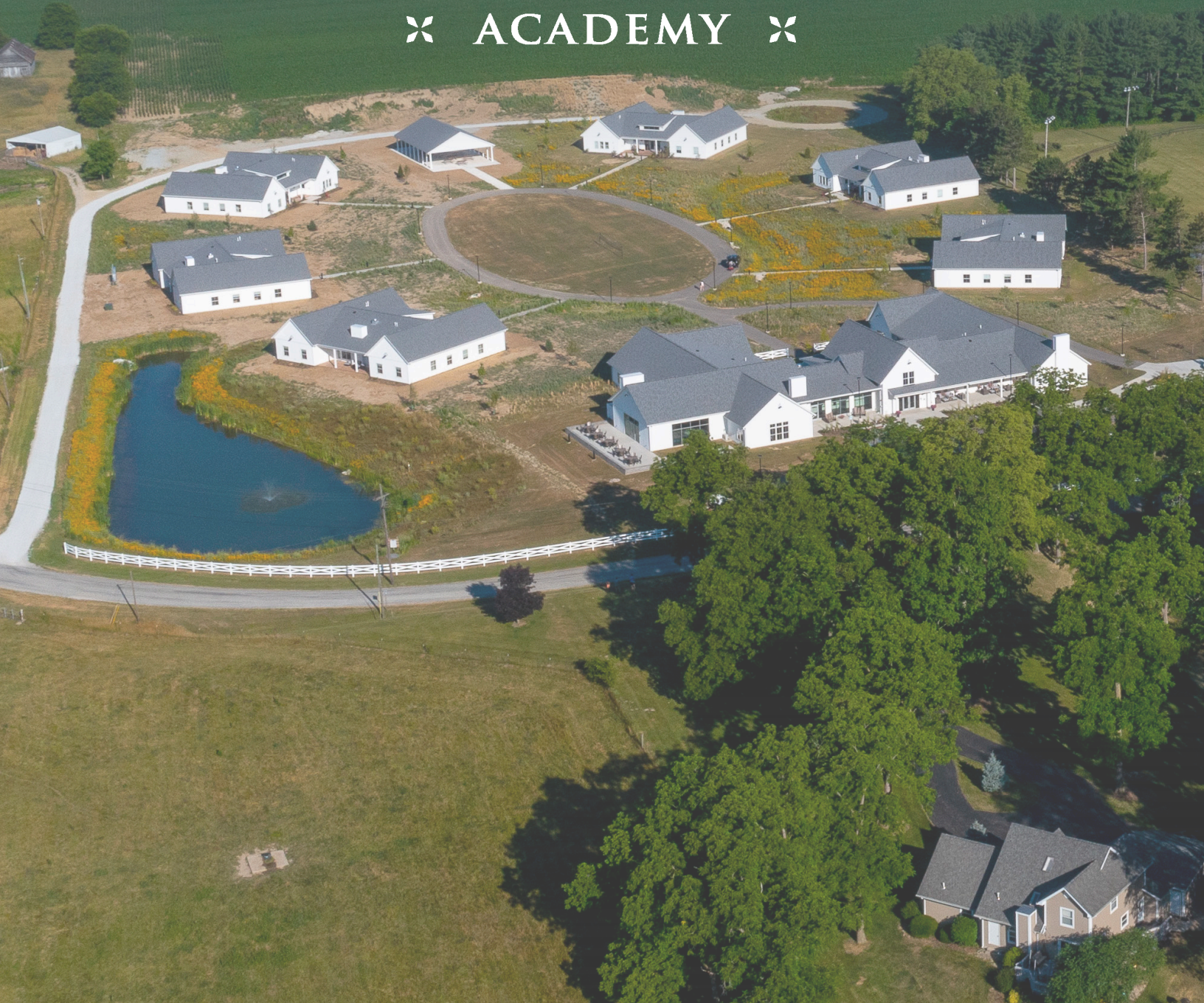




COMPASS ROSE

✕ ACADEMY ✕



A place to *heal*. A place to *grow*.

A PLACE TO HEAL, A PLACE TO GROW

On August 27th, 2021, Compass Rose Academy cut the ribbon on their new campus. The decision to build an autonomous campus for the Compass Rose program stemmed from an increasing demand for our therapeutic residential services for teen girls and their families. Throughout the construction process, each detail was thoughtfully considered to create an ideal setting for growth and healing. We are so excited for this next chapter in the Compass Rose story and thank God for the generosity of donors who made it possible!



A LETTER FROM MIKE

As we reach 10 years of providing hope and healing at Compass Rose Academy, I recognize that deciding to come to CRA isn't like choosing where to shop, eat, or even where to go to college. Parents describe it as a gut-wrenching decision with admission day being one of the hardest days of their lives. For students, it most likely wasn't their idea to enroll in a boarding school and enrolling may have been the hardest day of their lives as well.

However, in the end, many express their memories of CRA are marked with connection, victory, and hope. When reflecting on this difficult season, many students say they had never experienced friendships as close as when they walked through the treatment journey side-by-side with others who shared many of the same experiences. We have created this publication in an effort to continue to connect with you and provide you reminders of the supportive community you have alongside you in this journey.

We hope that each of our alumni's journeys through CRA helped to build a sense that hope and triumph can emerge from even the most trying of circumstances. We hope that you continue to carry with you a sense that life is less about reaching a peak of perfection as much as it is about experiencing relationship with God and others, drawing hope and strength from those relationships, and experiencing growth and healing over time.

These next few pages celebrate the last 10 years and look toward the next 10 and beyond. We look forward to continuing in relationship with you as we remain a place to heal and a place to grow for future families.

In Christ,



Mike Haarer, PhD, LMHC



SPIRITUAL LIFE AT CRA

The spiritual life program at Compass Rose Academy gives students several structured activities throughout the week to engage their faith wherever they find themselves.

Weeks kick off with attending church together on Sunday mornings, and students are given the option to attend youth group on Sunday evenings. Both these opportunities are times when we intentionally engage with the community around us, and community members are given the opportunity to pour into our students through simple conversations. Throughout the week, students engage in Bible class every morning in school and are given a chance to participate in Bible studies weekly. These Bible studies seek to actively engage students who are seeking to know and understand their faith on a deeper level. It is a time of deep and intentional questions, laughter, and exploration of the Bible in exegetical studies. While they journey through their time at Compass Rose Academy, students are given the task of articulating just what their faith looks like, how it might differ from their parents, and why they believe what they believe, putting forth foundational work in their faith journey.

Compass Rose Academy continually seeks to be conduits of God's grace into the lives of our students. We see this being done largely by staff living in relationship with students and displaying the impact of Christ in their own lives through their actions, reactions, and conversations among one another and the students. All of this helps display to students that spirituality is not a compartmentalized section of our life that only belongs on a Sunday morning but rather, Christ is someone that bleeds into all aspects of who we are.

This same philosophy applies to the spiritual life program in itself. While we continually seek to present intentional times for students to deepen their faith, we also know that some of the most impactful times in our faith are had at conversations around the dinner table, in how we learn in school, or while doing afternoon recreation. With this in mind, our student chaplain engages in many areas of life with the students, but also seeks to partner alongside staff and the ministry that they are doing day in and day out.

Here at Compass Rose Academy, we believe in the power of questions and equip our students to ask hard questions. We seek to journey with them together in finding answers that are not rooted in what the world is screaming, but what the Bible is continually displaying. Through engaging in these questions, we push students to discover who they are created to be in Christ, which is sometimes so contrary to what the world tells us. Our deepest desire is that the Gospel would be at the heart of everything we do. We love students radically because Christ has loved us radically. We do this by engaging the students where they are and calling them to see what Christ has for them. We desire heart-deep righteousness in ourselves and our students, and we pray that His Kingdom will come with every step that we take and every student we are gifted to love.





ALUMNI SPOTLIGHT

Meet Monica.

After several unsuccessful encounters with treatment facilities across the country, Monica's mom brought her to Compass Rose after it was recommended to her by another facility. When she first arrived at the age of 16, she had been described as a rebellious teenager with oppositional defiant disorder (ODD) and a history of drug use.

During her two years at Compass Rose, Monica learned how to target unhealthy behaviors, how to resolve interpersonal conflicts with her family, and how to be accountable for her own actions through individual and group therapy. She also formed a close relationship with Mary Kramer, a mentor from the local community. They shared a love of dance, and Mary invited Monica to join her in worship dance ministry in local churches. Monica also grew academically while at CRA, which opened up opportunities for her future.

"CRA provided me with a safe environment where I felt supported enough to try new things that I never thought I was capable of, such as going to college," said Monica. "As the first student to start college while at CRA, I was able to take college courses online. By the time I left Compass Rose, I had completed my first semester of college, which gave me the confidence to continue my education after leaving the program."

Monica went on to Northern Illinois University, where she earned a Bachelor of Science in Public Health. Her interest in the field of public health came out of her time at CRA.

"My experience of being provided high-quality professional help during the most crucial years of my youth contributed to me developing an interest in pursuing a career in public health, and I have a passion for protecting and improving the health of communities," said Monica.

Seven years after graduating from CRA, Monica and her mentor, Mary, remain close friends, and Monica has just recently graduated with a master's degree in public health from Northern Illinois University. She has a daughter and is pursuing a career that focuses on using evidence-based approaches to preserve and strengthen the health of communities.

We are so proud of Monica and how she took what she learned at CRA, allowed it to impact the trajectory of her life, and is now working toward changing others' futures as well.

GROWTH MODEL

"Thanks for always showing me that you love me no matter what stupid things I do."

A recent CRA graduate shared this with a staff member on her graduation day. Stupid, embarrassing, flagrant, humiliating....there are lots of words to describe the poor choices we make. Shame is woven into all of these.

But it isn't just teenagers. Shame is a brutal experience of self in which we feel exposed and self-conscious. Shame robs us of energy and leads to feeling unmotivated. We might also experience guilt or grow defensive. If we're honest, we feel loathing and regret. In essence, we feel unworthy. Researchers tell us that we feel shame as early as 15 months old. This means shame is stored deep in our brains and partially explains why it's so hard to reverse.

Getting caught in a cycle of shame is a common human experience. Feeling flawed leads to insecurity and fearing rejection. Fearing rejection often causes us to withdraw from genuine connectedness to avoid accumulating more shame. But as the cycle of shame repeats itself, more shame builds up and causes impairment. Shame is often at the source of difficulties like relational ruptures because blame is the discharge of shame. Mental and emotional health challenges like substance abuse, depression, and anxiety also have roots of shame.

In essence, shame obstructs and binds us. But...

Grace metabolizes shame.

Breaks it down.

Turns it into energy we can use.

Grows us.

Grace is the redemptive agent of change given by a God who is gracious himself. While we need grace in our spiritual lives, we also need grace in our human relationships. When we experience grace from another human, we experience radical acceptance of all our flaws. Over time, we can take in this acceptance and grow to be more compassionate to ourselves as well. We can build a sense of self that is accepted and loved.



On that graduation day, our student was reflecting that she had taken in the character capacity of reality: not being perfect, just loved. What she didn't say is that as she let people into her life, their grace helped her metabolize her shame which gave her energy to grow in other ways. Our good God knows we need grace repeatedly from multiple sources to actually break down and repurpose the shame we encounter.

May we be people who allow others into our shame to work it out. And may we be givers of grace to help metabolize the shame in others.



PROJECT BASED LEARNING

Over the past few years, The Academy at Compass Rose has adopted a new methodology of instruction called Project Based Learning (PBL). According to pblworks.org, "PBL is a teaching method in which students learn by actively engaging in real-world and personally meaningful projects." A true, authentic PBL project has the following elements: a challenging problem or question, a sustained inquiry, authenticity, student voice & choice, reflection, critique and revision, and a public product.

The reason why The Academy decided to implement this new model of instruction is because we want students to be prepared for life outside of the classroom. In our everyday lives, we utilize skills such as collaboration, critical thinking, and creativity to be successful in both the workplace and post-graduate studies. We are required to carry out projects on a team, come up with ideas of how to solve problems within an organization, balance multiple responsibilities, and present our ideas to an audience in a way that is clear, professional, and relevant to the topic at hand.

These skills have to be learned and practiced in order for students to be successful.

When students engage in PBL, they are getting a chance to practice these skills in real time with their teachers, peers, and outside stakeholders. PBL culminates with students having the opportunity to present their learning to an audience that is relevant to the topic at hand.

For example, this school year our Child Development class was studying the impact of nutrition, physical activity, and mental health during pregnancy. For this PBL, the students were asked to design a weekly wellness plan for an expectant mother. Students researched healthy recipes, low impact exercise, and explored various ideas for self-care. As the project culminated, they were able to present to an expectant mother and offer a variety of meal plan ideas. We are excited to see how this new method will continue to improve students' academic success at Compass Rose and beyond.



2022-2023



COMPASS ROSE
× ACADEMY ×

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Our Mission Statement

Compass Rose Academy is a Christian residential treatment center that uses emotion-focused and experiential interventions to prepare students for their next stage spiritually, relationally, emotionally and academically.

CONNECT WITH US



HOW YOU CAN HELP

Refer an employee

The residential team is the backbone and blessing of Compass Rose Academy.

Learn more at compassroseacademy.org/careers

Share about CRA with others

At Compass Rose, we believe every girl who needs healing should feel supported on her journey.

Learn more at compassroseacademy.org/admissions

Support

Together, we can ensure teen girls and their families have access to the care they need for years to come.

Learn more at compassroseacademy.org

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