

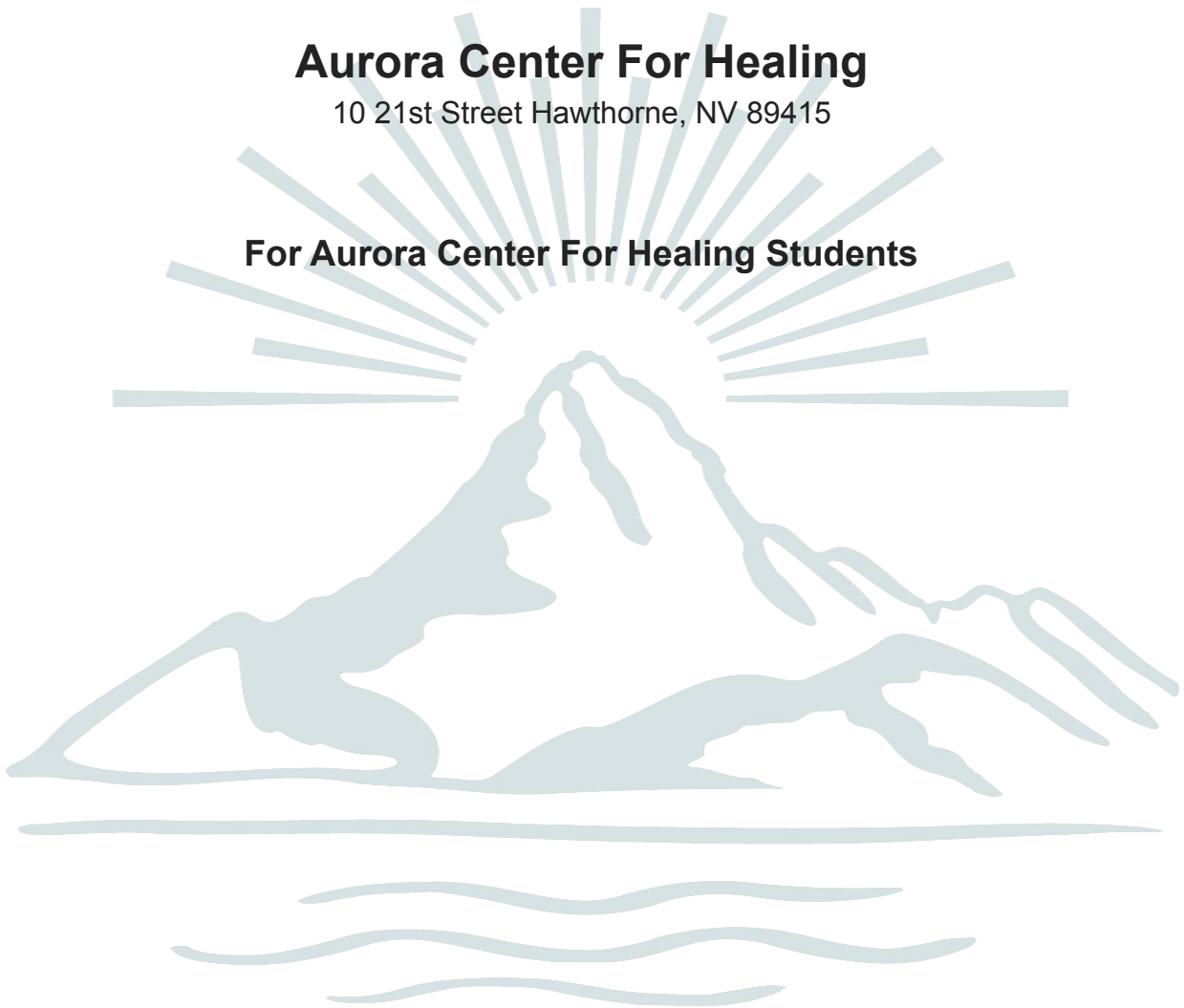


## **Student Handbook**

### **Aurora Center For Healing**

10 21st Street Hawthorne, NV 89415

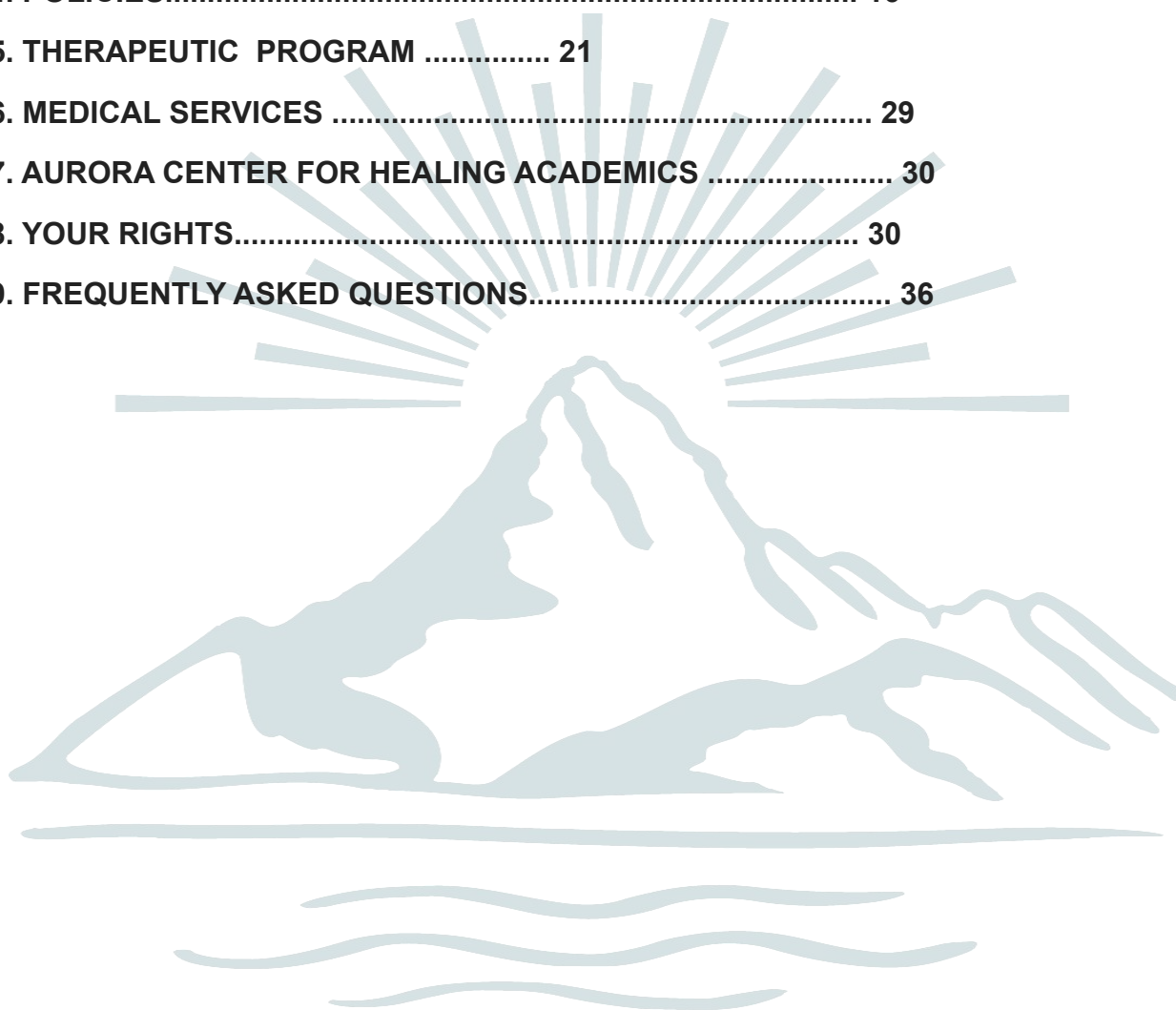
**For Aurora Center For Healing Students**



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## 1. AURORA CENTER FOR HEALING MISSION:

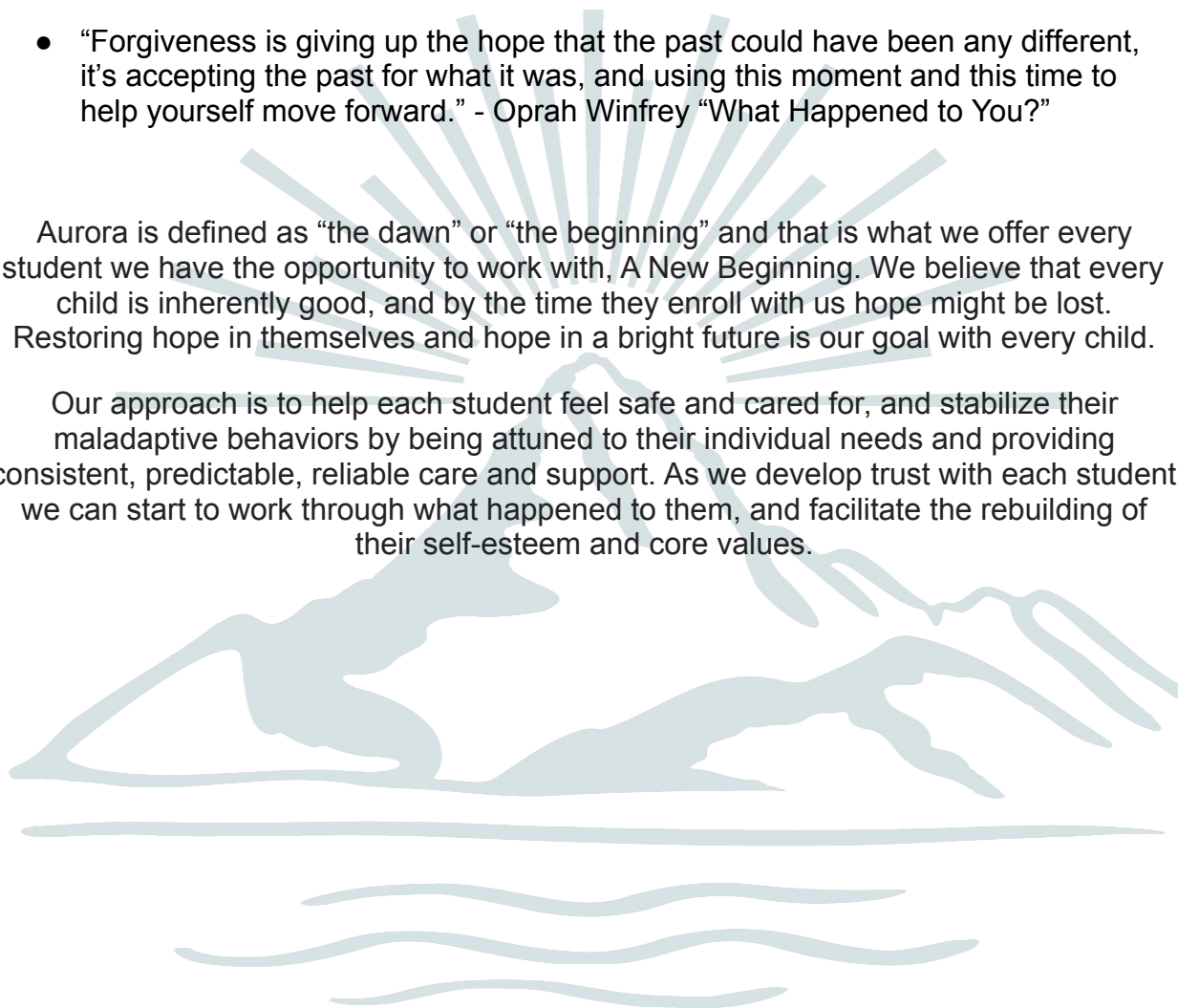
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### Restoring Hope, A New Beginning

- We are committed to providing hope and healing after trauma
- Every person is worthy of a new start, every day
- “Forgiveness is giving up the hope that the past could have been any different, it’s accepting the past for what it was, and using this moment and this time to help yourself move forward.” - Oprah Winfrey “What Happened to You?”

Aurora is defined as “the dawn” or “the beginning” and that is what we offer every student we have the opportunity to work with, A New Beginning. We believe that every child is inherently good, and by the time they enroll with us hope might be lost. Restoring hope in themselves and hope in a bright future is our goal with every child.

Our approach is to help each student feel safe and cared for, and stabilize their maladaptive behaviors by being attuned to their individual needs and providing consistent, predictable, reliable care and support. As we develop trust with each student we can start to work through what happened to them, and facilitate the rebuilding of their self-esteem and core values.



## 2. Program Outline:

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### ACADEMICS

- **Online Learning**

- Provided through Nevada Online Learning through Mineral County School District.
- We believe that every student has the ability to be successful academically, and our teachers and academic coaches work with our students to provide the right learning opportunities for each student. Utilizing online education, and a school schedule that allows for time to move and spend time outside throughout the day, we are able to meet each student where they are at academically and help them get caught up on their academics during their time with us.
  - Each student will be provided with a Chromebook to use while they are in class
  - Class is held M-Sat in a morning block and afternoon block
  - When a student reaches Phase 4 they may take vocational education classes and electives at the local high school
  - A teacher and paraprofessionals are available in the classroom for support and assistance

- **Homework**

- Students will have the responsibility to complete homework assignments during their academic blocks

- **Student Leadership**

- As our students progress through their individualized programs they have an opportunity to participate in Student Leadership. Each quarter we elect a class president and officers from Phases 4-5 of the program to plan fun and meaningful activities like program completion and graduation, prom, and service projects. We know our students will hold leadership positions in their lives, and we want to prepare them to excel in those roles.

## THERAPY

### Treatment Philosophy

- Aurora Center for Healing is dedicated to enhancing the psychological, emotional, and interpersonal functioning of its students. Efforts to help students modify dysfunctional behaviors and to teach improved coping skills are accompanied by an emphasis on accepting and respecting students as individuals with diverse backgrounds, interests, and abilities.
- We utilize a developmentally aware, attuned-relationship based treatment model and provide support, encouragement, and feedback. We use The Choice Dialogue to help students learn to make positive choices for themselves and replace maladaptive and self-destructive behavior with healthy coping skills. Through this process our students learn how to have better coping skills, better social skills, and how to express themselves, which increases self-esteem and confidence in their choices.

### Therapy each Student will be participating in:

- Individual Therapy
  - Individual therapy is provided once a week. Our therapists are trained to help students work through trauma and use a variety of modalities to do that. Therapy sessions allow students an opportunity to examine their own thoughts, change maladaptive thinking patterns, and discuss their problems. As the leader of our students' treatment teams, our therapists work on an individualized treatment plan that is made specifically for each student's unique needs.
    - Here are some of the modalities our therapists use:
      - Cognitive Behavioral Therapy
      - Dialectic Behavioral Therapy
      - Eye Movement Desensitization and Reprocessing Therapy
      - Family Systems Therapy
      - Motivational Interviewing
      - Sandplay Therapy
- Group Therapy
  - Provided twice a week at minimum and the focus is on group dynamics, social skills, and patterns of behavior and perception in groups.

- **Family Therapy**

- Provided once a week via video call. We make great efforts to ensure that families stay connected during their child's time with us, and that they are learning and growing individually and improving their family dynamics. We help the family to work towards healthy, positive interactions and reunification when possible.

- **Addiction Therapy and Recovery**

- To cope with the effects of trauma, many of our students have turned to drugs and alcohol. In addition to individual therapy we use The Seven Challenges, an addiction recovery program specifically geared towards teens. Students who need to be involved in addiction recovery work will have 2-3 group meetings a week, as well as individual therapy sessions focused on The Seven Challenges. We want to show our students that a sober life is beautiful and fulfilling, and they can cope with life's challenges in healthy ways.
- Narcotics Anonymous
- Alcoholics Anonymous

- **Psychiatric Consultation**

- Provided twice a month for each student by our psychiatrist, Dr. Ellen McBride.
- Includes regular monitoring of the medication currently prescribed for each student, and consultation with the treatment team regarding the student's treatment progression.



**RECREATION**

- **Recreational Therapy**

- One of the best ways to connect with yourself and others is in nature. A few of the outdoor activities our students have the opportunity to participate in are weekly hikes and nature walks in the surrounding mountains, swimming, paddleboarding, and kayaking at Walker Lake in the summertime, rock climbing, and camping trips every quarter.

- **Coed Activities**

- Healthy friendships and relationships are the most important aspect of our lives, and yet many of our students have struggled to make and keep friends, and have engaged in harmful, codependent relationships. At Aurora we provide weekly, structured therapeutic coed activities for our students to learn how to have healthy boundaries with themselves, to respect other people's boundaries, and how to just have fun with a group of friends and be themselves. Dating while at Aurora is not permitted, but we foster friendship, connection, and support in a positive peer culture.

- **Outdoor Adventure**

- One of the best ways to connect with yourself and others is in nature. A few of the outdoor activities our students have the opportunity to participate in are weekly hikes and nature walks in the surrounding mountains, swimming, paddleboarding, and kayaking at Walker Lake in the summertime, rock climbing, and camping trips every quarter.

### **Sports**

- Many of our students enjoyed participating in sports when they were children, but as they got older and their mental health challenges increased they lost interest in things they enjoyed. At Aurora we play both on-campus intramural sports, and off campus community sports, including softball, baseball, basketball, and volleyball.

- **Equine Therapy**

- Students will have the opportunity to care for and ride horses. You will learn to saddle, bridle, brush, and develop basic horsemanship skills.

- **Life Skills Activities**

- A great way to improve social skills and decrease anxiety and depression is to learn a new skill and connect with others. Twice a week our students participate in Skills Night. Each quarter we offer a variety of clubs and classes and each student gets to choose what they will be involved in that quarter for Skills night. We offer art, music, dance, leatherworking, jewelry making, performing arts, creative writing, and more. Every opportunity to learn and connect increases our students' self-esteem and world view.

## **EXERCISE**

- **Daily Exercise**

- There is a direct correlation between regular exercise and being mentally and physically healthy. Our students participate in High Intensity Interval Training three times a week, and have the opportunity to lift weights, participate in cardio dance, and practice trauma-informed yoga. These exercises are all things they can continue to participate in when they go home, and one of the ways they will learn how to maintain a healthy lifestyle for years to come.

**Here are a few examples of exercise opportunities your student will have here at Aurora Center for Healing:**

- 
- **Outdoor Track**
  - **Yoga**
  - **Exercise Program**
  - **Basketball**
  - **Volleyball**
  - **Flag Football**
  - **Frisbee**
  - **HIIT**
  - **Soccer**
  - **Softball**

### **COMMUNITY OPPORTUNITIES**

- **Service**

- Students will have the opportunity to serve at different capacities within the Hawthorne Community, including community events, care homes for senior citizens, city clean-up, etc.

### **FAMILY**

- **Staying Connected**

- We want families to stay connected and improve their relationships while their student is staying with us.
  - In addition to the family therapy, each student will have the opportunity to have a 20 minute phone call each week with their student.
  - As the student's progress continues, and moves into Phases 4-5, the Action Stage, the therapist can authorize the student to call 2-3 times a week to help with family connections.
- While the student is working on their trauma and relationships, we ask that the families do the same. We give parents therapy assignments with reading materials, for parents to do and complete with their student, as they move through the Phase Program and The Stages of Change.

- **Family Support**

- Each student and family is assigned a coordinator that will email them weekly, the progress and activities that their student was involved in during the week. They will also receive any photos that may have been taken of their student.
- The Coordinator will also correspond with the parents/guardians about any medical or dental needs the student may have.
- Information about upcoming holidays and birthdays will be discussed with the assigned Coordinator.
- Parents are encouraged to call their Coordinator with questions they may have in regards to their student.

## RESIDENTIAL DORM LIFE

- **Residential Life/Milieu Therapy**

- Aurora's campus is located at the base of the Sierra Nevada Mountains in the small and friendly city of Hawthorne. We have two girls' dorms and two boys' dorms. Students are assigned to homes based on the level of acuity of their current needs. We continually assess each student's needs and provide the support and interventions that will help them move forward in their program.
- We utilize a treatment phase system designed to help students feel safe and to facilitate healing and growth. Expectations placed on the students

in each phase are linked to their current level of functioning. The phase system rewards students for healthy efforts while discouraging them from unhealthy and self-defeating behaviors. As students move through the phases they learn to be more responsible and independent members of the Aurora community. The milieu provides a framework for each student's individual treatment plan.

- **Expectations of Students**

- Aurora Center for Healing strives to foster an environment of mutual respect and responsibility within our program. Students are expected to display the following:
  - i. Respect for themselves, staff and peers at all times.
  - ii. Refraining from the use of profanity, threats, and aggression at all times.
  - iii. Demonstrate respect for property belonging to themselves and others. Careless or willful damage to or destruction of property will result in a charge for the repair or replacement of the relevant article.
  - iv. Lending, borrowing or exchanging items among students is not permitted. students may not possess any contraband materials (see below) while at Aurora Center for Healing.
  - v. Students are responsible for attending and participating in all daily groups and activities
  - vi. Students are expected to follow all program rules and comply with staff requests. students are expected to maintain good personal hygiene, to do their own laundry, and to keep their room and common living space neat and clean.
  - vii. Students are expected to get sufficient sleep at night so they will be alert for school.
  - viii. No more than one student in the bathroom at a time
  - ix. Students may not spend time in any other student's "bedroom area" without permission from staff
  - x. No Piggy-Back rides, or anything like it
  - xi. No massages, that includes back, foot or neck

- xii. Students are not allowed to draw on themselves, absolutely no “tattooing” of any kind is allowed.
- xiii. Students are allowed to wear piercings in their ears, all other piercings will need to be removed.
- xiv. No Kissing (mouth, cheeks, neck and anywhere else on the body)
- xv. No cuddling or holding hands
- xvi. No laying under blankets together
- xvii. No borrowing clothes or jewelry
- xviii. No Stealing
- xix. No Lying
- xx. No Manipulation
- xxi. Music must be pre-approved

- **Meals**

- All meals and snacks will be eaten in the cafeteria or the gazebo, per the residential lead’s discretion
- No food is allowed on the dorms at any time
- Snacks will be available during the school day per our HALTED program and every day at 3:30 pm

- **Spirituality Rules and Guidelines**

- In accordance with their legal rights, students may have contact with clergy from the religion of their choice. Students may attend church or their choice of worship if the students are not a safety risk.
- Mindfulness is a person’s ability to be present and aware, and not over-reactive to emotions or the things going on around them. At Aurora we call it being present and at peace. In addition to teaching all our students mindfulness techniques, each dorm has mindfulness stations in their common area that they can use to ground themselves. Whether it’s a quiet place to read or listen to music, a place to use a sensory item, or a place to stimulate the senses, we provide opportunities for mindfulness right in our dorms, accessible any time.
- Connection with a higher power has been shown to be incredibly effective at improving mental health. We offer interfaith worship services for all our students, and a quiet hour each Sunday to connect with personal beliefs and faith traditions.

## 4. Policies

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### ● Telephone Policies

- Students may call their parents/guardians twice a week during a pre-arranged call time that the Program Manager arranges.
- Parents may approve people for the students to have calls with, and therapists will add them to BestNotes with the proper permissions.
- If a student is on an activity during their scheduled call time, the residential Lead may arrange for the call to be at a different time.
- Calls will be made through the phone on their dorm.
- If a student is yelling, screaming, or swearing at the person they are calling, residential staff can terminate the call and help the student deescalate, before trying the call again.
- Calls should be no more than 20 minutes per call.

### ● Mail Policies

- Students may send and receive mail any time during their enrollment with Aurora CFH.
- Mail may only be sent to people who parents/guardians approve
- All mail will be opened by the residential Lead before giving it to the student to check for contraband.
- All packages must be pre-approved by the residential Lead, and they will search the package before giving it to the student.
- Families may not send in food.

### ● Visits and Passes

- All visits, whether on-campus, off-campus, or at home, must be recommended by the therapist and approved by the referral source, funding source, at least three weeks prior to the visit.
- Visits will occur throughout the students enrollment as a function of their progress towards achieving their therapeutic goals.

- The therapist will create a therapeutic pass that will be emailed to the Medical Department, Program Director, Program Manager, and residential Leads to prepare for the student's visit. The pass will include the date(s) and times of the visit, visit goals, and visit rules.
- After the visit has occurred the therapist will debrief the visit with the student and their family in the next family session.

- **Student Information**

- **Personal Property**

- Aurora Center for Healing provides uniforms for all students
- All personal items must be marked with the student's name prior to enrollment
- Disclaimer in regards to Personal Property
  - Aurora Center For Healing is NOT responsible for the damage done to your students property. In addition, Aurora Center For Healing is not responsible for the loss of students personal property. It is recommended that valuable items are not sent to Aurora CFH.

- **Incoming and outgoing property**

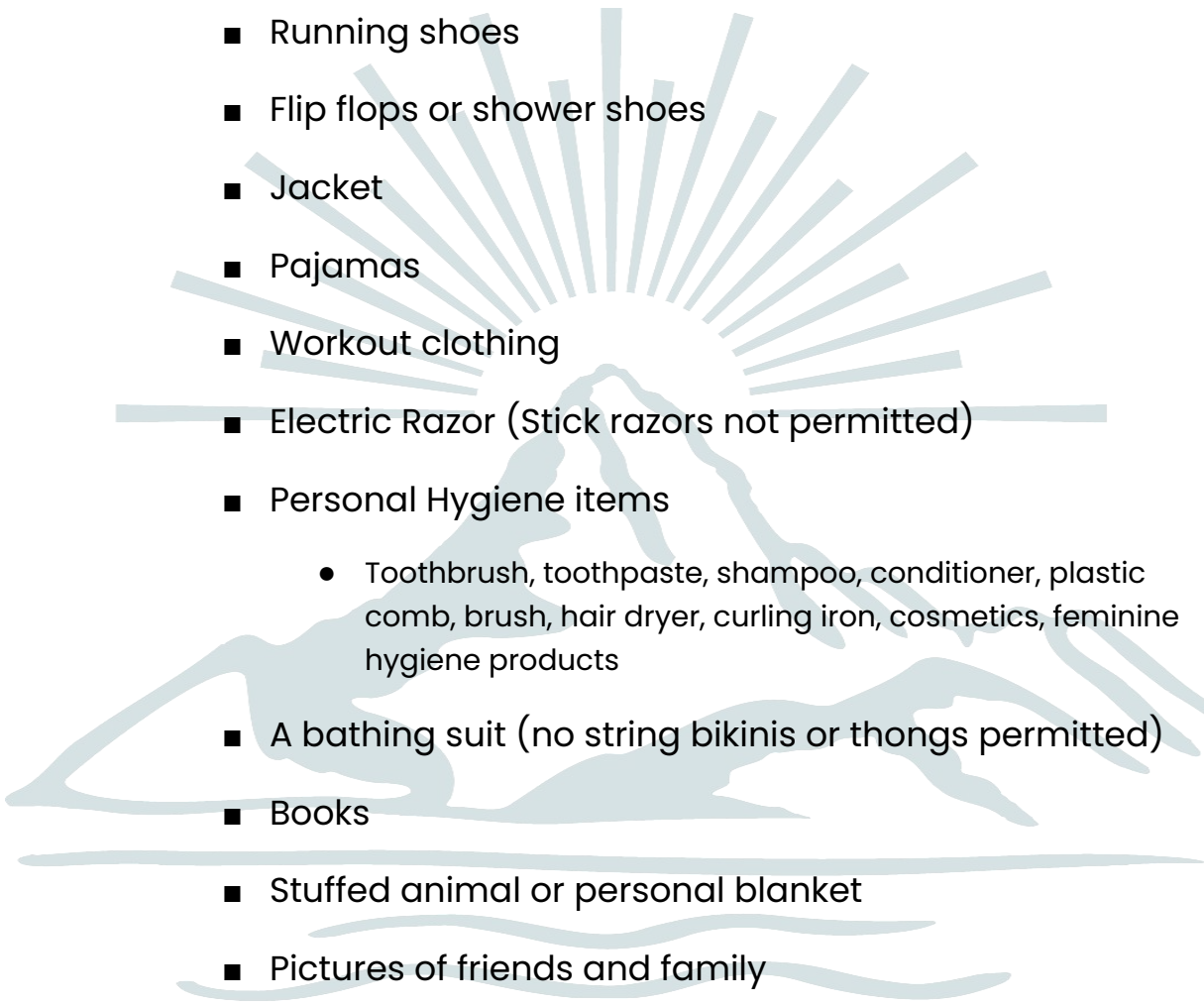
- All property that is incoming and outgoing will be searched by staff. This includes but is not limited to **all** bags, suitcases, backpacks and the students' person.

- **Storing Property**

- All students will be held responsible for their belongings, and will be expected to keep them tidy and in their proper places.
- All items will be recorded on the student's inventory list

- **Personal Items**

- Aurora Center for Healing provides uniforms for all students
- All personal items must be marked with the student's name prior to enrollment
- The following is a list of items you should bring with you:

- 
- 5 casual shirts (Tank tops must have a one inch strap or wider)
  - 5 pairs of jeans or shorts (Shorts must be four inches above the knee or longer)
  - 7 pairs of underwear
  - 7 pairs of socks
  - Running shoes
  - Flip flops or shower shoes
  - Jacket
  - Pajamas
  - Workout clothing
  - Electric Razor (Stick razors not permitted)
  - Personal Hygiene items
    - Toothbrush, toothpaste, shampoo, conditioner, plastic comb, brush, hair dryer, curling iron, cosmetics, feminine hygiene products
  - A bathing suit (no string bikinis or thongs permitted)
  - Books
  - Stuffed animal or personal blanket
  - Pictures of friends and family
  - Musical instruments
  - Towels, pillows, blankets, sheets, and comforters will be provided by Aurora.

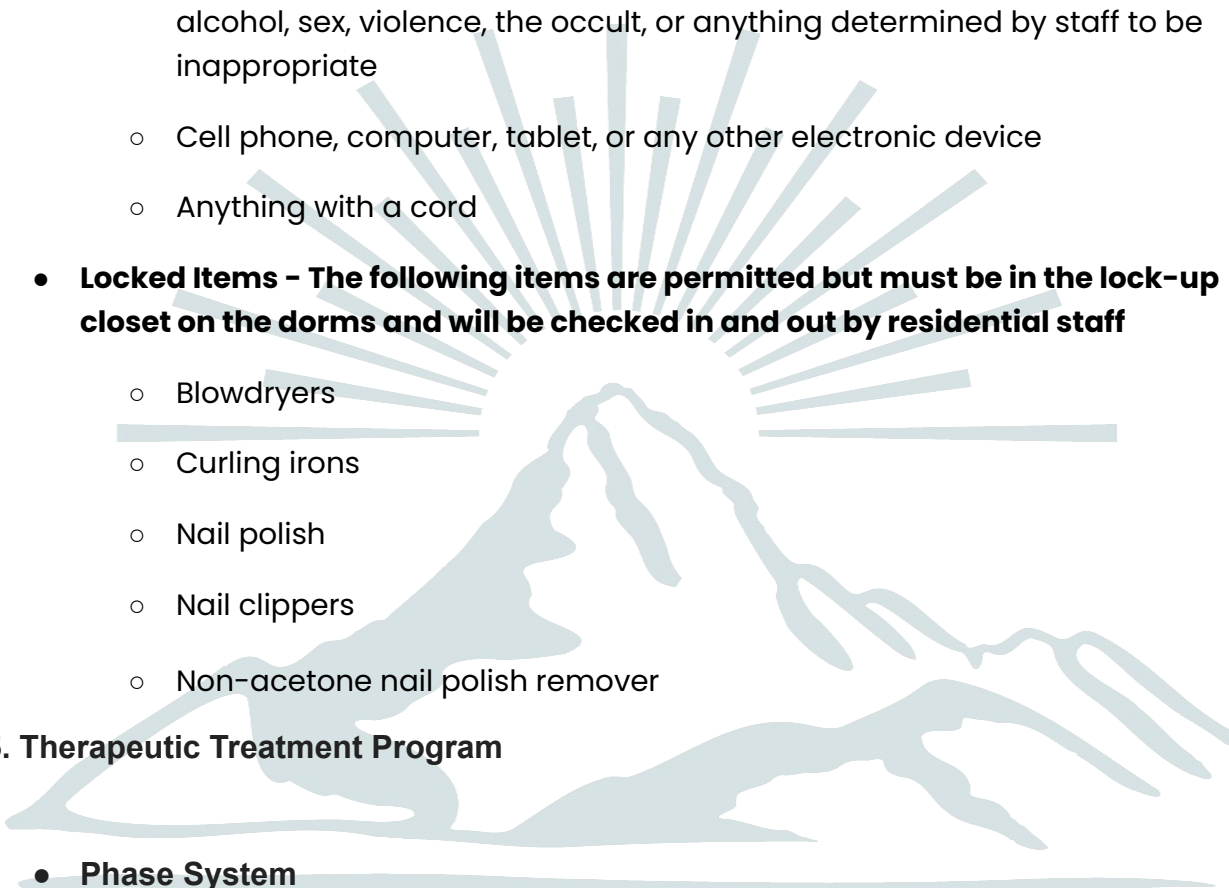
- **Dress Code**

- Clothing is to be neat and clean
- Uniforms must be worn to school and off-campus activities
- Students must be fully clothed at all times, except when they are in the shower area alone.
- Students are expected to shower daily and wear deodorant
- Shoes must be worn outside at all times
- Students may not bring expensive items to Aurora Center for Healing due to the potential of theft or loss. Aurora will not be responsible for the loss of clothing or personal items.

- **Contraband**

The following items are not permitted at Aurora CFH. All items a student brings in are subject to approval by the Program Manager and will be searched.

- Valuable items, especially those that cannot be replaced
- Money, credit cards, checkbooks
- Cosmetics or personal care products that contain alcohol
- Hand sanitizer
- Glass or ceramic containers
- Aerosol cans
- Sharp objects (such as razor blades, safety pins, needles, etc.)
- Keys
- Wire clothes hangers
- Cigarettes, vapes, vape cartridges, and other tobacco products
- Matches, lighters, and other flammable materials

- 
- Illicit drugs, illegal substances
  - Drug paraphernalia
  - Sexually oriented materials
  - Weapons, including any form of knife
  - Cameras and recording devices
  - Personal items or clothing with writing or pictures suggestive of drugs, alcohol, sex, violence, the occult, or anything determined by staff to be inappropriate
  - Cell phone, computer, tablet, or any other electronic device
  - Anything with a cord
  - **Locked Items – The following items are permitted but must be in the lock-up closet on the dorms and will be checked in and out by residential staff**
    - Blowdryers
    - Curling irons
    - Nail polish
    - Nail clippers
    - Non-acetone nail polish remover

## 5. Therapeutic Treatment Program

- **Phase System**
  - **1-Orientation**
  - **2-A New Beginning**
  - **3-Preparation**
  - **4-Action**
  - **5-Transition**

|                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|--------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Phase 1<br/>Orientation</b> | <b>Responsibilities</b> - Students are expected to complete their orientation to the program, accept responsibility for themselves and their behavior, and to abide by program rules and listen to staff prompts.                                                                                                                                                                                                                                                                                                                                                                                                           |
|                                | <ul style="list-style-type: none"> <li>• Keep Personal Space Clean</li> <li>• Must Obey Staff Instructions and Program Rules</li> <li>• Must sit in assigned space and seats and line up with dorm to walk anywhere</li> <li>• Complete Assigned Dorm Chores</li> <li>• Shower Daily</li> <li>• Use Deodorant Daily</li> <li>• Attend School Daily</li> <li>• Attend Individual Therapy Sessions</li> <li>• Attend Group Therapy Sessions</li> <li>• Attend Family Therapy Sessions</li> <li>• Participate in Exercise Daily</li> <li>• Participate in Skills Night Daily</li> <li>• Complete Orientation Packet</li> </ul> |
|                                | <b>Privileges</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|                                | <ul style="list-style-type: none"> <li>• May attend all single gender on-campus activities when earned an advancement point</li> <li>• May listen to Aurora-owned music with Aurora-Owned Headphones during self-structure time</li> <li>• Will live in the Bodie Boys Dorm or the Sierra Girls Dorm</li> </ul>                                                                                                                                                                                                                                                                                                             |
|                                | <b>Advancement Criteria</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |

|  |                                                                                                                                                                                                                                                                                                                                                                                               |
|--|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <ul style="list-style-type: none"> <li>• Must earn at least four advancement awards with a minimum of three straight in a row</li> <li>• Must be off all High Risk Protocols and Restrictions for at least one month</li> <li>• Must be on Supervision Level 3 or higher for at least one month</li> <li>• Completed Orientation Packet</li> <li>• Completed Master Treatment Plan</li> </ul> |
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| <b>Phase 2</b><br><b>A New Beginning</b> | <b>Responsibilities</b> - Students are expected to accept responsibility for themselves and their behavior, and to be able to establish control over their own behavior when given guidance and direction by staff.                                                                                                                                                                                                  |
|                                          | <ul style="list-style-type: none"> <li>• All the Responsibilities of the Orientation Phase</li> <li>• Must be passing all classes</li> <li>• Complete letters to self and letters to parents/guardians</li> <li>• Must attend Treatment Team once a month</li> </ul>                                                                                                                                                 |
|                                          | <b>Privileges</b>                                                                                                                                                                                                                                                                                                                                                                                                    |
|                                          | <ul style="list-style-type: none"> <li>• All the privileges of the Orientation Phase</li> <li>• May attend all single gender on-campus activities</li> <li>• May listen to Aurora-owned music with Aurora-Owned Headphones during self-structure time</li> <li>• May have own reading material</li> <li>• May walk the track or spend time in the gazebo with whole dorm group and staff during free time</li> </ul> |

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|  | <ul style="list-style-type: none"> <li>Will live in the Bodie Boys Dorm or the Sierra Girls Dorm</li> </ul>                                                                                                                                                                                                                                                 |
|  | <b>Advancement Criteria</b>                                                                                                                                                                                                                                                                                                                                 |
|  | <ul style="list-style-type: none"> <li>Must earn at least twelve advancement awards with a minimum of five straight in a row</li> <li>Must be off all High Risk Protocols and Restrictions for at least one month</li> <li>Must be on Supervision Level 3 or higher for at least one month</li> <li>Completed letters and Treatment Team meeting</li> </ul> |

|                                |                                                                                                                                                                                                                                                                                                                    |
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| <b>Phase 3<br/>Preparation</b> | <b>Responsibilities</b> - Students are expected to be able to monitor their own behavior, to take responsibility for their own actions, and to correct behavior on their own. They should be able to recognize the impact their behavior has upon themselves and others and show an ability to adjust accordingly. |
|                                | <ul style="list-style-type: none"> <li>All the responsibilities of the New Beginnings Phase</li> <li>Must have C's or better in all classes</li> <li>Must be actively participating in all therapy sessions and activities</li> <li>Complete Trauma Workbook</li> </ul>                                            |
|                                | <b>Privileges</b>                                                                                                                                                                                                                                                                                                  |
|                                | <ul style="list-style-type: none"> <li>All the privileges of the New Beginnings Phase</li> <li>Do not need to sit in assigned seats or line up is assigned spaces</li> </ul>                                                                                                                                       |

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|  | <ul style="list-style-type: none"> <li>• May play video games for 30 minutes a day</li> <li>• May walk the track with a peer during free time with permission from staff and in the line of sight of staff</li> <li>• May check out to the Gazebo with a peer in the line of sight of staff during free time</li> <li>• May have their own headphones and mp3 player</li> <li>• May participate in off-campus activities</li> <li>• May participate in service activities as approved</li> <li>• Will move to the Walker Boys Dorm or Cedar Girls Dorm</li> </ul> |
|  | <b>Advancement Criteria</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|  | <ul style="list-style-type: none"> <li>• Must earn at least twenty-two advancement awards with a minimum of six straight in a row</li> <li>• Must be off all High Risk Protocols and Restrictions for at least two months</li> <li>• Must be on Supervision Level 4 for at least two months</li> <li>• Must have at least one successful on-campus visit</li> <li>• Must complete "What Happened to You" book and workbook</li> </ul>                                                                                                                             |

|                           |                                                                                                                                                                                                                               |
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| <b>Phase 4<br/>Action</b> | <b>Responsibilities</b> - Students are expected to monitor their own behavior and the behavior of others, and to assist others in accepting limits, following rules, etc. They are expected to be role models for other peers |
|                           | <ul style="list-style-type: none"> <li>• All the responsibilities of the Preparation Phase</li> <li>• Must have B's or better in all classes</li> </ul>                                                                       |

|  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
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|  | <ul style="list-style-type: none"> <li>• Must be actively working on Home Plan with therapist</li> <li>• Must be a peer-mentor to students on Orientation &amp; New</li> </ul>                                                                                                                                                                                                                                                                                                           |
|  | <ul style="list-style-type: none"> <li>• Beginnings Phases</li> <li>• Must complete “What Happened to You?” assignments</li> </ul>                                                                                                                                                                                                                                                                                                                                                       |
|  | <b>Privileges</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|  | <ul style="list-style-type: none"> <li>• All the privilege of the Preparation Phase</li> <li>• May play video games for 60 minutes a day</li> <li>• May have a job in the Cafeteria, School, or with Housekeeping and Maintenance</li> <li>• May be in Student Leadership</li> <li>• May be on Supervision Level 5, unless given a Restriction or placed on High Risk</li> <li>• May participate in monthly off-campus “Super Activity”</li> <li>• Will live in assigned dorm</li> </ul> |
|  | <b>Advancement Criteria</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|  | <ul style="list-style-type: none"> <li>• Must earn at least thirty-six advancement awards with a minimum of eight straight in a row</li> <li>• Must be off all High Risk Protocols and Restrictions for at least two months</li> <li>• Must have started on Home Plan</li> <li>• Must be on Supervision Level 5 for at least two months</li> <li>• Must have been a Peer Mentor for at least two months</li> </ul>                                                                       |

|                               |                                                                                                                                                                                                                                                                                |
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| <b>Phase 5<br/>Transition</b> | <b>Responsibilities</b> - Students are expected to monitor their own behavior and the behavior of others, and to assist others in accepting limits, following rules, etc. They are expected to be role models for other peers and work to be prepared to graduate the program. |
|                               | <ul style="list-style-type: none"> <li>• All the responsibilities of the Action Phase</li> <li>• Must be caught up or ahead with all school credits</li> <li>• Must have been a peer mentor for three months or more</li> </ul>                                                |
|                               | <b>Privileges</b>                                                                                                                                                                                                                                                              |
|                               | <ul style="list-style-type: none"> <li>• All the privilege of the Action Phase</li> <li>• Will get to plan Super Activities and Fun Fridays</li> <li>• Will live in assigned dorm</li> <li>• May have home visits, with one being a longer transition visit</li> </ul>         |
|                               | <b>Advancement Criteria</b>                                                                                                                                                                                                                                                    |
|                               | <ul style="list-style-type: none"> <li>• Must earn at least 40 advancement points with at least eight in a row</li> <li>• Must be off all High Risk Protocols and Restrictions for at least two months</li> <li>• Must have completed and tested Home Plan</li> </ul>          |

### Advancement System

1. Students are eligible for one advancement point a week
2. Any time a student gets more than three referrals in a week, they lose their advancement point for the week.

3. Any time a student gets more than five referrals in a week they lose their activity privileges for the week
4. Students who have a major incident lose two advancement points in addition to the one for the current week
  - a. They lose four advancement points in case of physical restraint
5. However, students who are involved in a major incident can cut their advancement point losses in half by doing a positive redirect.
6. Here are the major incident categories:

- a. Disruptive referral
- b. Failure to redirect in a timely manner
- c. Refusal
- d. Fighting or assault
- e. Major disrespect to others
- f. Major disrespect to staff
- g. Major insubordination
- h. Physical restraint
- i. Damage to property
- j. Damage to others
- k. Damage to self
- l. Leaving area
- m. Out of area
- n. Substance abuse

#### **Positive Redirect:**

1. A positive redirect is when a student commits to do the following without further delay
  - a. Takes responsibility
  - b. Commits to make a change
  - c. Does a positive energy exercise
  - d. Apologizes to dorm staff and receives their permission to rejoin the group

## **Supervision Levels:**

**\*All changes in Levels require therapist and Clinical Director approval.**

### **1. Supervision 1**

- a. Student is required to physically remain within arms reach of a residential staff member at all times.
- b. Student must be visible at all times, including during bathroom use.
- c. No off-campus activities.
- d. Clinical assessment documented in Bestnotes every 24 hours. Residential Documents checks every 15 minutes in Shift Notes.

### **2. Supervision 2**

- a. Student is required to physically remain within arms reach of a residential staff member at all times.
- b. Student must be visible at all times, including during bathroom use.
- c. No off-campus activities.

### **3. Supervision 3**

- a. Student is expected to remain within sight and sound of a caregiver at all times, except during bathroom use.
- b. When using the bathroom, student is required to count or say their ABC's out loud.
- c. No off-campus activities.

### **4. Supervision Level 4**

- a. Student is expected to remain within sight and sound of a caregiver at all times, except during bathroom use.
- b. Student is not required to count or say their ABC's during bathroom use.
- c. Off-campus activities allowed.

### **5. Supervision Level 5**

- a. Only allowed on Action and Transition phases
- b. Student may walk to and from areas on campus with approval of their residential lead.

- c. Residential lead will call the staff in the area the student is going to and let them know to expect them.
- d. Student must check in with a staff member when leaving one area and arriving at the other area.
- e. Student must wear a lanyard identifying them as Supervision Level 5.
- f. Time between check-ins not to exceed 5 minutes.

### **Restrictions:**

1. Students are placed on restrictions for risky behaviors that could impact their safety and/or their peers' safety.
2. Students may be placed on restrictions by their therapist or Residential Lead. The therapist will determine when a student may be taken off restrictions.
3. **Restriction Types:**
  - **Mute** - The student is temporarily restricted from communicating with a specific person.
  - **Peer Restriction** - The student is restricted from interacting or attending activities with specific peers and/or homes.
  - **Off-Campus Restriction** - The student is restricted from leaving campus grounds, aside from home visits or medical appointments due to injury or illness.
  - **Staff Restriction** - The student is restricted from interacting with certain staff.
  - **Activity Restriction** - The student is restricted from doing specific physical activities outlined by the medical staff due to illness or injury.
  - **Academic Probation** - The student is restricted from coed and off-campus activities until they are passing all their classes.

## **6. MEDICAL SERVICES**

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- **We employ registered nurses and medical assistants.**
  - Medical staff will be available Monday-Friday 8am-8pm
  - Registered Nurses will be on call 24/7
- **Psychiatric**

- Our psychiatrist, Dr. Ellen McBride, will meet with you, virtually or in person, within the first week, and every month thereafter, with appointments in between as needed.

- **Medical Appointments**

- The medical department will provide you with basic first aid and OTC medication for minor ailments, and medical assessment and referral to an outside physician, urgent care based on your needs.
- Once you have achieved the phase that allows for Home Visits, your parents will provide you with any medical and dental needs.

## **7. AURORA CENTER FOR HEALING ACADEMICS**

- Provided through Nevada Online Learning. We believe that every student has the ability to be successful academically, and our teachers and academic coaches work with our students to provide the right learning opportunities for each student. Utilizing online education, and a school schedule that allows for time to move and spend time outside throughout the day, we are able to meet each student where they are at academically and help them get caught up on their academics during their time with us.
- As described above in the introduction to The Phase System, (Refer above to The Phase System Chart) each student will have requirements that need to be met, in order to advance to the next phase.

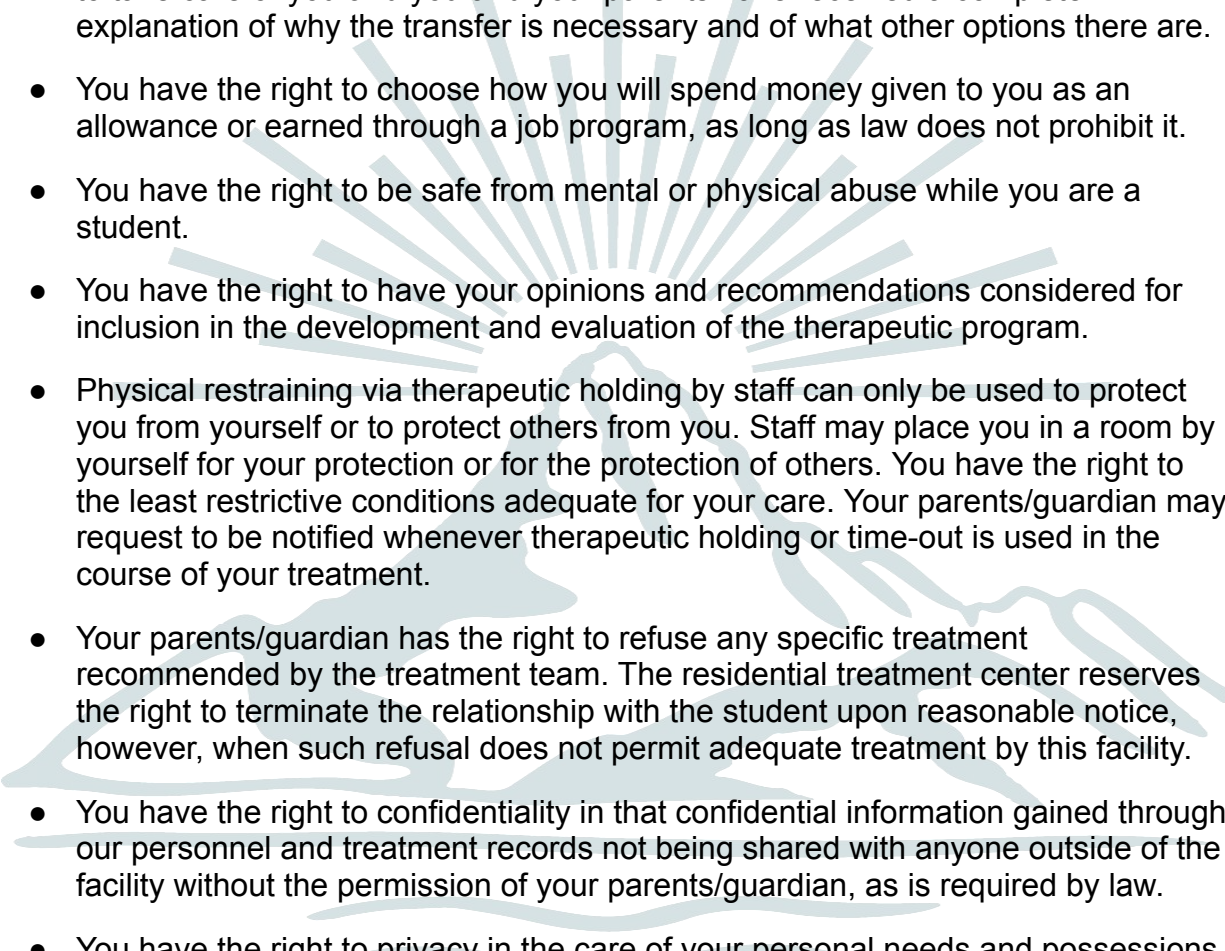
## **8. Student Rights**

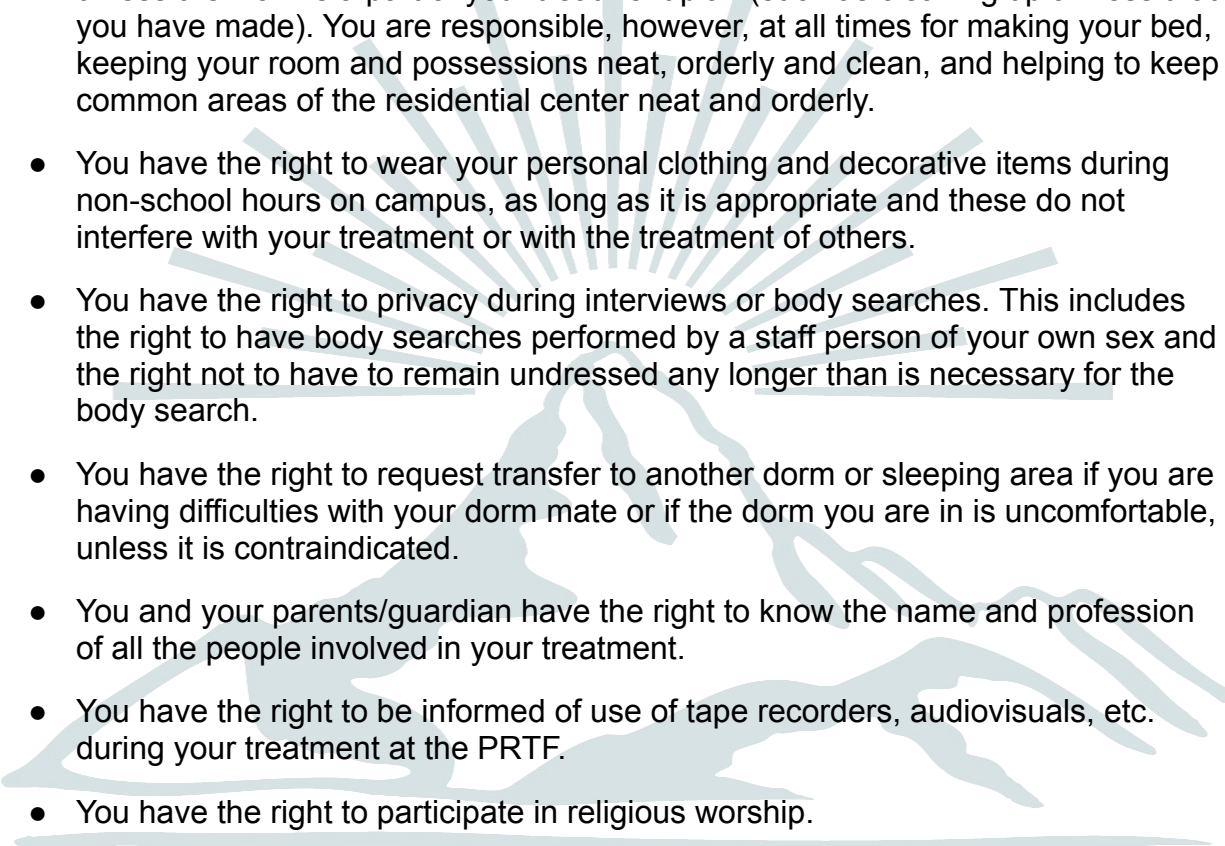
Aurora Center for Healing provides treatment services without discriminating against persons because of, race, ethnicity, color, national origin, disability, age, sex, sexual orientation, gender, gender expression, genetic information, religion, or infectious disease status.

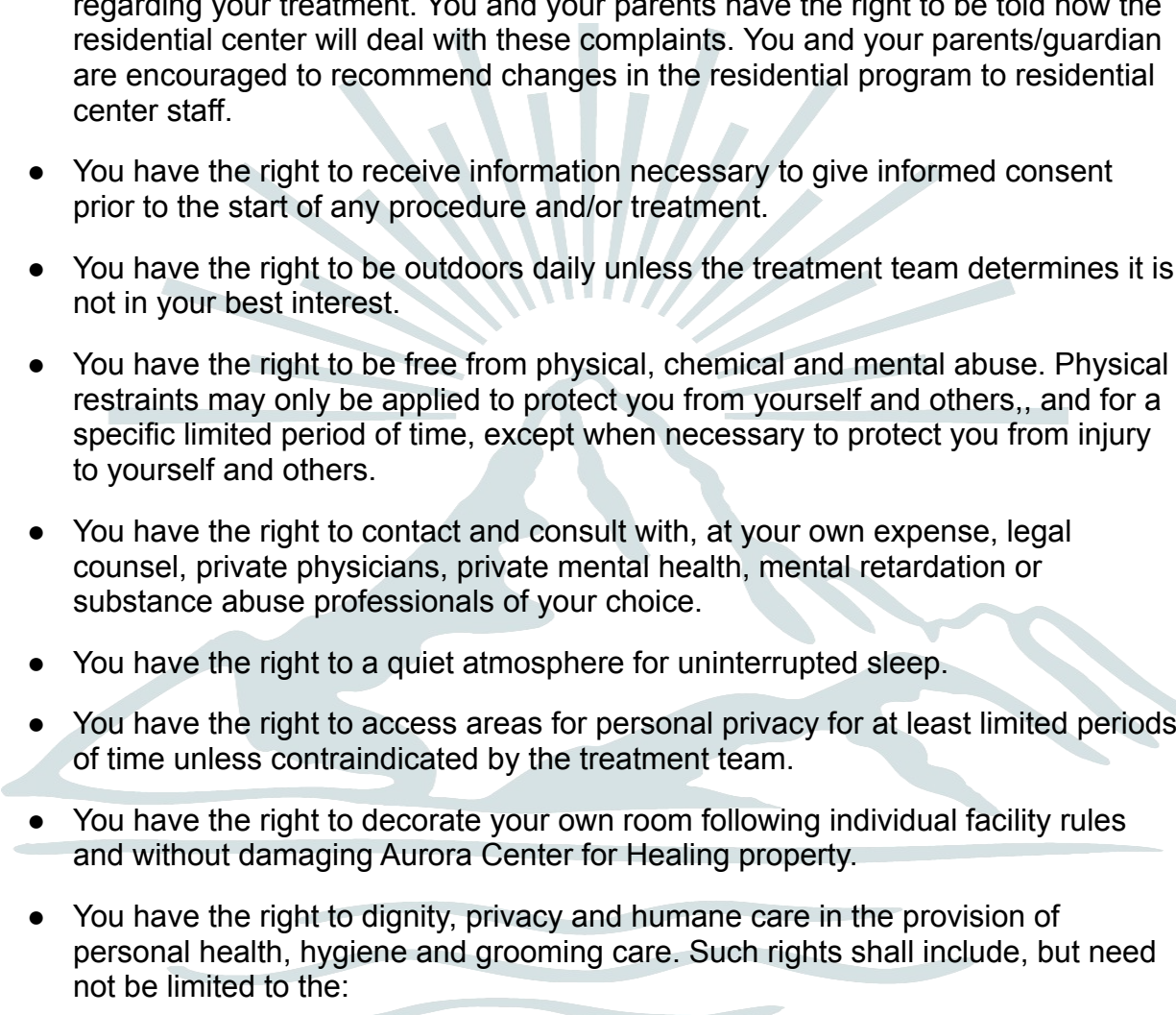
In addition, Aurora Center for Healing recognizes differences in backgrounds and beliefs that may influence the way groups of patients in treatment and individuals within these groups view the world and their place in it, their mental health, substance use and treatment.

Aurora Center for Healing is and continues to be committed to providing culturally sensitive, competent, and accessible services to all individuals in need who meet our enrollment criteria.

- You have the right to receive individualized treatment.

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- You and your parents/guardian have the right to participate in the planning of your treatment, and to be informed about your condition and prognosis.
  - You have the right to be treated with consideration, respect and dignity at all times.
  - You and your parents/guardian have the right to be notified in advance if you are going to have significant changes made to your treatment plan or if you are going to be transferred to another facility. You and your parents have the right to know why these changes happen.
  - You may not be transferred to another facility unless the other facility has agreed to take care of you and you and your parents have received a complete explanation of why the transfer is necessary and of what other options there are.
  - You have the right to choose how you will spend money given to you as an allowance or earned through a job program, as long as law does not prohibit it.
  - You have the right to be safe from mental or physical abuse while you are a student.
  - You have the right to have your opinions and recommendations considered for inclusion in the development and evaluation of the therapeutic program.
  - Physical restraining via therapeutic holding by staff can only be used to protect you from yourself or to protect others from you. Staff may place you in a room by yourself for your protection or for the protection of others. You have the right to the least restrictive conditions adequate for your care. Your parents/guardian may request to be notified whenever therapeutic holding or time-out is used in the course of your treatment.
  - Your parents/guardian has the right to refuse any specific treatment recommended by the treatment team. The residential treatment center reserves the right to terminate the relationship with the student upon reasonable notice, however, when such refusal does not permit adequate treatment by this facility.
  - You have the right to confidentiality in that confidential information gained through our personnel and treatment records not being shared with anyone outside of the facility without the permission of your parents/guardian, as is required by law.
  - You have the right to privacy in the care of your personal needs and possessions. However, if at any time during treatment it is suspected that you have drugs, alcohol, weapons or other dangerous items in your possession, you may be given a body search and your personal possessions may be searched.
  - You have the right to access information regarding your treatment plan while at the PRTF. Requests for such information may be made through your assigned individual therapist.

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- Your parents/guardian has the right to be informed of the total costs and anticipated length of your treatment.
  - You have the right to be visited by your parents/guardian, family and other visitors while staying at the PRTF, unless your parent/guardian or the treatment team determines that is not in the best interest of your treatment.
  - You have the right to receive private telephone calls from your parents/guardian unless the treatment team determines that is not in the best interest of your treatment.
  - You have the right not to be required to perform work for the residential center unless the work is a part of your treatment plan (such as cleaning up a mess that you have made). You are responsible, however, at all times for making your bed, keeping your room and possessions neat, orderly and clean, and helping to keep common areas of the residential center neat and orderly.
  - You have the right to wear your personal clothing and decorative items during non-school hours on campus, as long as it is appropriate and these do not interfere with your treatment or with the treatment of others.
  - You have the right to privacy during interviews or body searches. This includes the right to have body searches performed by a staff person of your own sex and the right not to have to remain undressed any longer than is necessary for the body search.
  - You have the right to request transfer to another dorm or sleeping area if you are having difficulties with your dorm mate or if the dorm you are in is uncomfortable, unless it is contraindicated.
  - You and your parents/guardian have the right to know the name and profession of all the people involved in your treatment.
  - You have the right to be informed of use of tape recorders, audiovisuals, etc. during your treatment at the PRTF.
  - You have the right to participate in religious worship.
  - You are responsible for being considerate of the rights of other residents and the rights of residential center staff. You are also responsible for being respectful of the property of others and the property of the residential center. You and your parents/guardian have the right to be told the residential center rules and regulations.
  - You and your parents/guardian are responsible for providing the residential center with your complete health history. You are responsible for telling staff if you are feeling ill.
  - You have the right to prompt medical attention if you become sick.

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- You are responsible for following your treatment plan. You are also responsible for letting staff know if you do not understand your treatment plan or what is expected of you.
  - You and your parents/guardian have the right to voice your concerns or grievances and receive a response within a reasonable time period. You have the right to have this grievance procedure explained to you. You may access the proper grievance form at any time during your treatment, and may thereby file your grievance with the PRTF Program Director.
  - You and/or your parents/guardian may file complaints with the Executive Director regarding your treatment. You and your parents have the right to be told how the residential center will deal with these complaints. You and your parents/guardian are encouraged to recommend changes in the residential program to residential center staff.
  - You have the right to receive information necessary to give informed consent prior to the start of any procedure and/or treatment.
  - You have the right to be outdoors daily unless the treatment team determines it is not in your best interest.
  - You have the right to be free from physical, chemical and mental abuse. Physical restraints may only be applied to protect you from yourself and others,, and for a specific limited period of time, except when necessary to protect you from injury to yourself and others.
  - You have the right to contact and consult with, at your own expense, legal counsel, private physicians, private mental health, mental retardation or substance abuse professionals of your choice.
  - You have the right to a quiet atmosphere for uninterrupted sleep.
  - You have the right to access areas for personal privacy for at least limited periods of time unless contraindicated by the treatment team.
  - You have the right to decorate your own room following individual facility rules and without damaging Aurora Center for Healing property.
  - You have the right to dignity, privacy and humane care in the provision of personal health, hygiene and grooming care. Such rights shall include, but need not be limited to the:
    - opportunity for a shower daily, or more often as needed
    - opportunity to shave daily
    - opportunity to obtain the services of a barber or a beautician;

- provision of linens and towels, toilet paper and soap for each student and other individual personal hygiene articles for each indigent student. Such other articles include but are not limited to toothpaste, toothbrush, sanitary napkins, tampons, shaving cream and shaving utensil;
- showers and toilets which ensure individual privacy shall be available
- **Grievances**
  - Any student, regardless of the Phase they are on, can write a grievance. There will be a specific protocol in place to handle each grievance. Each one will be handled delicately and in a timely manner.
    - Protocol of submitting a grievance.

## 9. FREQUENTLY ASKED QUESTIONS

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### 1. How will I be here?

The Program is designed for you to move at your own pace, the more engaged you are in the program, the sooner you will be able to complete the program. The average length of stay is 9-12 months.

### 2. When can I contact my parents?

During your first week of treatment, your therapist will facilitate family therapy, and after your first family therapy session, your dorm lead will schedule a weekly phone call with your parents. You may write and receive letters from them anytime.

### 3. Who is involved in creating my Treatment Plan?

Aurora Center for Healing utilizes a multidisciplinary treatment approach. Team members include:

- a. Medical Director (psychiatrist)
- b. Nurses
- c. Therapist (Licensed in the State of Nevada, Master's level or Higher)
- d. Teacher
- e. Residential staff
- f. Nutritionist if applicable

**4. When can I go on passes with my family?**

When you are in Phase 2, your family may visit you on campus. When you are on Phase 3, you may have a local day pass. On Phases 4 and 5, you may have Home Visits, on approval from your therapist, parents and Referral Source.

**5. What if I need clothes, shoes or other items that I don't have with me?**

You can have your dorm lead contact your parents to send those items, as long as they fit within our Rules, and are not on the Contraband list.

**6. When will I have my first therapy session?**

Your first therapy session will happen within your first week of enrollment. Your therapist will meet with you within 48 hours of enrollment, and at that time you will schedule your first session.

**7. Can I ever call, or write to my friends?**

You may call and write to anyone that your parents approve of on your contact list. Calls with friends need to be approved by your therapist and scheduled by your Dorm Lead.

**8. Who is invited to Parent Weekend?**

Parents/Guardians are invited to Parent Weekend.

**9. Are there Co-Ed activities?**

You will have the opportunity to go on Co-ed activities when you are on Phase 3 of The Phase System.

**10. When can I move off of the Orientation Phase?**

You may advance to Phase 2 when you have completed all of the requirements and have committed to safety.