

## **SEK Christian Therapeutic Intensive 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 and behavioral health tools and agricultural techniques. At SEK we will teach your child how to find purpose in their suffering and tools to help with stress and sadness that are common in all of our lives.

We are a Christ Centered Therapeutic Intensive combining both introduction 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 opportunity to connect with others.

SEK is more than a place-it is a experience. We are so grateful to be invited into your life and journey towards 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, marijuana, are not allowed. If we perceive you 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 dosage of medication 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 specialist, 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 become 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, 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 you and give you the best experience while you are at SEK. We will have both trained clinical mental health staff and ministers on staff and accessible to you.

### **Grounds for Discharge**

We encourage you to feel, share and be vulnerable. 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 program
- Other illegal behavior

### **General Guidelines**

We recommend you walk, job or gather in groups of three or more. We discourage pairing. On the other hand, isolation can diminish your experience here also. If you become aware of an exclusive relationship between participants that has developed, or if you have a relationship with other participants at 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.

### **Phones and Emergencies**

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 emergency. The phone at the program site are for emergency use only. Incoming emergency messages will be accept by Tanglewood and/or SEK staff. Except for emergencies, 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**

Appropriate dress code for SEK include comfortable, casual wear. Wear shoes outside at all times. T-shirts, sweats, and jeans are all appropriate. For group, we suggest you be comfortable. Appropriate length shorts are permitted. Inappropriate clothes items include short shorts, miniskirts, halter tops, low cut tank tops, open shirts.

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. Please 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**

Please wear your nametag all week so we can address you by name.

We will provide 3 meals a day. WE will provide some snacks and refreshments for your 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 will 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. We cannot accommodate special diets and food plans unless previously approved.

### **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 a minister, ropes course instructors, psychologist, mental health counselors, yoga and mindfulness instructors, artist, musicians, teachers, recreational specialist, farmers, cowboys, peer support specialist 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 or value. Any mail you receive will be delivered to Tanglewood.

We expect that you will be honest about matters relating to you; be an active participant in your process including education and group sessions; be considerate and respectful of the rights of fellow participants. SEK staff and others property; help keep your room and the community rooms clean; attend all scheduled meetings, sessions, meals, and events; complete all readings, writing and other assignments, 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.

I have read the program outline and I agree to abide by all outlined here.

\_\_\_\_\_  
Participant

\_\_\_\_\_  
Parent/Legal Guardian

\_\_\_\_\_  
Date