CHEROKEE CREEK BOYS SCHOOL

Family Handbook











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Welcome…



It is our privilege that you have chosen to join the Cherokee Creek Family. I remember well the day my husband, Ron, and I took the long trip from Florida to North Idaho to enroll our son in a therapeutic program. We knew we were at the end of one journey and at the beginning of another. It was an emotional time – a mix of anxiety and exhilaration, of sadness and optimism.

Our experience was transformative – rebuilding our family in ways we did not think were possible. And so, Cherokee Creek Boys School is founded on the vision of what is possible. We lead boys to discover their inner goodness, to uncover their fears, and replace them with courage and wisdom. Our goal is for students to emerge from their CCBS experience as strong, confident, feeling, connected young men.

Not only are we committed to the growth of middle school boys, we are also whole-heartedly dedicated to creating opportunities for healing the entire family. As we move forward together, Ron and I are grateful to be of service to you and your son. We hope that you will take full advantage of the family therapy options and attend our quarterly Family Seminars. Thank you for entrusting your precious child to our care.

David LePere and the entire staff is ready to support you. I know you will find this handbook a helpful way to begin your CCBS journey. I look forward to seeing you at the next Family Seminar.

Sincerely,

Beth Black, President and Founder

The Small School with a Big Heart

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Greetings…



Dear New CCBS Parent,

Welcome to Cherokee Creek Boys School and thank you for your confidence in our “small school with a big heart.”

During the upcoming months, as your son works to untangle the challenges that brought him to Cherokee Creek, we will work together to provide opportunities to build a stronger family.

In addition to resources like this handbook, we also host a new family orientation; regularly scheduled phone calls with your son, his Therapist and Primary Counselor; on-campus meetings with your child’s team of Teachers, Counselors and Therapists and communication updates through our blogs, Facebook, Twitter, emails and quarterly Family Seminar series.

First and foremost, I want you to feel confident in the care of your child. At Cherokee Creek, we know that in addition to challenging academic and therapeutic work, children need love, structure, laughter, creative outlets, exercise, plenty of play, and quiet time. We offer all of this in a natural environment that promotes the growth of the whole child, a place where “boys can be boys.”

We hope this handbook serves as the launching point for a successful experience at Cherokee Creek Boys School. I look forward to becoming better acquainted over the next several months. Welcome to the Cherokee Creek Family.

Most sincerely,

David LePere, Executive Director

The majority of our students are in the custody of their parents. We recognize and honor that some of our students are being supported by grandparents, aunts and uncles, step-parents or a legal guardian. For the sake of simplicity, we will refer to “your son” throughout this handbook.

Cherokee Creek Boys School is accredited by the Southern Association of Colleges and Schools, SEVIS-approved to accept international students and licensed by the State of South Carolina as a Group Care Facility. We are also a member of the National Association of Therapeutic Schools and Programs and a Gurian Institute Model School.

CCBS
MISSION STATEMENT and VALUES

CHEROKEE CREEK
BOYS SCHOOL

OUR MISSION

"We are a learning community that challenges boys and their families to discover what is real and true about themselves and the world around them."





Adapted from
The Four-Fold Way
by Angeles Arrien

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Using This Handbook

"Take the first step in faith.
You don't have to see the whole staircase, just take the first step."

– Dr. Martin Luther King, Jr.

When your son is enrolled at Cherokee Creek Boys School, you become part of our learning community of students, families, staff, founders and friends. We know that you and your son will enjoy building supportive, loving friendships with your CCBS family that will last a lifetime.

This handbook is designed to be a useful reference to read and return to for guidance, answers and helpful information. We also hope it will confirm that your child is in a high-quality environment where he will be cared for and respected; where he may learn and grow in an atmosphere of discovery.

This handbook is divided into two sections; **Part One: The Cherokee Creek Experience** and **Part Two: The Nuts and Bolts.**

Part One: The Cherokee Creek Experience is an overview of our program, known as the PATH. The PATH curriculum encompasses all of the resources being used to support your son's journey. These include everything from therapy and academics, to weekends in the wilderness known as Cherokee Creek Treks, and steps to prepare your son for the transition to life after CCBS. It is from The PATH that your son will begin to assemble his personal "toolbox" at CCBS. Part One also includes details about the many ways that you are involved in this journey, including educational Family Seminars and Family Trek adventures.

The Nuts and Bolts are covered in **Part Two,** which is designed to follow your son's journey through Cherokee Creek from arrival to departure. In this section, you will find the "nitty gritty" details, including what to bring on enrollment day, preparing for visits, phone calls to campus, medical management, daily schedules and safety policies.

We have tried to think of all the information we have given parents and guardians along the way… from enrolling in our "small school with a big heart" to waving goodbye on graduation day. We know there will be questions or topics we may not have covered here. When that happens, we hope you will pick up the phone or drop us a line. In fact, we hope you will continue to keep in touch with our staff long after your son has graduated!

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CHEROKEE CREEK
BOYS SCHOOL

PART ONE

The Cherokee Creek Experience











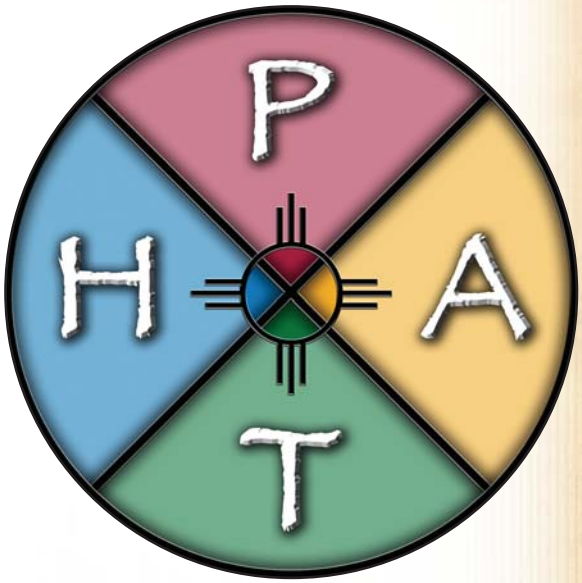


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OVERVIEW
The Path of Self Discovery

The PATH: A Holistic Approach for Balance and Healing

The PATH



The CCBS program is called The PATH. For our students, it is a holistic approach to "discovering what is real and true about themselves and the world around them," and encompasses all program elements. Not only is The PATH a metaphor for their journey of self-discovery, it is also an acronym for the four core areas of our curriculum that focus on the emotional, physical, spiritual and intellectual aspects of each boy:

- **P ersonal Enrichment**
- **A cademics**
- **T herapy**
- **H ealth and Recreation**

Lessons of the Medicine Wheel… Developing Character and Practicing Values

We use the lessons of the medicine wheel to teach boys about the four aspects of self that they explore at Cherokee Creek: the **Visionary**, **Warrior**, **Teacher** and **Healer**. Throughout his time with us, each student will be given tasks, responsibilities and personal challenges in the form of social skills and projects to help him grow in his understanding of himself. This powerful work is guided by the student's Primary Counselor, who helps each boy move at his own pace.

The Four Core Values

The values of **Truth**, **Love**, **Courage** and **Wisdom**, corresponding to the four directions of the Medicine Wheel, inform all the boys' work at Cherokee Creek.

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The Treatment Team

Your son's Treatment Team is composed of multiple staff members who develop, monitor and direct his individual care plan. This team includes your son's Therapist and Primary Counselor, the School Nurse, a member of the Teaching Staff, evening Floor Manager, weekend Trek staff, and others who have a part in your son's journey while at Cherokee Creek. The members of this team meet on a weekly basis to review your son's progress on "The PATH," assess his care, and make any necessary adjustments to his treatment plan. The Treatment Team follows your son's journey carefully, customizing the best program to meet his emotional, social, physical and academic needs.

PERSONAL ENRICHMENT

"You have to leave the city of your comfort
and go into the wilderness of your intuition.
What you'll discover will be wonderful. What you'll discover is yourself."

– Alan Alda

Electives



Children relax, have fun, develop their confidence, and learn new skills through classes and clubs. Our students have a wide variety of afternoon and weekend activities from which to choose: music lessons, sports teams, Spanish, Latin and art are just a few of our offerings. Your son's Primary Counselor will talk with him about which elective classes he'd most like to explore.

Excursions

The South Carolina Upstate is rich with day-trip opportunities. The boys have gone to concerts, plays, museums, the state legislature, air shows, historic sites, celebrations – even square dancing!

Leadership Opportunities

Boys thrive when their leadership potential is acknowledged and honored. Students develop leadership skills at Cherokee Creek when they serve as chore leaders, mentor new students, speak at local civic groups, and assist as torchbearers at graduations. Over the years, some boys have especially liked creating their own leadership roles: starting a school newsletter, landscaping the lodge, and helping create an organic garden.

Service Learning

Our students experience themselves as builders, contributors and helpers when they serve others. Giving to the community builds character, strengthens social skills, and instills pride. Some service activities have included trail maintenance with the Forest Service, participating in an archeological dig with the University of South Carolina, serving at a soup kitchen, helping at a local animal shelter, clean-up of a 100-year old cemetery which had fallen into disrepair, collecting and writing the stories of a group of local "old-timers," partnering with the Forest Service and the Chattooga Conservancy to restore native plant species, and volunteering at a family farm to groom horses and garden. Our service learning is curriculum-based. Many of the lessons learned off campus are brought back to school, where students process their experiences in the classroom setting.

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ACADEMICS

"Education is not the filling of a pail, but the lighting of a fire."

– William Butler Yeats

Accreditation

Cherokee Creek is fully accredited by AdvancED recommendation to the SC Department of Education. It is also approved by SEVIS to accept international students. We are very proud to have consistently received the Woodbury Reports Excellence in Education Award and to be a Gurian Model School. Because the Cherokee Creek curriculum is accredited, as well as designed around national and state standards, students' transcripts easily transfer to schools when they finish our program.

Educational Philosophy

We believe learning should ignite a fire of excitement in each and every child. There is no secret to our approach: We know middle-school boys, we know education, and we know that all children learn best in a fun, engaging environment. High expectations, encouragement, honest feedback and logical consequences promote students' success. We help our boys become confident learners by honoring their learning styles, interests and talents – and giving them interesting, relevant curriculum. It's a powerful combination that works.

Year-Round, Hands-On Learning

Traditional schools offer 180 days of instruction. At Cherokee Creek we offer a year-round program with more than 230 academic days to create the fun and discovery that engages individual learners. In addition to daily classroom instruction and Study Hall, we use our beautiful surroundings as a natural classroom. Our teachers take full advantage of regional resources, leaving campus regularly to explore museums, attend concerts, community events and historic sites.

Classes

Core academic classes are taught Monday through Friday, from 9:00 a.m. until 12:00 p.m., but the day begins at 8:15 a.m. with outdoor physical activity to get neurons firing and to expend extra energy. The core subjects of Math, Language Arts, Social Studies and Science are taught in 45-minute sessions. Our teaching blocks offer students time to dig into and get involved in each day's lesson, yet are short enough to maintain attention. Study Hall is one hour per day, Monday through Thursday.

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Customized Curriculum

The **Medicine Wheel** lessons permeate classroom activities yet are also aligned to national standards. Class size is intentionally kept small upon arrival. With an average of 10 students per class, teachers customize lessons to each child's need and learning level. Upon every enrollment, teachers review each student's testing to create an Individual Academic Plan (IAP).

Using hands-on activities in **Environmental Science** class, students learn how to gather information, make observations, analyze data and draw conclusions. Students are often in the "outdoor classroom," using the abundant wilderness that surrounds us as an opportunity for inquiry into and observation of the inherent diversity of our planet and ourselves.

A favorite learning activity on campus is the annual **LEGO League** competition, a national robotics challenge which requires students to construct and program a robot, then write and perform a presentation related to the theme. All students have the opportunity to work on several potential robots, and one robot is selected to go to regional competition with the chosen team members.

In **Mathematics**, individualized instruction via computer-presented lessons helps the boys learn according to their personal needs. Our math teacher acts as a personal tutor and coach to meet each boy at his learning level – whether it's years behind or years ahead. This is often an area in which our students make great gains or get ahead through their own motivation – the highest class being pre-calculus.

The **Language Arts** program includes reading boy-friendly literature and poetry, as well as connecting the character's traits they are learning on the Medicine Wheel. Book report assignments help boys learn to express their feelings and hone their writing skills.

Social Studies units meld current events and American History with Socratic discussion and multi-media presentations. It is a busy and active class that is a student favorite here.

Physical Education takes many forms at Cherokee Creek: soccer, basketball and teams in season, hiking, canoeing, cross-country, swimming and organized games as well as morning calisthenics. Students earn full P.E. credit.

Technology in the Classroom

Students work on a secure network using current computer technology for their classroom studies. Classrooms have smartboards, desktops, laptops and iPads for research and practice. Students always have staff supervision when using a computer.

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Special Education Services

The Special Services Department of Oconee County School District provides a full range of supplemental services for students who come to Cherokee Creek with an Individual Education Plan (IEP). IEP's are converted to Individual Service Plans with time allocated to work with a district-provided, Special Education Teacher.

Academic Progress Reports

Keeping you well-informed on your son's academic progress is our goal. You'll receive quarterly, mailed report cards at the end of each grading period. Students will also take standardized testing (Measures of Academic Progress or MAP) in the fall and spring, results of which will also be mailed home. In addition to these progress reports, you'll have the option to sign up for Parent-Teacher Conferences. These opportunities are held before each Family Seminar and are a wonderful chance to personally connect with your child's team of Teachers. Teachers are also very responsive to emails and will be happy to provide progress updates upon request.

THERAPY

"In telling our story we talk about what is important, meaningful, confusing, conflicting or painful in our life. We risk, share, interact, discover and more. And by doing so, we heal ourselves."

– Rick Stone

The foundation of all therapeutic work at Cherokee Creek is helping each boy figure out what is real and true. When he does that, he is going to heal and grow. Our Therapists have a desire to work with struggling adolescents and bring commitment and compassion to each boy in their care. All Cherokee Creek Therapists are licensed and have advanced degrees in Counseling, Psychology or Social Work.



Children need hope and a positive vision of their future. At Cherokee Creek, we lead our students on a gentle, non-punitive path of self-discovery to help them identify and break old patterns, and replace negative behaviors with healthy choices.

Individual Therapy

Our students benefit from meeting regularly with their Therapist to resolve problems, improve coping skills, and encourage self-discovery. These sessions often include a range of approaches such as cognitive-behavioral, reality, family systems, equine, sand-tray therapy and meditation. Individual therapy sessions occur at least once per week.

Group Therapy

Group Therapy gives boys a safe place to work on social problems and emotional issues. With the guidance of a Therapist, boys meet in their groups where they may gain insight into their own thoughts and behavior, and learn to support their peers. Boys especially benefit from the guided social interactions and modeled behavior during these sessions. Group Therapy is held three times a week – two group sessions will be with your son's Therapist and one is a focus group. See following information on focus group.

Primary Groups

Primary Groups are opportunities for each group to meet with their Primary Counselor to address their group's issues and concerns. Held once each week for one hour, the meetings often focus on conflict resolution, team building and addressing interpersonal relationships.

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Focus Groups

Focus Groups are weekly groups where students explore personal topics such as divorce, grief and loss, adoption, addiction issues or anger management. Led by a Therapist, these groups directly address issues of vital interest to the boys.

Family Therapy

Family Therapy uses Family-Systems Theory to help family members learn to function more successfully together. Solutions are sought by changing the way the system works rather than trying to "fix" a specific member. We recommend families take advantage of therapy sessions when visiting campus or during Family Seminar weekends.

Equine-Assisted Counseling

Equine-Assisted Counseling (EAC) is provided on campus for individuals or groups. This is an additional therapeutic option and is solution focused, experiential and brief. Sessions are facilitated by a specially-trained, Licensed Mental Health Professional, an Equine Specialist and, of course, a horse or horses. For more information, contact your son's Therapist.

Neuro-Therapy

Neuro-Therapy, also known as neurofeedback therapy or EEG therapy, is available on campus for individuals. This is an additional therapeutic option that combines the science of neurological functions with feedback to the boys about how to train their brains. For more information, contact your son's Therapist.

HEALTH and RECREATION

"Come forth into the light of things,
Let Nature be your teacher."

– William Wordsworth

Cherokee Creek Treks



Cherokee Creek's Trek Program is designed to challenge the students, allowing the natural world to test their limits in a setting that is both, "real and true." Each month, boys head off campus with their treatment team group to enjoy and learn outdoor skills like whitewater rafting, canoeing, rock climbing, hiking, backpacking, flatwater canoeing, kayaking and swimming These activities challenge the boys both physically and emotionally. Our Trek staff are skilled Counselors and guides, using diverse methods such as journaling, photography, meditation and group discussion to deepen personal insight. More than providing challenging activities, Treks give our students a different opportunity to "show up" by developing confidence, maturity and leadership. The natural environment also has a powerful, positive effect on stress and anxiety for some of our boys.

Many students bring their own personal gear for Trek. We also have community gear that boys can use. See page 2.5 for a list of approved gear.

Outdoor Activities

We regularly provide opportunities to channel the abundant energy of our middle-school boys in positive directions. Vigorous outdoor activities build skills, foster healthy competition, and help the boys develop lasting friendships. In addition to taking full advantage of our 77-acre wooded campus, our location near Tallulah Gorge, the Tugaloo River, the National Wild and Scenic Chattooga River, and numerous state parks and national forests, provides bountiful opportunities for outdoor play.

Organized Sports

Our soccer and basketball teams are part of the local recreation leagues. We also have boys who participate in club lacrosse, club golf, cross-country and softball. All students will participate in organized sports while enrolled at Cherokee Creek. Boys love seeing their families on the sidelines, too. If you are in the area, check with your son's Primary Counselor for directions to the game.

"Go Bears!"

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CHEROKEE CREEK
BOYS SCHOOL

Family Involvement













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FAMILY INVOLVEMENT

"We are a learning community that challenge boys and their families to discover what is real and true about themselves and the world around them."

– The Mission of Cherokee Creek Boys School

Personal Growth: Parent Education

The Cherokee Creek mission commits us to "challenge boys and their families to discover what is real and true about themselves and the world around them." Our Parent Education Program and the Family Seminar series support you while your son is at Cherokee Creek and give you tools to successfully welcome him back home. Experience shows that parents who do their own emotional work and increase their skills while their son is at Cherokee Creek dramatically improve the possibilities for their whole family's long-lasting health and well-being. Through Family Bridge assignments and your own Parent Workbooks, you will be doing therapeutic work along with your son as well as being able to talk about the work he is accomplishing while here.

We provide the space and time for you to put aside the challenges of home, work and family, to shift your focus from your child to yourself, and do the work of self discovery. Led by staff, you'll explore some of the same themes your son is engaging in: the work of the **Visionary**, **Warrior**, **Teacher** and **Healer**, and apply those powerful lessons as the parent of a struggling teen.

Family Seminar Workshops

Family Seminars are held each quarter and help to create a shared vocabulary and a common set of experiences. Seminars are a safe place to share your story and know that you are understood. They offer fun, play, healing and solid parenting instruction.

We encourage families to participate in all Family Seminars. In general, we recommend families attend at least one Family Seminar prior to attending Family Trek, Women's Retreats, Mother & Son Treks and/or Father & Son Treks. Please work with your son's Primary Counselor and Therapist to discuss recommendations for family programming participation.

The purpose of these special Family Seminars is to offer you:

1. Parent-Teacher Conferences, family therapy sessions and opportunities to talk with your son's Primary Counselor to get updates on your son's care and development
2. Support and fellowship with other Cherokee Creek parents
3. Personal growth
4. Family education and parenting skills

Time with your son for love, fun and growth is an important part of the Cherokee Creek experience. Most families decide to stay in the area following Family Seminars for opportunities for visits with your child.

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There will be opportunities over the weekend after Family Seminar is over for one-on-one time with your child. Depending on your son's individual needs, visits may be scheduled on campus, off campus or overnight. Decisions are made on a case-by-case basis, so please consult your son's Primary Counselor and Therapist to discuss what type of visit is best for your son. There will be some portions of the workshop that incorporate student participation.

New Parent Orientation

New Parent Orientation is held four times each year at the beginning of the Family Seminar. When your son enters our program, you will be invited to attend the upcoming session. Led by owner / founder, Beth Black, you'll learn about your son's journey at school, connect with other new parents, share experiences and begin to explore your own learning and growth. This will also be an opportunity to meet with your child's Teachers and Therapist to get updates and answers to any questions you may have as a new parent.

Family Therapy Sessions

Family Therapy Sessions are an excellent opportunity to integrate your son's work here at Cherokee Creek with the valuable work your family is doing at home. These sessions also serve to highlight progress your son is making and to problem solve things that weren't working at home so that you can work together to create solutions and systems.

Parent-Teacher Conferences

This is an opportunity to meet with each of your son's Teachers for updates on academic goals and classroom progress.

Additional Family Program Opportunities

In additional quarterly seminars, we have a variety of additional family programming offered throughout the year. We encourage families to participate in at least one Family Seminar prior to attending additional family programming and to work with your son's Therapist and Primary Counselor for a recommended schedule.

Family Treks

Multiple times a year, corresponding with Family Seminars, parents and their boys have the opportunity to Trek together. Led by Trek staff, up to 12 families head off on a regional, multi-day adventure. Patterned after the boys' weekend Treks, these are fun and challenging times for parents and children to bond and play in the company of other Cherokee Creek families and staff. Family Treks always include a wide variety of activities and a lot of adventure. It is our hope that you will be challenged by at least one activity on Family Trek. Accommodations may be rustic cabins or tent camping. Our first Family Trek in 2008 – whitewater canoeing, fly fishing and hiking – was such a success that parents asked us to expand the program. Our Family Trek is an opportunity for your entire family to enjoy, together, the challenges that nature can provide. Please check our Annual Calendar for Family Trek dates.

Women's Retreat (WomenRest)

These warm, nurturing three-day retreats provide a unique opportunity for healing and fellowship in a serene and beautiful setting. Lead by CCBS Founder, Beth Black, these experiences combine educational and therapeutic sessions with light exercise, nourishing meals and plenty of laughter! The focus is on the individual instead of the struggling teen, and the courage and heart required to navigate difficult times with grace.

Mothers are required to do a Women's Retreat prior to doing a Mother & Son Trek.

Mother & Son Treks / Father & Son Treks

In addition to our Family Treks, Cherokee Creek offers an opportunity for mothers / sons and fathers / sons to bond in a wilderness setting. These Treks allow the students to show off the skills they have learned, and often, how much they have grown and become "open to outcome." These Treks celebrate overcoming challenges and discomfort while providing the time and space for parent and son to reconnect and enjoy nature. The Treks are often rustic and primitive in design to strip away the parts of everyday life that can interfere in the modern mother / son and father / son relationship. Please check our Annual Calendar for Mother & Son Trek / Father & Son Trek dates.

Family Activity Days

Occasionally, we offer a day of fun for CCBS families and their boys to share. Most often these days are developed in conjunction with Family Seminars and serve to provide you with a healthy, staff-supported option during your family visit time. Examples include an annual rafting trip on Section Three of the Chattooga River, organized hikes for families new to CCBS and on-campus game days.

Sibling Involvement

Family Treks and Family Activity Days are a great way to involve a sibling in your son's CCBS experience. They help to create understanding of what CCBS is all about and begin to bridge the gap created by distance and family life prior to your son's enrollment in programs.

Parent Passages

The Cherokee Creek Boys School experience is designed for both boys and their families. As boys are learning new skills during their Cherokee Creek education, parents are also learning and growing at our Family Seminar series. In preparation for boys to transition home, they take part in a program called Passages. At the same time, we offer a Parent Passages Seminar that helps students and parents organize and begin to plan for graduation and transitioning home.

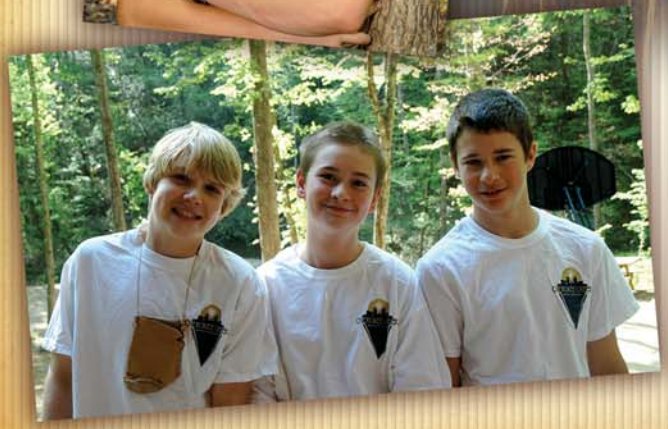
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CHEROKEE CREEK
BOYS SCHOOL

Honorable Closure






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HONORABLE CLOSURE

"I expect to pass through this life but once.
Therefore, if there be any kindness I can show,
or any good thing I can do for another human being,
let me do it now, for I shall not pass this way again."

– William Penn

Passages Program

"Passages" is a curriculum specifically designed to prepare you and your son for success after Cherokee Creek. Facilitated through weekly group sessions by a Therapist and your Transition Coach, ***Passages*** is in addition to your son's regular group sessions with his group. This program is tailored to the specific challenges and growth opportunities of a boy preparing to move forward from CCBS. Assignments test their abilities to hold their boundaries and deal with the pressures of returning to familiar surroundings. Coaching focuses on helping boys internalize the importance of their accomplishments at Cherokee Creek and build upon new-found strengths and achievements.

Passages is for the whole family. While your son is in ***Passages,*** you will also be asked to participate through assignments and tasks. Examples include working with your son to develop a family contract for when he is home, identifying therapeutic systems for your family's continued support and recognizing the family you were, the family you are, and the family you hope to be.

Graduation

Graduation at CCBS is a powerful opportunity to honor your son's hard work, growth and achievement. Parents, siblings and extended family are invited to join the Cherokee Creek community in the Ceremonial Circle to celebrate graduates in a tradition-filled ceremony.

Follow-Up Care

Leading up to graduation and for two months after, you will have the availability of Cherokee Creek's Transition Coach to help all of you navigate the return of your son to his home. This is included as part of your tuition and a service that makes CCBS unique in its understanding that the return home can be stressful as everyone puts into action the new behaviors and roles you have practiced for many months. The CCBS Transition Coach will make a home visit as well as be available to you via phone or Skype to listen, answer questions and help navigate a successful transition home.

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CHEROKEE CREEK
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PART TWO

The Nuts and Bolts









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CHEROKEE CREEK
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Preparing for Enrollment









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PERSONAL SUPPLIES

As you prepare for your son's enrollment, we want you to have an idea of what your son will need to pack and how he will go about settling in. Below you will find useful information, like a packing list and tips for success on enrollment day.

After you arrive and check in, your son's Primary Counselor will meet him and introduce him to his student mentor. While you are completing paperwork, the three of them will tour the school and work together to unpack your son's belongings and to help him settle in.

Clothing and Bedding

These are the items required for each student. Please note the number of particular items and supply only these items, in the appropriate quantity. This ensures that the student will have adequate clothing and enough space for his belongings. Only clothing for the current season and the following season are needed. Camouflage clothing is not allowed. A heavy winter coat will only be required September through March. If a student requires new or additional clothes or supplies during his stay, we will notify you. Please make certain to label all garments with your child's initials using a permanent marker such as a Sharpie.

Clothes

- (8) Shorts – *khaki or denim; must have zipper and pockets*
- (4) Athletic shorts
- (8) Pants – *khaki or denim; jeans and/or cargo; properly fitting*
- (2) Athletic pants
- (8) * T-shirts – *no sleeveless shirts*
- (2) * Button-down or collared shirts – *short-sleeved; golf / polo style*
- (2) * Sweatshirt(s) and/or fleece jacket(s)
- (10) Underwear
- (3) Pajama pants
- (12) Athletic socks
- (4) Wool or wool-blend socks
- (1) Flip flops
- (1) Shower shoes
- (1) Water shoes – *must have back strap and covered toe; for example, Astral or Keen style*
- (2) Athletic shoes
- (1) Hiking boots or shoes
- (1) Baseball cap
- (2) Belts – *plain*
- (1) Gloves – *seasonal*
- (1) Winter cap – *seasonal*
- (3) Thermal shirts – *seasonal; optional*
- (3) Thermal leggings – *seasonal; optional*
- (1) Heavy, winter coat
- (2) Swim shorts
- (1) Rain jacket
- (1) Rain pants – *optional*
- (1) Neck strap for glasses – *if necessary; for athletics*
- (5) Cloth masks – *triple layer; no buffs*

** Appropriate graphics, sports teams and school logos are acceptable.*

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Bedding – Twin Size Only

(2) Sheet sets – *flat sheet, fitted sheet and pillowcase*

(1) Pillow

(1) ** Blanket

(1) ** Comforter / quilt – *washable*

(3) Bath towels

(2) Washcloths

*** Blankets and comforters should not be ultra thick. According to The Weather Channel, Westminster's 2016 / 2017 average winter temperature was 32°.*

Miscellaneous Items

It is important to provide CCBS with as close to 30 days worth of any prescription medication as possible upon enrollment. CCBS will help to replenish hygiene items when needed.

(1) Family photo – *5 x 7 or smaller*

(1) Shower caddy

(2) Toothbrush

(2) Toothpaste

(2) Dental floss

(1) Hair brush / comb

(1) Shampoo

(1) Face wash

(1) Deodorant

(1) Body wash

(1) Laundry bag – *heavy cloth; labeled with name*

(1) Backpack – *book bag size*

(1) Electric razor – *if necessary*

(1) Watch – *no other jewelry allowed*

Stamps and envelopes

Items for Cherokee Creek Treks

(1) Multi-day backpack – *30 – 40 ml*

(1) Stuff sack – *small for personal-care items*

(1) Dry bag – *small or medium for water activities*

(1) Sunglasses – ***under $50.00*** *in value*

Helpful Purchasing Tips for Gear

Multi-Day Packs: The multi-day packs that students use in wilderness programs are acceptable for use at Cherokee Creek. The following items are also suggested multi-day packs:

- www.rei.com/product/168485/rei-co-op-trail-40-pack-mens
- www.rei.com/product/141493/osprey-kestrel-38-pack-mens

Rain Jackets: Rain jackets are one of the most important pieces of personal gear that our students often go without. This piece of gear is arguably the most important piece for treks. We are in a wet environment where we continue with our programming rain or shine. These rain jackets have proven to meet the needs of our uses:

- Boys: www.rei.com/product/137124/the-north-face-resolve-reflective-jacketboys
- Mens: www.rei.com/rei-garage/product/171953/marmot-mica-jacket-mens

Water / Rafting Shoes: We have found Astral and Keen shoes to be the safest, most durable and most comfortable water / rafting shoes for our students.

Possessions and Gifts

For both philosophical and pragmatic reasons, we limit and restrict the belongings that our students bring to school. Each student is assigned a "cubbie" shelf or dresser top for their family photo, hygiene items and personal possessions. No storage space is completely private. We strongly encourage boys to leave valuables at home where they can be enjoyed on home visits and protected from loss.

Games, Technology, Cell Phones and iPods

We are happy to provide a campus that is free of personal technology devices. By leaving behind iPods, cell phones, video and computer games, personal computers, and hand-held games, boys soon rediscover the pleasures of board games, playing sports with friends, reading, doing puzzles, and / or performing music, plays or skits.

When students reach the ***"Passages"*** portion of our program, they have gained the trust to be able to read and play games on wifi-free devices. This helps to prepare them for the reality of balancing electronic devices as they prepare for their transition home.

Jewelry

Boys are not allowed to wear jewelry at Cherokee Creek. This includes earrings, bracelets, necklaces, rings, or pocket chains. Watches valued at less than fifty dollars are allowed.

Grooming, Haircuts and Hygiene

Cherokee Creek requires basic grooming on a daily basis including showers, use of deodorant and healthy dental habits. Hair is required to be short, neat and clean. A local hair stylist provides regular, on-campus haircuts. Sometimes, parents will take boys for haircuts during a family visit. Non-traditional hair styles such as shaved, spiked, or dyed hair are not permitted.

CCBS provides a storage bin for clothing for all students. If you wish, please plan on leaving a small duffle bag for your student's future use on weekend and home visits.

ENROLLMENT DAY TIPS for SUCCESS

The best thing you can do to support your son on enrollment day is to keep a positive outlook on this step. Remind him (and yourself) that this is a new beginning and a way to get back on track. This positive mantra will go a long way in helping you stay strong, set healthy boundaries and avoid manipulation.

We strongly recommend that you do not make promises about upcoming visits or program completion. We also recommend that you avoid purchasing items not on the CCBS packing list.

Stay positive after you arrive by continuing to educate your son about why this is an important step, but do not forget how difficult this may be for him. Avoid complications and negative behaviors by locking the car doors after you get out of the car and resisting any requests your son may make to isolate himself.

When it is time to go, do not linger. Reassure your son, as you have done all day, and move forward. Before you know it, it will be time for a Seminar and you will see each other again.

Please know that we recognize that this may be a difficult day for your family. There will be staff to support you and your son every step of the way.

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CHEROKEE CREEK
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Day-to-Day Life at CCBS











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STUDENT LIFE

"Deep within us – no matter whom we are – there lives a feeling of wanting to be lovable, of wanting to be the kind of person that others like to be with. And the greatest thing we can do is to let people know that they are loved and capable of loving."

– Mister Rogers

Cherokee Creek students are young, and being away from home can be hard for them. As boys do the courageous work of healing, they need a nurturing environment and the loving support of caring adults. Our staff creates just such a home for the boys: a place of comfort, connection and community.

This section is designed to help you understand your son's daily life at Cherokee Creek.

Groups

We divide our student body into groups known as the Red Hawks, White Oaks, Currahees and Chattoogas. The group shares bunkhouse space, responsibilities and chores. They also do Treks together and meet in groups with Therapists and Primary Counselors together.

Important Relationships

Primary Counselor

Each group of boys is led by a Primary Counselor. The Primary Counselor is like the quarterback of the family group: coaching, engaging and leading the boys as their main support and guide.

Therapist

Driving the therapeutic care plan for each boy is his Licensed Therapist. Students meet with their Therapist regularly for individual, group and family therapy sessions.

Our students are able to spend quality time with their Therapist outside of traditional therapy sessions. The ability to share a meal, go for a hike and play a game of basketball helps to support the therapeutic process.

Student Mentor

Your son meets his student mentor when he arrives on campus for enrollment – a Cherokee Creek student who will be his helper and tour guide. The mentor will support and encourage your son during his first weeks of transition to Cherokee Creek, known as the "Orienteer" phase.

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OUR LOCATION

"Nature bequeaths its own blessing on those who immerse themselves in it. When you're able to leave the noise and the discord of your environment and give yourself up to the harmony and rhythm of nature, you come back renewed."

– Stephen Covey

Our location is intentional… we chose a remote, natural setting because we know that nature is a powerful healer. It offers peace, silence, a slower pace – and excitement, physical challenges and fun. Many of our students have had limited exposure to the woods, rivers, mountains and the abundant recreation we offer. The natural classroom surrounds us.

Campus Living

Bunkhouse

The bunkhouse, located just across the creek from the main lodge, is where students sleep, shower and store their personal belongings. Each group bunks together. Your son will have his own bunk, shelf and storage area. Administrative and other bedrooms for boys approaching graduation are upstairs. Our Night Staff observes the boys from the balcony above the dorm rooms, and by cameras in – and frequent visits to – the back rooms.

The Lodge

The Lodge is the heart of campus life. The boys and staff have their meals together in the dining area. Two large living rooms on the main floor are full of activity all day long. You might find boys building LEGOs together, playing a game of pool or ping-pong, listening to music, dealing out a hand of cards, strumming their guitars or reading a book.

Upstairs houses our academic classrooms and the administrative offices. With permission from staff, students who need some advice or support are free to pop in most of the time.

The "Bridge" is the office for our Nurse and space for the shift manager when our boys are in the lodge.

The front porch rockers are a favorite spot for students to relax after lunch, or when they need time for calming down. Others make a bee-line to the "rec" area for a pick-up game of basketball, capture the flag, frisbee or tetherball.

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DAILY LIFE

Weekday Schedule

Wake up at 7:00 a.m., dress, basic hygiene, gather belongings for the day's activities, and head to the lodge by 7:30 a.m for First Light.
Community breakfast is followed by morning chores and P.E.
Generally, academic classes or events are held every weekday from 9:00 a.m. to 12:00 p.m.
Lunch takes place at 12:00 p.m. Outside free time or chores follow until 1:15 p.m.
At 1:15 p.m., there are activities that vary for each student. These may include group meetings or therapy, individual or organized sports, elective activities or classes, or time for play and games.
Dinner takes place at 5:30 p.m.
Evenings are spent in the lodge or outside of the lodge playing games. Boys have supervised Study Hall followed by Last Light at the bunkhouse.
Students shift back to the bunkhouse for Last Light, showers and to get ready for bed.
Lights out is at 9:00 p.m. and silent reading until 9:30 p.m.

Weekend Schedule

Weekends are focused on recreation. While one group may be away on a Trek, the others may enjoy being a part of activities on and off campus. On weekends, the Counselors may take the boys off campus for activities like a movie, a trip to the bowling alley, swimming at a local river or lake, a nearby hike or local cultural exhibits and festivals. On-campus activities might include guitar lessons and practice, athletic drills and shooting hoops, board and card games on the porch or reading a good book. Sunday morning chore time is when the boys learn the value of community work as they spiff up the lodge and bunkhouse, and prepare for the coming week.

Saturday	Sunday
Wake up followed by breakfast.	Wake up followed by breakfast.
Morning activity on or off campus.	Lodge and bunkhouse clean-up.
Lunch.	Lunch.
Activity on or off campus.	Activity on or off campus.
Dinner.	Dinner.
Movie, listening to music, reading.	Movie, listening to music, reading.
Last Light followed by lights out at 9:45 p.m.	Last Light followed by lights out at 9:00 p.m.

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Mealtime and Nutrition

Students and staff enjoy meals together. Meal plans are made weekly by our Kitchen Staff who work hard to meet the boys' tastes while providing a variety of healthy options. Our kitchen also meets or exceeds the standards for safety and cleanliness provided by our state licensing agreement with South Carolina as a Group Care Facility.

Served buffet-style, each meal typically includes options for individual dietary or religious needs. A salad bar is available at lunch during the week and a house salad is often served at dinner. Please let us know if your son has special dietary needs.

Chores

Boys benefit from contributing in concrete ways to the upkeep and beauty of their home-away-from-home. Regular chores help them learn responsibility and feel valued for their contributions. In addition to the daily requirement to make their beds and keep their personal areas tidy and clean, groups take responsibility for disinfecting and scrubbing their own sinks, toilets and showers, and mopping their floors regularly. Chores that benefit the whole community rotate week-by-week. These duties include kitchen clean-up and dish washing after every meal; periodic yard and garden work; regular lodge clean-up such as dusting furniture, vacuuming floors, straightening and sweeping the porch; and occasionally washing and vacuuming the school vehicles.

Birthdays

We celebrate each boy's special day with a cake and a song with the group. Parents may send a card or a gift (ask your son's Primary Counselor for gift ideas), and a phone call will be arranged so you can share in your son's special day!

Religions Traditions

We value all religions and honor the spiritual growth of each student. Some boys enjoy visits from relatives on religious holidays. Please partner with us to meet your child's specific needs. There are opportunities, with parent's approval, for your son to attend synagogue, church and weekly bible study.

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STUDENT BEHAVIOR and DISCIPLINE

"The center of human nature is rooted in ten thousand ordinary acts of kindness that define our days."

– Stephen Jay Gould

Agreements for Student Behavior

We work to create a caring atmosphere of respect, openness and kindness. Behavioral problems may arise in our environment and they are addressed immediately by providing natural, logical and appropriate consequences for the behavior. Appropriate boundaries and consequences help boys correct their course and learn acceptable ways to cope with challenges. A key to creating this positive environment is understanding that students need structure and clearly defined boundaries as well as a sense of "home." Please refer to Appendix B for definition of natural and logical consequences.

Student Rights and Responsibilities

The following details the basic rights and responsibilities for all CCBS students:

Student Rights

1. To receive care and services within the capability of CCBS according to its mission and any laws that apply to CCBS.
2. Freedom from discrimination.
3. A safe environment with respect of human dignity.
4. Respect for privacy of his information, records and family from release to individuals or organizations outside CCBS without permission from him or his parent / guardian.
5. Understanding and documentation of CCBS policies for communication (phone calls, mail, email, etc.) and visits.
6. Understanding and documentation of CCBS privileges and boundaries (this includes physical boundaries and boundaries for acceptable behavior).
7. Understanding and documentation of access to religious services and / or practices while at CCBS.
8. An environment free from harmful substances, including recreational drugs. (CCBS does have the right to search student possessions or administer drug tests to help maintain a safe substance-free environment.)
9. Safety to make a formal written or verbal complaint to any member of the CCBS staff without fear of retaliation.
10. A diet of meals that are nutritionally matched to his age and activity level.

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Student Responsibilities

1. If he is confused or has questions about his care or what is expected of him at any time, it is his responsibility to ask staff to help him.
2. To respect the rights, privacy and property of others at CCBS. This includes other students and their families, staff and school property.
3. To actively participate in the plan developed specifically for him by his Therapist, Primary Counselor, and other staff at Cherokee Creek.
4. To accept CCBS staff decisions as well as the consequences assigned by staff for his actions.

Guidelines for Discipline

On occasion, there are situations where a physical intervention is necessary to help the student regain control of his emotions. A therapeutic escort or hold is used only when a child is in danger of hurting himself or others. All staff receive professional training on how to prevent the escalation of conflicts and how to safely administer therapeutic holds when needed.

COMMUNICATION

Scheduling Phone Calls

During your son's admissions process, our Admissions Team schedules a regular time for your student and staff calls. We know that changes are part of busy life, but ask that you do your best to safeguard your call times. To reschedule a staff call, contact your Therapist or Primary Counselor directly.

Parent-Child Phone Calls

Your first call with your son typically takes place about 24 hours after enrollment, allowing the family to connect about your son's first day. This first call is typically a 10-minute phone call. Calls following the first call typically take place a week after enrollment allowing him time to begin adjusting to campus life. These weekly 15-minute calls are supervised by a staff member and help boys learn and practice positive communication skills such as using appropriate language and expressing themselves clearly, honestly and respectfully. If a student's parents are in separate households, we encourage the calls to be together for your son to receive a unified message. Primary Counselors and Therapists reserve the right to change calls based on the student's needs.

Preparing for Your Calls

Phone calls are an opportunity to re-establish, develop and deepen your relationship with your son. The quality of your conversation has a powerful effect on your son's well-being and progress. Typically, new students engage in manipulation and complain about school, academics, and being away from friends, family, and their regular routines. Practicing active listening will take you and your child far. Rather than debating, presenting a different view or even coaching, if you offer your boy your attention and express respect for his experience, he will feel valued and heard.

Open-ended questions are a good way to get the conversation flowing: Ask about feelings rather than facts, and invite him to tell you about his experiences. Questions that begin with: what, how or phrases like 'what do you think' or 'tell me more' often open the door to meaningful connection.

Please remember that your child is undergoing significant changes and establishing new patterns. Change is uncomfortable. Especially at first, your phone conversations may be hard, so please be patient with yourself and your son. Your son's Primary Counselor and / or his Therapist will become good resources, coaching you about information to share and suggesting topics to encourage your student's growth.

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Parent-Staff Phone Calls

You'll have two regularly scheduled calls with CCBS staff each month. One will be with your son's Primary Counselor and one with his Therapist. These calls are key to keeping the parent-school partnership strong. We want you to be confident and clear about your son's progress. You may want to email specific questions in advance, allowing staff to gather relevant information before your call.

Schedule Changes

Occasionally, last-minute activities on campus may prevent a child from keeping his call time. In this case, we will reschedule the missed call as soon as possible, often later that same day.

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Your Campus Contacts

The following table is designed to help you identify which staff to contact with your questions and concerns as they arise:

Contact	Situation
Primary Counselor	The Primary Counselor is your main contact at the school and partners with you and school staff to coordinate all aspects of your son's life and care while at CCBS. You will have a monthly scheduled phone call with your son's primary. Contact the primary with any general questions you may have. Examples include, but are not limited to, your son's daily life, upcoming visits, activities, clothing needs, etc.
Therapist	You will have monthly updates with your son's Therapist. Contact your son's Therapist with questions specific to his clinical issues and therapeutic care.
Academic Dean	Contact the Academic Dean for questions related to academic records, such as IEP's and documents necessary for your son's next school placement. For questions regarding classroom activities, feel free to contact the teachers directly as well. Each of their emails is available on our website.
Nurse	Contact the CCBS Nurse with questions related to medications, medical and dental care, allergies, vitamins and supplements.
Student Services Coordinator	Student Services Coordinator is responsible for student phone calls, family communication, if there are items needed for your son. Contact the Student Services Coordinator when arranging your son's transportation for home visits.
Family Center Manager	The Family Center Manager coordinates our family events including Women's Retreats, Family Treks, Father & Son Treks, Mother & Son Treks and Family Seminars. Please contact the Family Center Manager when making plans to attend any of these events.
Bookkeeper or Operations Director	For monthly billing and insurance questions, please contact our Bookkeeper or Operations Director.

Please remember that, due to staff work schedules, your message may not be received immediately. Our policy is to return emails and phone calls within 24 hours of when they are received, which might be after teaching and student supervision duties are completed after 2 p.m. For example, a primary's days off are Saturday and Sunday. An email sent late Friday, and received by the primary on Monday, will be returned no later than Tuesday. If you need a more rapid response, please call the school directly. Depending on the question, the manager of clinical services will be available to help.

A complete list of staff and contact information is included in your new parent pack.

Child's Written Correspondence: Guidelines for Parents

Boys love getting mail from home, and we encourage you to write regularly. As with phone calls, part of the student's program at CCBS is learning honest, respectful communication skills. Your child's Primary Counselor will read all outgoing correspondence to assure that your son is practicing healthy, clear, and personal communication without manipulation. All incoming student mail is reviewed by a Counselor before being delivered daily.

Send letters via the U.S. Postal Service, addressed to your child to:

Cherokee Creek Boys School
198 Cooper Road
Westminster, SC 29693

Or send letters through your Family Bridge portal. These are printed off daily (Monday through Friday) for your sons by his Primary Counselor.

Correspondence with Siblings and Extended Family

Our policy is to first encourage parent communication, then add letters to / from siblings and extended family. This gives your son the opportunity to learn new skills and focus on his own work before reaching out to others. Your son's Primary Counselor will let you know when he is ready to begin communicating with other family members.

Care Packages and Treats from Home

Boys look forward to receiving packages from home. Please discuss ideas in advance with your son's Primary Counselor who will help you choose appropriate gifts and treats. On occasion, inappropriate items are sent – we inspect all packages and will return items that are not within our guidelines. Please keep in mind that sweets are limited at Cherokee Creek. By working together, we can help you choose presents that delight your son and benefit his personal growth.

Communication with Hometown Friends

We do not recommend communication with peers in the early months at Cherokee Creek. Often friends have been a part of the student's poor choices or behaviors. As his social and emotional skills develop, and your son has strengthened his relationships with your family, he will be encouraged to write to friends. This valuable step helps him prepare to return home and reconnect in positive and healthy ways. We strongly encourage you to partner with your son and his Primary Counselor and Therapist to develop a list of acceptable friends to contact.

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Emergency Contact Information

Contacting the School

In the event of a family emergency, call the school immediately. School staff will assist you and help communicate with your son.

Contacting the Family

In case of an injury, serious illness or behavioral incident involving your child, a staff member will contact you immediately, day or night.

VISITS with YOUR CHILD

Objectives for Visits

From the moment you enroll your son at Cherokee Creek, both of you will be looking forward to future visits with both anticipation and some anxiety. As we have shared, the mission of CCBS is to "challenge boys and their families to discover what is real and true about themselves and the world around them." Visits are opportunities for families to explore these discoveries and the many ways the boys have grown and changed. It is a valuable time for boys to practice new behaviors, share their insights and for families to work together to rebuild the strained or broken relationships that may have pre-dated their arrival at CCBS.

As your son works on the issues that brought him to CCBS, our goal is to consider his needs and best interests for healing at the time of the visit. His emotional safety and continued progress is our greatest concern. All visits are recommended by CCBS based on a student's progress. Your phone calls with your Therapist and Primary Counselor will prepare you for the nature of your visits. We appreciate your cooperation and partnership in honoring our visit recommendations.

Visit "Contracts"

Your child's Primary Counselor will help you develop a contract for each visit. The contract is an agreement about boundaries, rules and expectations to be honored during your time together. Over time, this contract will build the foundation for the home contract.

On-Campus Visits

Your first visit with your son will probably be held on campus. During this time, your son may especially enjoy showing you around the lodge and bunkhouse. You may also want to take a hike together, enjoy a meal in the dining room, play a game or simply relax on the porch together.

Off-Campus Visits

As your son's skills develop, his opportunities will grow. Off-campus day visits or overnight stays in the region will be approved by his Primary Counselor and Therapist on a case-by-case basis.

Home Visits

As students progress through the program and begin to prepare for graduation, more home visits are encouraged. As you work with your son's Primary Counselor and Therapist, you will work together to arrange these visits.

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School Breaks

There are three week-long school breaks scheduled each year: spring break, summer vacation and the December holidays. Your student's eligibility for these breaks will depend on how long he has been enrolled and his readiness for a home visit. Families may be able to come to the region to visit if the student is not ready for a trip home. Your son's Primary Counselor and Therapist will share what choice is best for your child and the family.

CCBS is Always Open

Cherokee Creek remains open 24 hours a days, 365 days a year. While boys and their families find these visits exhilarating, they may sometimes be stressful. The staff at Cherokee Creek is on-call 24-hours a day, 7-days a week to provide coaching and support for both parents and boys. If a family visit becomes uncomfortably stressful, you may choose to bring your son back earlier than planned. This can be in the best interest of everyone. This flexibility creates room for you and your son to build a foundation of successful visits that ultimately supports a successful transition back home. Know that we are always here for you and want you to regard us as a supportive resource for you and your family.

Travel Arrangements

Please, consult our Student Services Coordinator **before** booking your son's travel.

Some of our boys have not traveled alone before coming to CCBS. We want all the students' trips to and from school to be positive, comfortable experiences. Coordinating with the parents, we arrange for a staff member to accompany each child to the airport gate or security (depending on the airport's policies) and to meet the student when he returns.

Unaccompanied Minors

Many airlines require paperwork for unaccompanied minors and levy an additional fee for this service. We will complete necessary paperwork and pre-pay the fee for boys traveling as unaccompanied minors and will bill you in your next invoice.

Our Closest Airports

We provide transportation to / from the Greenville / Spartanburg (GSP) and Atlanta (ATL) airports. We encourage you to book flights into GSP. The size, convenience and friendliness of this airport makes it our preference.

Our airport transport rates are listed in Appendix C.

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To the best of your ability, please schedule your son's departing flights between 10 a.m. – 2 p.m. and return arrivals to CCBS between 1 p.m. – 4 p.m.

Important Note: To avoid an unexpected, unsupervised overnight airport stay, most airlines will not allow an unaccompanied minor to be booked on the last flight of the day.

Please provide us with the name, address and phone number of the person picking up your child at your home airport.

Similarly, the airline will require the name of the Cherokee Creek staff member picking up your child when he returns from his visit in order to release him to us.

Important Note: *Different staff members may pick up and drop off boys. Please call CCBS the day before or morning of your son's return to campus to confirm the name of the staff member meeting your son AND list that person's name and "CCBS staff" on the unaccompanied minor paperwork at check-in.*

Safe Arrival

We will let you know when your son has reached CCBS by phone or email. Just as you probably sleep better at night knowing your son has arrived safely back at school, we also appreciate hearing that he has arrived safely home.

Traveling with Medications

We want to make sure that your son has the medication that he needs while traveling. We also want to safeguard against a student tampering with medications while out of direct supervision. Whenever possible, CCBS staff will place medications packed for travel in a student's checked baggage. Additionally, we will send documentation with your son of the number of doses that were packed. We ask that you review your son's medications when he arrives to be sure the correct amounts have arrived.

Important Note: *For longer visits, it may be necessary to ship medications to you.*

Phone Contact While Traveling

Most of the time, our students travel without phone contact. Because CCBS staff stay with your son until his plane has taken off, it is not considered necessary that he also have an alternative way to make phone calls. Some families send a cell phone for when their child is traveling. If this is something you would like to do, please contact the Student Services Coordinator to make arrangements for shipping the phone to and from the school. Alternatively, you might consider sending a long-distance calling card for your son to carry with him just in case. Your son's Primary Counselor will store his cell phone when he is not on a visit.

Important Note: *Regardless of whether or not your son carries a phone or calling card, it is important that he have his home number (or number where you can be reached) and the school's phone number.*

Travel Money

If you would like your son to have cash while traveling, please either mail it ahead of time to the Student Services Coordinator or confirm that CCBS can invoice you for cash provided by the school. Cash is usually only a necessity if your son will be changing planes and expects a long layover.

Electronics

Just about every student at CCBS looks forward to traveling with their personal music player. Please discuss this with your son's Primary Counselor before travel to make sure it is appropriate. CCBS does not support personal gaming devices – but a deck of cards is always handy! Your son's Primary Counselor will store his electronics when not on a visit.

Packing Considerations

It is always helpful for your son to have photo identification while traveling. This can be a school ID badge or a state-issued ID from home. It is also helpful for your son to return to campus with laundered clothes. This is especially true if he is arriving late in the day or returning from breaks when the majority of other students are also returning. This will ensure that he has clean clothes until his laundry day.

MEDICATION MANAGEMENT

Our full-time Nurse coordinates each student's health care including local and home-based psychiatric services, physician services, eye care, dental exams and orthodontia. As a member of your son's treatment team, the Nurse keeps a watchful eye on your child's and the school community's physical health.

It is important to provide CCBS with as close to 30 days worth of any prescription medication as possible upon enrollment.

Administering Medications

Many of our boys take regular daily medications. Boys come to the Nurse's station in the main lodge, receive their meds, and take them under the Nurse's supervision. When the Nurse is not on campus, the Primary Counselors or other qualified staff dispense medications.

Medication Sources

Upon enrollment, any existing prescriptions for your son are transferred to Jerry White's Pharmacy in Toccoa, GA. Any follow-up prescriptions or adjustments are also sent directly to Jerry White's Pharmacy. Contact information for Jerry White's Pharmacy is located on the last page of this handbook.

If you choose to use a mail-order source for your son's medications, please have them sent directly to Jerry White's Pharmacy. **Do not send them to the school.** For a small fee, Jerry White's Pharmacy will repackage the medications for administration at CCBS. Reordering mail-order medications is the family's responsibility.

Adjusting Medications

During their stay at CCBS, many boys require adjustments to their medications. We always work in partnership with you on the medical management program for your child. The Nurse will contact you if we feel a change or adjustment is needed and then work with our Psychiatrist to change or adjust his dosage(s). When using local medical professionals, our Nurse attends these appointments with the boys, serving as the liaison between school, family and the treating Physician.

Psychiatric Care

We work with a local Psychiatrist for appointments and medication management. The students who visit our local Psychiatrist will meet with her on a month-to-month basis.

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Medical Care

Our Nurse will schedule an appointment with a local Physician for any non-emergency medical care needed beyond the scope of nursing.

Dental Appointments

We recommend that dental appointments be scheduled with your family Dentist during home visits. We do have a Dentist who serves the Cherokee Creek student population should you desire or if there is an emergency.

Orthodontia Appointments

In our experience, Orthodontists are trained in many different methods and will often require restarting orthodontic care when switching Orthodontists. Therefore, it is our recommendation that you either postpone beginning an orthodontic regimen until your son has returned home, or that you schedule appointments in conjunction with home visits shortly after enrollment.

FINANCIAL MATTERS

Tuition

Cherokee Creek tuition covers room and board, academic program, quarterly family seminars and transitions services. Tuition also includes individual, group, family and focus group therapies.

Additional charges, billed separately, include: optional equine therapy, neurofeedback therapy, medical and psychiatric appointments, transports (to / from the airport and personal appointments), sports registrations, some personal enrichment supplies and activities, haircuts, special field trips, etc. All ancillary fees are located in the enrollment agreement. See Appendix C of this handbook for a current schedule of fees.

Billing

Tuition is due monthly. Invoices, typically mailed on the 20th of the month, are due on the first day of the following month. We accept credit card, check and ACH payments, and run charges on the 25th of the invoice month. Wire transfers are also available. Please note, there are additional fees associated with payment via credit card and wire transfer. These fees are detailed in Appendix C.

Insurance

Families are responsible for seeking reimbursement from their insurance companies. The Bookkeeper provides all necessary documentation with your invoice. Insurance codes are listed in Appendix C.

Contact Information

Please contact the Bookkeeper by email about any specific billing questions at bookkeeper@CherokeeCreek.net. The Operations Director is your contact for tuition and other financial matters.

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POLICIES and PROCEDURES

Safety

Safety for the boys is our highest concern at Cherokee Creek Boys School. Our staff is trained in emotional and physical safety procedures, CPR and basic first aid. We have a Safety Committee that pro-actively assesses our environment and activities for risk, which helps maintain a protected environment for the boys. We involve the boys in the safety process: they practice regular fire drills on campus, and are coached on emergency preparedness.

Our CCBS Trek staff is trained and certified in wilderness-specific first aid and rescue techniques.

Privacy and Confidentiality

Professional standards and policies are in place to safeguard the privacy and confidentiality of our students and their families. If you have any special concerns, please let us know.

Discharge

In very rare situations, CCBS may not able to meet a boy's needs. In these circumstances, we contact the parents and work closely with both the family and their Educational Consultant to find an appropriate setting to better serve the child.

Emergency Procedures

Weather

While our weather is generally mild, occasionally weather-related events arise that necessitate immediate action. Our staff is trained in emergency preparedness. In the event of extreme weather or natural disaster, our students' safety is our top priority. Families will be notified by email or phone as soon as possible.

Medical

If a child has a medical emergency, he will receive immediate care from staff, then be taken to the hospital's 24-hour emergency room, located 30 minutes away. Parents will be notified immediately and be put in contact with their son's treating Physician.

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Runaway

The CCBS campus is not a secured institution; it is not enclosed by fences or gates. In addition, some of the CCBS activities in which a student is required to participate will take place at locations other than the CCBS campus. CCBS cannot offer any assurances that students will not leave campus or alternate activity locations without CCBS consent (i.e., that a student will not run away).

However, we are prepared in the event that a student attempts to run away. An immediate search begins and the staff will contact the Oconee County Sheriff's Department and the boy's parents, staying in contact with both until the student is safely back on campus.

CHEROKEE CREEK
BOYS SCHOOL

Appendices









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APPENDIX A
Suggested Reading for Families

Adoption and Attachment Issues

- ❑ Eldridge, Sherrie. *Twenty Things Adopted Kids Wish Their Adoptive Parents Knew*
- ❑ Eldridge, Sherrie. *Twenty Life Transforming Choices Adoptees Need to Make*
- ❑ Pavao, Joyce Maguire, Ph.D. *The Family of Adoption*
- ❑ Soll, Joseph. *Adoption Healing*
- ❑ Verny, Thomas. *Secret Life of the Unborn Child*
- ❑ Verrier, Nancy Newton. *Primal Wound, Understanding the Adopted Child*

Boyhood / Masculinity

- ❑ Elkind. *All Grown Up and No Place to Go*
- ❑ Gurian. *A Fine Young Man, The Wonder of Boys,* and *The Minds of Boys*
- ❑ Hallowell. *Childhood Roots of Adult Happiness*
- ❑ Hallowell. *Driven to Distraction* (on ADD)
- ❑ Kindlon / Thompson. *Raising Cain: Protecting the Emotional Life of Boys*
- ❑ Newberger. *The Men They Will Become*
- ❑ Pollack. *Real Boys*
- ❑ Pollack. *Real Boys Voices*
- ❑ Thompson. *To Be a Man*

Indigenous Wisdom

- ❑ Arrien, Angeles, Ph.D. *The Four Fold Way*
- ❑ Garrett, JT, Garrett, Michael. *Cherokee Full Circle*
- ❑ Nerburn, Kent. *The Wisdom of the Native Americans*

Learning Community

- ❑ Novick, Kress and Elias. *Building Learning Communities with Character*
- ❑ Perkins. *Smart Schools: Better Learning for Every Child*
- ❑ Senge. *Schools That Learn*
- ❑ Wenger et al. *Cultivating Communities of Practice*

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Mind / Brain / Learning

- ❑ Barth. *Learning by Heart*
- ❑ Caine and Caine. *Making Connections: Teaching and the Human Brain*
- ❑ Gardener. *Multiple Intelligences*
- ❑ **Gurian. *Boys and Girls Learn Differently***
- ❑ Kirby / Kuykendall. *Mind Matters: Teaching for Thinking*
- ❑ Kline. *The Everyday Genius*
- ❑ Levine. *A Mind at a Time*
- ❑ Levine. *The Myth of Laziness*
- ❑ Markova. *How Your Child is Smart*
- ❑ Meier. *The Accelerated Learning Handbook*
- ❑ Shaywitz. *Overcoming Dyslexia*
- ❑ Sylwester. *A Biological Brain in a Cultural Classroom*

Parenting / Family Life

- ❑ Allen. *In the Company of Men: Healing for Husbands and Fathers*
- ❑ Clarke / Dawson. *Growing Up Again*
- ❑ Clarke. *Self-Esteem: A Family Affair*
- ❑ Corneau. *Absent Fathers, Lost Sons*
- ❑ **Covey. *The Seven Habits of Highly Effective Families***
- ❑ Elkind. *Parenting Your Teenager*
- ❑ Fantini / Sinclair. *Education in School and Non-school Settings*
- ❑ **Foster. *The Family Patterns Workbook***
- ❑ Galinsky. *The Six Stages of Parenthood*
- ❑ Gilbert. *Extraordinary Relationships*
- ❑ Glennon. *Fathering: Strengthening Connections with Your Children*
- ❑ Gottman. *Raising an Emotionally Intelligent Child*
- ❑ Larson / Richards. *Divergent Realities: The Emotional Lives of Mothers, Fathers and Adolescents*
- ❑ **Levine, Madeline. *The Price of Privilege: How Parental Pressure and Material Advantage Are Creating a Generation of Disconnected and Unhappy Kids***
- ❑ Louv. *Fatherlove*
- ❑ Moore and Gilette-King. *Warrior, Magician, Lover*

- ❑ Pedersen. *Sixteen Men: Understanding Masculine Personality Types*
- ❑ Pittman. *Man Enough*
- ❑ Shure, Myrna, Ph.D. *Raising A Thinking Pre Teen*
- ❑ Steinberg / Steinberg. *Crossing Paths*
- ❑ Swets. *The Art of Talking to Your Teenager*

Psychology

- ❑ Bradshaw, John. *Healing the Shame that Binds You*
- ❑ Glasser, William, MD. *Choice Theory: A New Psychology of Personal Freedom*
- ❑ **Whitfield, Charles L., MD. *Healing the Child Within***

Social-Emotional Literacy / Character Development

- ❑ Cohen. *Educating Minds and Hearts: Social-Emotional Learning and the Passage into Adolescence*
- ❑ Covey. *The Seven Habits of Highly Effective Teens*
- ❑ Elias et al. *Raising Emotionally Intelligent Teenagers*
- ❑ Ellis / Barnard. *Rational-Emotive Approaches to the Problems of Childhood*
- ❑ Glenn / Nelson. *Raising Self-Reliant Children in a Self-Indulgent World*
- ❑ Goldstein. *Skillstreaming the Adolescent*
- ❑ Goleman. *Emotional Intelligence*
- ❑ Rich. *Mega-Skills*
- ❑ Salovey. *Emotional Development and Emotional Intelligence*
- ❑ Schmitz. *Managing the Social-Emotional Needs of the Gifted*

Spirituality / Creativity

- ❑ Cameron. *The Artist's Way: A Spiritual Path to Higher Creativity*
- ❑ Carter-Scott, Cherie, Ph.D. *If Life is a Game, These are the Rules*
- ❑ Gurian. *The Soul of the Child: Nurturing the Divine Identity of Our Children*
- ❑ Hendricks / Wills. *The Centering Book*
- ❑ Hifler. *Cherokee Feast of Days*
- ❑ Kent / Steward. *Learning by Heart: Teachings to Free the Creative Spirit*
- ❑ Muller. *Legacy of the Heart*
- ❑ Pearson. *Awakening the Heroes Within*
- ❑ Queen. *Wellness Activities for Youth*

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APPENDIX B
Glossary of CCBS Terms

First Light and Last Light – These two rituals are the bookends to each day at CCBS. Both are opportunities for preparing for success through reflection, meditation, setting intention and supportive, healthy feedback from peers and staff.

Primary Groups – Process groups are conducted weekly by the Primary Counselor. They address issues specific to each group to include community concerns, conflict resolution, team building and interpersonal relationships. This is also a time the Primary Counselor checks on PATH and Medicine Wheel activities your son has been assigned.

Natural Consequences – Natural consequences are the direct result of a student's choices without intervention from a staff member. A frequently-used example is a student getting wet because he forgot to put on his rain jacket.

Logical Consequences – Logical consequences are the result of a student's choices that do involve staff intervention. Examples would include a student being instructed to be silent for a short period of time as a result of poor language choices or a student being asked to be a student mentor for an incoming student because he has shown consistent positive leadership in his group.

Passages – This curriculum is facilitated by the Transition Coach and your Therapist. It is designed to prepare students and families for success after Cherokee Creek.

The PATH – PATH is the acronym CCBS uses to represent its program. It stands for Personal Enrichment, Academics, Therapeutic and Health and Recreation. Every student at CCBS has a personalized PATH diagram that details his individual program elements.

Visionary / Warrior / Teacher / Healer – CCBS uses the archetypes of the **Visionary**, **Warrior**, **Teacher** and **Healer** to model opportunities for growth for our students, staff and student families. Through study of these archetypes, we are reminded as a learning community to, "Show up and choose to be present, pay attention to what has heart and meaning, tell the truth without blame or judgment, and be open to outcome instead of attached to outcome," respectively.

The Medicine Wheel – The Medicine Wheel is a teaching tool to help students explore the four archetypes and a metaphor for creating a balanced, healthy life.

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APPENDIX C
Fee Schedule

Tuition*

$12,500.00 per month (subject to change)

Enrollment Fee*

A non-refundable deposit of $5,000 may be required to hold a space / confirm an enrollment. This $5,000 will then be transferred to become the Enrollment Fee at time of enrollment.

Ancillary Fees*

- Medical, dental, vision expenses not covered by health insurance
- Prescription medication not covered by health insurance
- Psychiatric or psychological services
- Initial and replacement clothing
- Personal hygiene items and grooming services – Haircuts $12
- Postage for student mail
- Extended educational or experiential trips
- Special recreational events or activities
- Sports uniforms and equipment
- Transportation between program site and airport
- Music lessons – $50 / session
- Sports teams – $150 (uniform and fees)

**All fees are subject to change.*

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Insurance Codes

Current insurance codes and descriptions are as follows:

90847 – $375.00 – Family Therapy with the Patient
90846 – $375.00 – Family Therapy without the Patient
90853 – $225.00 – Group Therapy (Masters Level or Higher)
90837 – $250.00 – Individual Therapy (60 minutes)
90834 – $200.00 – Individual Therapy (45 minutes)
90832 – $150.00 – Individual Therapy (30 minutes)
90849 – $275.00 – Multi-Family Group Therapy
90791 – $500.00 – Diagnostic Evaluation without Medical Services
90792 – $600.00 – Diagnostic Evaluation with Medical Services
99367 – $75.00 – Treatment Team Review with MD
90785 – $80.00 – Interactive Complexity
90889 – $250.00 – Discharge Summary
90839 – $350.00 – Psychotherapy for Crisis (first 60 minutes)
90840 – $125.00 – Psychotherapy for Crisis (each additional 30 minutes)

Transport Costs*

- Medical / Dental – $35.00
- Greenville Airport – $125.00 per individual / $45.00 for a group (min. 3 students)
- Atlanta Airport – $250.00 per individual / $85.00 for a group (min. 3 students)

Please Note: *All transport fees are per trip.*

Credit Card Surcharge

There is a 3% surcharge for payments made by credit card.

**All fees are subject to change.*

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APPENDIX D
Contact and Emergency Information

Mailing Address

Cherokee Creek Boys School
198 Cooper Road
Westminster, SC 29693

Phone: (864) 647-1885
After-Hours Emergency Phone*: (864) 710-8704
General Fax: (866) 399-1869

**This phone is for use after hours (10:00 p.m. to 8:00 a.m.) for family emergencies only*

Local Hospitals

Oconee Medical Center
298 Memorial Drive
Seneca, SC 29672
Phone: (864) 882-3351

Stephens County Hospital
163 Hospital Drive
Toccoa, GA 30577
Phone: (706) 282-4200

Jerry White's Pharmacy

3741 GA HWY 17
Toccoa, GA 30577
Phone: (706) 886-2662

Last updated: 11/22/21

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