Symptom reduction is often only temporary, but we find if we focus on building a healthy internal structure and developing character, the symptoms not only decrease but often are eliminated completely. Our in-depth approach works to build healthy character needed to meet life's challenges during the teen years and throughout life.

### **Therapeutic services include:**

- Weekly individual therapy
- Weekly family therapy
- Multiple groups each week
- Psychiatric medication management on-site
- Growth model philosophy of care coach in the milieu
- Spiritual health emphasis and programming
- Physical health emphasis and programming
- Quarterly experiential parent weekends

- Monthly parent support groups
- Nutritional coaching/support available as add-on service

### **Group Therapy:**

- Process groups twice weekly
- Growth model didactic groups twice weekly
- Psycho-education group weekly
- Spiritual Life group
- Equine-assisted growth and learning weekly

Our counseling focuses heavily on improving students' ability to tap into their emotions and address "core emotional learnings" that contribute to negative behavioral patterns. Compass Rose Academy's healing efforts also put emphasis on restoring family relationships by working to eliminate negative habits within the home.

Our overall approach is committed to fostering healthy connections with others as well as providing students and families with the resources and treatment needed to heal and grow.



# PHASE SYSTEM

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At Compass Rose Academy, each student will move through five phases that will help to provide structure to her treatment and a way to measure progress. This is a basic phase system that will go along with each student's individualized treatment plan made up of goals specifically designed to meet her needs. She will meet with her treatment team regularly throughout her stay to evaluate her progress toward her goals. Each phase has a specific set of privileges associated with it that allows for an increase in freedom and responsibility as students move throughout the program.

## **PHASE 1: ORIENTATION**

- Complete orientation process with leadership team and house staff.
- Complete intake assessments.
- Develop treatment plan.
- Meet with school staff and begin attending class.
- Begin performing routines, chores, and activities.
- Begin to connect with peers and staff.
- Begin attending individual and group therapy sessions.

## **PHASE 2: LEARNING**

- Begin to display effort toward personal goals.
- Begin to display openness and vulnerability in group sessions by sharing background information and feelings.
- Begin to accept feedback from others in respectful, open ways.
- Continue to participate in individual and group therapy.
- Initiate family sessions according to treatment plan.
- Display respect for surroundings – other people, facilities, etc.
- Begin to display acceptance of others (tolerate differences, display kindness).
- Participate cooperatively in school.
- Take responsibility in the cottage for chores, tasks, and room cleanliness.
- Follow rules in general.
- Display acceptable hygiene.
- Begin to learn healthy emotion regulation skills (identify and practice 3).
- Begin to investigate and search in regard to spiritual matters.





# PHASE SYSTEM

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Continued

## PHASE 3: BUILDING

- Recognizable progress is made on personal goals.
- Display greater positive behaviors, self-control, and honesty.
- Participate positively and actively in group counseling and house meetings.
- Trust with staff and peers is building.
- Demonstrate a higher level of self-motivation in regard to chores, tasks, responsibilities.
- Display accountability – owning up to mistakes, accepting redirection and feedback.
- Work to improve family relationships with healthier, respectful communication.
- Show less reliance on unhealthy coping strategies.
- Begin to think before acting, anticipating consequences for behavior.
- Display responsibility in school, making use of time in class to earn credits.
- Begin to display ownership over personal spiritual beliefs.

## PHASE 4: STRENGTHENING

- Display competence toward healthy conflict resolution.
- Family relationship problems are being significantly resolved.
- Establish personal value system.
- Display concern toward others, generosity, helpfulness.
- Is able to appropriately confront or challenge peers.
- Display personal responsibility for behavior.
- Appropriately seek others for support, displaying openness.
- Display age-appropriate social behavior in the cottage, on campus, and off campus.
- Effectively use healthy emotion management and very little use of unhealthy coping strategies.

## PHASE 5: LAUNCHING

- Identify a support network of individuals in home community.
- Develop a plan for staying connected with support network.
- Complete a behavior plan that includes responsibilities and limits related to home community.
- Create a list of realistic expectations of self, others and situations in preparation for return to family and home community.
- Generally accept reality – the good and bad in self, others, and the world.
- Regularly display an attitude of submitting to authority and others out of choice and freedom.
- Identify positive uses for talents and strengths in home community.
- Is aware of strengths and weaknesses.



The residential program offers a comprehensive educational program through its partnership with the Metropolitan School District of Wabash County. The district operates an on-campus school that is fully accredited by the Indiana Department of Education.

Here, the computer-based curriculum allows students to recover missing credits as well as earn credits at an accelerated rate once proficiency is demonstrated. The variety of educational programs provided allows students to maintain and/or advance from their current grade level and pursue a General, Core 40, College Prep or Academic Honors Diploma.

The curriculum is supplemented with enrichment activities such as general classroom discussions and off-campus field trips that reiterate core themes of healing, development, teamwork, compassion and respect.

## KEY FEATURES OF OUR ACADEMIC PROGRAM

- Monday through Thursday class schedule
- Individualized college prep classes
- Holiday breaks and extended seasonal breaks
- Licensed and certified teachers
- Structured classroom setting
- Special education services, Individual Education Plans (IEPs)
- Speech, occupational and other support therapies available
- Modified year-round school calendar
- APEX curriculum

With a low student-to-teacher ratio, strict behavior standards, a uniform policy, and mandatory study times, students have the opportunity to experience academic success, many for the first time.

“WHETHER A TEEN’S STRUGGLE IS CONDUCT, SCHOOL OR EMOTIONAL PROBLEMS, HER ISSUES ARE TENDED TO FROM ALL LEVELS FOR A THOROUGH RECOVERY AND RESTART.”

– DR. JOHN TOWNSEND



# YOUR CHILD'S SCHEDULE

	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
7:00	Breakfast / Chores / Devotions	Breakfast / Chores / Devotions	Breakfast / Chores / Devotions	Breakfast / Chores / Devotions	-	-	-
8:00	School	School	School	School	Breakfast / Chores / Devotions	Breakfast / Chores / Devotions	Breakfast / Chores
9:00	School	School	School	School	Equine-Assisted Growth & Learning	Volunteering	Cottage Time
10:00	School	School	School	School	Equine-Assisted Growth & Learning	Volunteering	Church
11:00 - 12:15	Cottage Time	Group Therapy	Cottage Time	Group Therapy	Cottage Time	Cottage Time	Church
12:15 - 12:45	Lunch	Lunch	Lunch	Lunch	Lunch / Rudy's Cafe	Lunch	Lunch
12:45 - 2:00	School	School	School	School	Phase Meetings	Cottage Outing***	Super Clean
2:00 - 3:00	School	School	School	School	Volunteering	Cottage Outing***	Super Clean
3:00 - 4:30	Psycho-Education	Spiritual Life Group	Didactic Group*	Studio 27	Recreation	Cottage Outing***	Recreation
4:30 - 5:30	Recreation	Recreation	Recreation	Recreation	Recreation	Recreation	Recreation
5:30 - 6:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:30 - 7:00	Cottage Time	Cottage Time	Cottage Time	Cottage Time	Cottage Activity	Cottage Activity	Youth Group
7:00 - 7:45	Study Time	Cottage Time/ NA Group	Study Time at Modoc's	Cottage Time/ NA Group	Cottage Activity	Cottage Activity	Youth Group
7:45 - 10:00	Cottage Time / Showers	Cottage Time / Showers	Cottage Time / Showers	Cottage Time / Showers	Cottage Time / Showers	Cottage Time / Showers	Cottage Time / Showers
10:00	Bed	Bed	Bed	Bed	Bed	Bed	Bed

Our students are also connected in individual activities engaging their interests, talents and gifts. These activities take place at various times throughout the week. Past/present opportunities for students to serve and learn include:

Heartland Career Center  
Little Friends Day Care  
Wabash County Animal Shelter

Rudy's Place Cafe  
Individual artistic lessons  
Miller's Merry Manor

Campus Life Center  
CNA Certifications  
... and many more locations

*Individual and family therapy each occur weekly and are scheduled individually.*

*\*Didactic - Education group teaching key components of our therapeutic growth model, including Bonding, Boundaries, Reality & Competence.*

*\*\*Educational Group teaching healthy living in areas of money, drugs and sex.*

*\*\*\*Cottage outings include: trips to the local mall, Indianapolis Zoo, laser tag, movie theater, putt-putt golf, etc.*



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# EXPLANATION OF FEES

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## **COMPASS ROSE ACADEMY MONTHLY TUITION**

The Board of Directors of Compass Rose Academy sets the monthly fee based on room and board, counseling and academic services, and program and activity expenses as well as evaluation of projected donations to the Compass Rose Academy program. The monthly tuition is due by the 5th of every month. A prorated invoice will be created for enrolling families, and that prorated tuition fee will be due on the day of admission.

## **APPLICATION FEE**

An application fee of \$75.00 is required with the submission of an application to begin your child's admission assessment.

## **TUITION DEPOSIT**

There is a \$900 tuition fee due on the day of admission, which is held in escrow until the completion of the program. This deposit can also be paid early to hold a spot for your child. If all tuition-related expenses are paid in full when the student is released from care, this deposit will be returned.

## **MEDICAL DEPOSIT**

Similar to the tuition deposit, a \$400 medical deposit is collected on the day of admission. All medical expenses such as psychiatrists, general doctor appointments, dental and optometry visits, etc., are all billed through the child's primary insurance on file. All medical balances are the responsibility of the guardian. If all medical-related expenses are paid in full when the student is released from care, this deposit will be returned.

## **EXPENSE ACCOUNT**

An expense account is set up for each child to cover the cost of personal items such as toiletries, extra-curricular activities, snacks, and minimum clothing needs. This account is set up through our local Wells Fargo and is managed by the child throughout the duration of treatment as a budgeting and learning experience. The student will let her parents know when the account is low, and it will be the parent's responsibility to make a deposit into the account, as the parent feels appropriate. Many parents deposit a monthly allowance. The first deposit is made on day of admission.



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# EXPLANATION OF FEES

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Continued

## **ACADEMIC EXPENSES**

Compass Rose Academy's educational fees are covered within our tuition costs. Our tuition covers educational costs such as teacher's salaries, online curriculum, and core textbooks. In the event that a Compass Rose Academy student needs additional tutoring for any class, a parent will be contacted for approval of costs to be charged to their expense account or to be paid directly between the parent and tutor.

## **ADDITIONAL FINANCIAL RESOURCES**

Compass Rose Academy is willing to discuss alternative financial arrangements to cover the cost of a child's participation in the Compass Rose Academy program. This may be through our scholarship program, loans, assessing medical insurance benefits, possible victim's assistance funds, adoption subsidies, Department of Education funding, or the generation of support through your community and family. We are happy to talk through these options with you. Please contact us at the Compass Rose Academy offices to discuss further.



# NEXT STEPS

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## STEP 1 INQUIRE

### INQUIRE

Call admissions to discuss if Compass Rose would be a good fit for your daughter.

### VISIT OUR CAMPUS

We strongly encourage parents to set up a time to visit campus to meet the program team and see our facilities.

### APPLY

Download and complete [Step 2: Application](#) packet.

## STEP 2 APPLY

### VISIT OUR CAMPUS

If you have not already done so, we strongly encourage parents to set up a time to visit campus to meet the program team and see our facilities.

### SUBMIT

Submit an application, your daughter's medical records and other forms from the [Application Packet](#).

### ACCEPT

If your daughter is clinically accepted and all other documentation is complete, set an admission date.

### ENROLL

Download the [Step 3: Enrollment](#) packet.

## STEP 3 ENROLL

### FINALIZE

To prepare for admission day, please contact us to set up the most convenient time for your daughter's admission to Compass Rose. We will provide a schedule for you of the layout of your daughter's admission day.

### VISIT OUR CAMPUS

Your daughter's admission day will be scheduled from beginning to end to ensure a steady transition into Compass Rose. Admission day varies depending on the time and day that your daughter is enrolled as well as any special circumstances that need to be considered.



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