



Program Outline and Guidelines

SEK was founded in 2021 by Keath and Alyssa Killebrew after losing their daughter Sara Elizabeth Killebrew (SEK) to COVID. The name is the initials of their daughter but it also has Biblical meaning from the Bible verse Mathew 7:7 "Seek and you will find."

At SEK, youth will learn skills to address emotional pain, trauma, grief, and worry using Christian teachings, Behavioral Health Tools, and Agricultural Lessons. At SEK, we will teach your child how to find purpose in their suffering and tools to help with the stress and sadness that are common in all of our lives.

We are a Christ-Centered Therapeutic Intensive combining both introductions to evidence-based behavioral health techniques and teaching valuable lessons from the life of Jesus and men and women of The King James Version of the Bible.

Welcome

We are so glad you're here! It takes a lot of courage to step into a new process and we'd like to thank you for trusting us to take this first step towards emotional and spiritual health with you.

SEK is dedicated to greeting you with genuine unconditional love, support, and the opportunity to connect with others.

SEK is more than a place; it is an experience. We are so grateful to be invited into your life and journey toward the balance of mind, body, and spirit. We are honored to welcome you into our loving Christ-Centered Community. We warmly invite you to open yourself up to the process that might change your life.

Program Guidelines

These guidelines have been created to help create an environment that promotes healing and connection with your mind, body, and spirit. Thank you for reading through these guidelines carefully.



Chemical Use During the Program and Medical Needs

Mood-altering chemicals, including alcohol, vaping, and marijuana are not allowed. If we perceive you or your child are intoxicated, you will forfeit your program fees, be asked to leave, and will forfeit your right to participate in the program

All prescription drugs are to be cleared in advance. If it becomes necessary for the clinical supervisor to consult with your attending physician, you will be required to sign a medical release form to enable our staff to work directly with your prescriber. If you have severe allergies of any kind, please come with the necessary approved medications to address your condition. Also, any change in the dosage of medication will need to be reported to the supervisor on the first evening of the program. If you have any questions prior to the program regarding any prescription or non-prescription drugs you need to take, please check with SEK clinical staff.

Cultural and Spiritual Sensitivity

"May all who enter into the process be treated Christ like."

At SEK, we are dedicated to treating all of our staff and participants with love and respect.

Confidentiality

Our clinical staff will protect your right to confidentiality as a participant in this program.

We have trained mental health professionals, ministers, recreational specialists, teachers, and volunteers on staff. All of our staff have been trained on the importance of confidentiality; however, since SEK is a group process we can not guarantee confidentiality or privacy.

We expect you will protect that right for fellow participants in this program. What you choose to say to others about yourself and your experience is up to you. Be aware that because SEK is a group process, we cannot guarantee group participants will maintain privacy.

All SEK Guides and volunteers are required to report certain information where there is a clear and immediate danger to you or someone you could endanger, an indication of abuse of a minor, and/or confirmed child abuse.

SEK clinical and ministry staff will meet daily to discuss ways to best serve your child and give them the best experience while they are at SEK. We will have both trained clinical mental health staff and ministers on staff accessible to you.



Grounds for Discharge

We will not hesitate to discharge someone for the welfare of the community. Grounds for discharge include:

- Possession, sale, or use of drugs and/or alcohol
- Actual threats of physical or verbal assault
- Violating program guidelines or boundaries
- Inappropriate behavior, interfering with another's experience
- Dishonesty
- Refusal to participate in the program
- Other illegal behavior

General Guidelines

We recommend you walk, talk or gather in groups of three or more. We discourage pairing. On the other hand, isolation can diminish your experience here as well. If you become aware of an exclusive relationship between participants that has developed, or if you have a relationship with other participants in this program, report that information to SEK staff as soon as you are aware of it.

Respect property. Participants will be responsible for any damage to property. Please consult SEK staff before partaking in an activity or using anything that doesn't belong to you.

Do not share medication.

Cell Phone Usage

At the opening of the SEK program, you will be required to turn in your cell phones and all other electronic devices. Outgoing calls will be limited to calls to parents or guardians. The phone at the program site is for emergency use only. Incoming messages from parents or guardians will be accepted by Tanglewood and/or SEK staff. Parents or guardians will be provided 3-4 contacts to use while their child is at camp. Except for calls to parents or guardians, your child will not be permitted to use the phone once the program has begun to help your child focus on the curriculum. No TVs, newspapers, or radios are allowed.



General Dress Code

The appropriate dress code for SEK includes comfortable, casual wear. Wear shoes outside at all times. T-shirts, sweats, and jeans are all appropriate. Appropriate length shorts are permitted. Inappropriate clothes items include short shorts, miniskirts, halter tops, low-cut tank tops, open shirts, and any attire that has graphics of paraphernalia, profanity, or inappropriate images.

For health reasons, you will need to wear socks and shoes in the large meeting room and common areas of the housing.

Exercise and Designated Areas

Because it is important that we establish a community setting, it is required that participants stay on the premises at all times. Participants are not permitted to leave the facility.

Physical activities are optional, so please be gentle with yourself. If you are experiencing any discomfort or ailment, please notify the staff as soon as possible. You may be encouraged to limit walking or running to 1 hour a day.

Be aware that there are snakes, fleas, ticks, and other insects and wildlife in Mississippi.

Dining and Meeting Rooms

Campers and staff will be provided three meals a day. If your child has any food allergies or dietary restrictions, please fill out the "SEK Dietary Restrictions" Form.

Snacks and refreshments will be offered during breaks. Snacks are to be consumed only in the areas outlined during the first orientation session. They are not to be taken to group rooms or sleeping quarters.

Staff may need to cut in the line so they can get to the staff meetings on time. The philosophy of our menu is to provide meals and snacks that are nutritious and well-balanced.

Program Staff

Our SEK team comes from all walks of life. It truly takes a village and a village of unique and talented people we have. We have ministers, ropes course instructors, psychologists, mental health counselors, yoga and mindfulness instructors, artists, musicians, teachers, recreational specialists, farmers, cowboys, peer support specialists, and lots of altruistic volunteers.



Reminders

Please report any damage to a staff member. SEK is not responsible for lost or stolen property. We suggest you not bring anything of sentimental value. Any mail you receive will be delivered to Tanglewood.

We expect that campers will:

- Be honest about how they feel (even to just one staff member)
- Actively participate in group sessions and experiential activities
- Be considerate and respectful of fellow participants and staff members
- Help keep cabin rooms and community rooms clean
- Attend all scheduled meetings, sessions, meals, and events
- Explore all readings, writings, and other assignments with an open mind
- Contact a staff member if you have concerns regarding your or others' safety or well-being.

Continuing Care

We encourage you to continue to seek solutions to problems with a minister, in a small group at church, and/or with a licensed therapist and a supportive community of people doing the same.

By signing below, I confirm that I have read the program outline and agree to abide by all outlined here:

Printed Name of Participant/Camper

Printed Name of Parent/Guardian

Signature of Participant/Camper

Signature of Parent/Guardian

Date

Date