



COMPASS ROSE

✕ ACADEMY ✕

2023-2024



"I fell in love with my daughter again, and I have Compass Rose to thank for that."



"We enjoyed every minute to be a part of the positive environment fostered by CRA and the caring and truly interested staff in whom we've entrusted our most valuable treasure—our daughter. Please keep up the great work and never lose sight of what really matters in this world and beyond."

"...her communication skills and love for herself has exponentially grown...she's taking feedback well and asking for feedback."



"Thank you. We have learned so much about parenting and are very thankful to have her back home. She is so connected to me in a way I don't think she would've ever been."



A LETTER FROM MIKE

As people, our most basic human longing is to connect. Often what keeps people from feeling loved is the set of beliefs that they have about themselves being unlovable. Brene Brown says the difference between people who carry a deep sense of love and belonging and those who do not is that those who do simply believe they are worthy of love and belonging. It sounds so simple. Especially when you consider how many problems related to mental health and addiction are related to difficulties creating and maintaining meaningful connections with others.

This year in particular, I have been focusing on centering my heart and mind around the reality that I am a beloved child of the God of the Universe. I know on the surface this sounds like a Sunday School truth that many of us grew up hearing. How often, though, does that amazing reality get drowned out by competing beliefs about ourselves as flawed, messed up, and even unlovable people? Many of us actually spend our entire lives trying to measure up. We try to convince ourselves and those around us that we're worth connecting with, loving, hiring, trusting, and so on.

Not only am I centering my heart and mind on the reality that I am a beloved child of God, but I'm also finding myself wanting to make sure others around me get it too. You too are a beloved child of God. That is your identity. It is who you are.

In Romans 8:15-16, Paul writes, "And you did not receive the 'spirit of religious duty,' leading you

back into the fear of never being good enough. But you have received the 'Spirit of full acceptance,' enfolding you into the family of God. And you will never feel orphaned, for as he rises up within us, our spirits join him in saying the words of tender affection, 'Beloved Father!' For the Holy Spirit makes God's fatherhood real to us as he whispers into our innermost being, 'You are God's beloved child!'"

You have a Father who fully knows, loves, and accepts you. Your identity in him is not based on how hard you try or what you do to measure up. I am convinced that as you let this reality sink deeply into the core of your being, this will become the foundation for healing and restoration.

In Christ,



Mike Haarer, PhD, LMHC



I am fully
KNOWN ACCEPTED
LOVED

A PLACE TO *belong*

Here at Compass Rose Academy, we have a fundamental desire to be a place for individuals and families to belong. We do not believe we are just a stopping place in a hard season of life or a moment in time to forget. Rather, as a whole staff, we do our best to provide students with a place to call home that lasts far beyond their time spent on the CRA campus. When you come to CRA, you become part of a family.

This is our desire as an organization not simply so that we might make people feel welcome or comfortable. While those are beautiful results, we put this value forward as truth because we believe that we belong in Christ's family through his adoption of us. This belief impacts how we live and how we want others to experience their own journey in life. In seeking to be a place to belong, we reflect a key aspect of Christ's kingdom to our students, our families, and our staff.

Being adopted into God's family means no matter our circumstances, no matter what we experience, no matter the shame that consumes us because of the things we have done or have not done, we have a place at the table – not because we have done something marvelous or worthy of adoption, not because we have the right color hair or are the right age in the family line up. We are adopted because we are desired, set apart, and designed to be a part of the family. We have been chosen specifically and without our own merit, which in turn means we can do nothing to lose that adoption or be kicked out of the family. Often we spend time disqualifying ourselves from the family line, convincing ourselves that we have done too much, gone too far, and gotten ourselves kicked out of the family. The reality of Jesus and the cross says this is not only not true but impossible.

When it comes to Spiritual Life programming at CRA, being a place to belong plays itself out in several different ways. We want to engage students and equip them to ask the crucial and hard questions that they often feel they don't have the space to ask. We seek to journey with them in finding answers that are not rooted in what the world is screaming, but what the Bible is continually displaying. Through engaging these questions, we push students to discover who they are created to be in Christ's family. Through Bible studies, chapel teaching, Bible class, church services, and daily relationships, we invite them to experience a place to belong in the Kingdom. We remind them that their past or their future will never change their adoption status. They are adopted because they have been chosen, and since they have been chosen, their life is meant to look radically different.

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 with every student we are gifted to welcome into the CRA family.





ALUMNI SPOTLIGHT

Meet *Haylee.*

Before coming to Compass Rose at 16, Haylee was struggling in her relationship with her parents after their divorce and was headed down a destructive path as a result of several detrimental choices.

During her time at CRA, Haylee discovered how to stop dwelling in her difficult emotions by learning how to communicate what she needed and how to set boundaries. She also began to recognize what healthy relationships look like and started building them with her family and friends. She was challenged to make her faith her own by asking questions and defining what she believed apart from her parents.

When recently reflecting on her time at CRA, Haylee wrote, "Most importantly, I found myself. I learned so much about myself and what I wanted with my life. I had hope for my future and wanted to live it. I learned so much about my faith and became a stronger Christian while becoming a stronger person. I came out of CRA with lifelong friends and lifelong tools under my belt to help me on my journey as an adult."

Since graduating from CRA, Haylee has continued to grow in her relationship with God, improve communication with her parents, and keep her boundaries strong.

"I am now 18 and I don't go a day without being so thankful for my opportunity to go to CRA and change my life," said Haylee. "Thanks to CRA I am on the right path in my life."

OUR OUTCOMES

A family's decision to enroll their teen at CRA is burdensome. Parents and teens frequently reflect that admission day is one of the lowest days in the life of their family. Parents express feeling exhausted at working through all the options to avoid residential treatment, and teens express sadness about all to which they are saying goodbye to rebuild a life worth living. It's not uncommon to hear a residential supervisor reassuring a family on admission, "We got this! – go home and take a nap." And it's also not uncommon to hear a therapist reassuring a teen, "There is a long journey ahead, but you're not alone – I'll be right beside you for every step." For CRA staff, admission day holds much hope for the restoration of the mental health of the teen as well as the repair of the family relationship.

Over and over students report that they feel "beloved" by the staff that are charged with their treatment and care at CRA. Here is a sampling from students about the relationships they have with CRA staff:

"All of the staff care deeply for us."

"She's always there when you need her. She is a good talker and will support you when you need her. She will let you know when you are wrong, and I appreciate that."

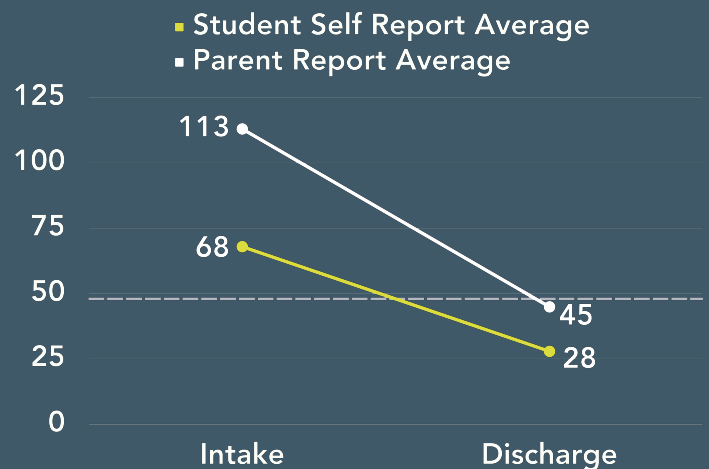
"She takes time out of her day to sit with me for a long time so I can process."

"She can challenge me."

"She tells me what I am improving and relates it to being at home."



YOUTH OUTCOME QUESTIONNAIRE



One of the ways we measure outcomes is through the Youth Outcome Questionnaire (Y-OQ). The Y-OQ is a measure of treatment progress for children and adolescents (ages 4–17) receiving mental health interventions. It is designed to reflect the total amount of distress that a child or adolescent is experiencing. Scores below 47 indicate that functioning has improved and is below clinical threshold.

CLIENT SATISFACTION

Students: **3.58**

Parents: **3.8**

At points throughout the year and at discharge, we evaluate various aspects of client satisfaction as part of our performance improvement process as a feedback-driven system. A score of 3 indicates "satisfied" while a score of 4 indicates "extremely satisfied."



CULTIVATING BELONGING

When mental health struggles coincide with academics, it can be hard for students to rebound from failure or negative experiences with school. Prior to treatment, it's not uncommon for students to have acquired excessive absences, experienced bullying, navigated negative peer influences, or fallen behind academically. At The Academy at Compass Rose, we seek to offer our students a fresh start and a sense of belonging and acceptance when they walk through the doors. Offering students a different school experience is one of the key goals of The Academy. More importantly, we also communicate the message that not only is our staff accepting of where each student is at, but that God fully accepts them right where they are as well.

Belonging is cultivated in a variety of different ways at The Academy. This includes a thorough orientation with each new student to ensure they fully understand the routines and procedures of our school. In addition, with students coming in at different times of the school year, teachers emphasize a variety of community building activities in each classroom to help them orient to a new environment. In class, students are regularly asked to explore their personal interests and display their learning in a variety of ways. Teachers differentiate instruction methods to meet students where they're at academically and provide accommodations to students that need them. All of these procedures aid in culminating a sense of belonging within the school environment.

In addition, The Academy seeks to represent a variety of different cultures and backgrounds in our curriculum materials and environments. Teachers

highlight successful women in history and students read texts from diverse authors. When students see themselves in their work, it aids and empowers them to step into their authentic selves with confidence.

One ninth-grade student shared, "Before I came here, I was bullied and very behind in school. I came here for a new opportunity to restart and to show the best parts of myself in school. The first week of school here was very different from what I was used to. It was more at my pace, and I felt less stressed. The teachers were kind, and the students were more accepting. If I got into conflict, the teachers were there to talk with me and support me. The Academy has inspired me about what next steps I want to take when I go home. I now know that even when I'm struggling in school, I'm not failing as a person. They accommodate my needs."

The Academy has spent the past several years reflecting on and improving our academic processes in order to meet the needs of our students. Our team has gained accreditation with both ACSI (Association of Christian Schools International) and Cognia. Throughout these accreditation processes, we examined a variety of different facets of our programming to ensure that we were utilizing best practices in all areas. Our team continues to reflect on ways to grow and improve, meeting frequently throughout the school year for professional development opportunities. Also, our Biblical Integration committee meets monthly in order to review and update curriculum to ensure a biblical worldview is interwoven through all aspects of our curriculum.



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.

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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

