



BC4Y SELAH HOUSE EVIDENCE BASED PROGRAMS

Aggression Replacement Training

Art features three coordinated components:

- social skills training – teaches participants what to do, helping them replace antisocial behaviors with positive alternatives.
- Anger, control training – teaches participants what not to do, give them techniques for identifying and responding to anger in an appropriate manner.
- Moral reasoning – teaches participants to evaluate their own thinking, consider different viewpoints, and come up with responsible and mature decisions.

Anti-Bullying

These resources provide information on bullying that is useful for

- Parents
- Teachers
- Students
- Community

There are several sources for good information on bullying prevention and intervention. [For audio files on parent or teacher information](#), [Be Strong](#) is a non-profit organization focusing on stopping bullying.

Another informative site is the National School Climate Center (NSCC). This NSCC was begun at Columbia University and seeks to promote a positive and sustained school climate; a safe, supportive environment that nurtures social and emotional, ethical, and academic skills. [Visit the NSCC site](#) and click on their bullying prevention tab to learn more.

Likely the site with the broadest coverage of bullying and the issues surrounding the topic is [StopBullying.gov](#), which is a federal government website managed by the U.S. Department of Health and Human Services. This site has a wealth of information on all aspects of the topic.

Bullying Prevention in Positive Behavior Support (PBS) is a primary prevention curriculum with a 52-page workbook focusing on giving students the tools to reduce bullying behavior through the blending of school-wide positive behavior support, explicit instruction, and a redefinition of



the bullying construct. The intended audiences are Administrators, District Contacts, PBS Coaches, PBS Teams, Specialists, and Teachers. This is offered by the Technical Assistance Center on Positive Behavioral Interventions and Supports (PBIS) is established by the U.S. Department of Education's Office of Special Education Programs (OSEP) to define, develop, implement, and evaluate a multi-tiered approach to Technical Assistance that improves the capacity of states, districts and schools to establish, scale-up and sustain the PBIS framework. Emphasis is given to the impact of implementing PBIS on the social, emotional and academic outcomes for students with disabilities.

Founded in 2006, PACER's National Bullying Prevention Center actively leads social change, so that bullying is no longer considered an accepted childhood rite of passage. PACER provides innovative resources for students, parents, educators, and others, and recognizes bullying as a serious community issue that impacts education, physical and emotional health, and the safety and well-being of students. There are several sites under their [bullying home site](#) that are also important resources. These three sites are:

- [Kids Against Bullying](#)
- [Teens Against Bullying](#)
- [Spanish Language Bullying Resources](#)

[STOMP Out Bullying™](#) focuses on reducing and preventing bullying, cyberbullying, sexting and other digital abuse, educating against homophobia, racism and hatred, decreasing school absenteeism, and deterring violence in schools, online and in communities across the country. It teaches effective solutions on how to respond to all forms of bullying; as well as educating kids and teens in school and online, providing help for those in need and at risk of suicide, raising awareness, peer mentoring programs in schools, public service announcements by noted celebrities, and social media campaigns. An additional focus educates parents on how to keep their children safe and responsible online.

NoBullying.com is an online forum aimed at educating, advising, counseling and all importantly, helping to stop bullying, in particular, cyberbullying. This website started as a social responsibility project, but through the support of a community of parents, educators and teenagers – it has grown into one of the biggest anti bullying and online safety websites in the world. Information for teachers, students and parents along with videos can be found at [NoBullying.com/](#).

Bystander Revolution is a website offering practical, crowdsourced advice about simple things individuals can do to defuse bullying and help shift the culture. No matter who you are or what you're facing, you can find personal stories, suggestions, and encouragement from someone who has dealt with a similar issue. Search by problem or solution to find tips from people who have



been targets, people who have been bystanders, and even people who have been bullied. [Several discussion topics are listed here.](#)

The American Society for the Positive Care of Children (American SPCC) focuses on educational and awareness programs for child abuse. This site has many videos on all topics of bullying such as [this one on cyberbullying](#). [Visit their bullying pages here.](#)

[Reaching In...Reaching Out](#) promotes resilience in adults and young children. Research has shown that resiliency is the most important quality you can instill in your children. Resilience is the ability to "bounce back" from life's inevitable pressures and hard times. It helps us handle stress, overcome childhood disadvantages, recover from trauma and reach out to others so we can grow and learn.

365 Days of Literacy

While at Selah House, each at risk youth will have access to an individual laptop computer to access our 365 Days of Literacy program using Lexia Learning Technology.

Through a singular focus on literacy and a full spectrum of solutions to support it, Lexia helps more learners read, write, and speak with confidence.

Life skills and social responsibility training (SRT).

Botvin LifeSkills Curriculum is used for our Social Responsibility & Character Building Programs. We will purchase several different volumes with Teachers & Student Guides as well as workbooks. These can be found at the Botvin LifeSkills Training website or select [here](#).

Youth and their parents are provided with education and training from a curriculum that includes:

- Anger Management
- Self-esteem Building
- Conflict Resolution
- Crime Prevention
- Resisting Negative Peer Pressure
- Decision Making/Choices & Consequences
- Human Trafficking Awareness

The Group Counseling, A Practical Guide to Anger Management for our anger management series. This can be looked at more closely via the Center for Learning website or select [here](#).



Academic Advancement Trips

This program allows our at risk youth the opportunity to see and hear firsthand that their dreams of attending college is not out of reach after experiencing a minor setback in life. College is not full of perfect people. However, college is a place to learn, grow, and receive the tools and resources needed in order to transition from a liability to an asset in their homes, schools, and communities.

Trauma Informed Mentoring: The Baby to The Board Room; Every step counts.

Our mentoring program was designed to provide positive reinforcement, hope, and guidance to encourage at risk youth to understand that EVERY step along their life journey is part of the process in becoming a self sufficient successful professional.

Each youth will be encouraged to participate with a mentor that identifies with their current situation and provides life lessons regarding every step they took during their trauma filled life, as they walked away from crisis, into entrepreneurial success. EVERY STEP COUNTS.

TF-CBT (LCMHC)

TF-CBT is an evidence-based treatment for children and adolescents impacted by trauma and their parents or caregivers. It is a components-based treatment model that incorporates trauma-sensitive interventions with cognitive behavioral, family, and humanistic principles and techniques.

Steps To Freedom: Therapeutic daily walks and bike rides

Harriet Tubman walked millions of miles to free African Americans from enslavement in the Southern United States to freedom in the Northern states and Canada.

We too must take the necessary therapeutic steps, 10,000, per day to help free our minds from our past and daily life traumas.

It's wonderful that The Paddle Factory is providing such a generous opportunity for Selah House clients. The chance to volunteer and earn a bike can be a positive and motivating experience for the young people at Selah House. It not only helps them gain a sense of accomplishment but also provides a way for them to be active and engaged in their community.



Selah House Garden of HOPE

We desire to provide our clients the opportunity to grow fresh foods and provide Hope to help combat diabetes and obesity within our communities, while, enhancing vocational and social skills

Rise and Shine daily group

We also offer our staff the flexibility of using the Celebrating the Strengths of Black Youth for social development. This curriculum comes with 2 modules comprising of five sessions each and can be viewed at the 3-C Institute website or select [here](#).

We will have daily group meetings, where our clients will review their treatment goals, and expectations for the day. Clients will receive positive praise, positive points, and positive reinforcement for their participation.

Groups will also be held prior to all outdoor events, home visits, and activities.

Behavioral modification level plan

Our behavioral modification level plan rewards clients up to 6 positive points for each treatment plan category they adhere to, up to a daily total of 48 points. On the other hand, clients will receive a minus for constant reoccurring negative behaviors and refusal to redirect.

Clients will receive a spontaneous reward, as well as, progressing to their next level; bronze, silver, gold, and platinum, after displaying 90 days of adherence of treatment plan goals, house, and community rules.

Therapeutic Spiritual Life Advisor (TSLA)

I, created Therapeutic Spiritual Life Advisor in 2012, as to introduce a different type of life coach for our at risk youth participating in our programs & services, in need of Godly influence. Since then, many other organizations, colleges/universities, and corporations have implemented SLA's for their clients, residents, and/or employees.

Therapeutic Spiritual Life Advisors (TSLA) play a vital role within the lives of their clients by introducing an environment that encourages spiritual growth through building relationships, caring for clients, and being available to meet their needs.



TSLAs will provide BC4Y Selah House with a more spiritual experience by serving as an example of Godly love, forgiveness, power, and authority, in which God has given all believers through Christ Jesus.

TSLAs exist to promote Christ-centered spiritual growth in the lives of our clients through weekly small group bible studies, accountability groups, prayer groups, and provide emotional support, as well as, provide a word of the month. For example, resilience, then juxtapose someone in the Bible that was resilient, in hopes of guiding and motivating our clients to practice resilience for the entire month. TSLA's will introduce a different word of the month every month.

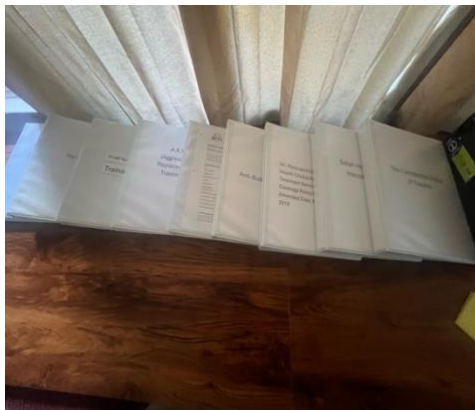
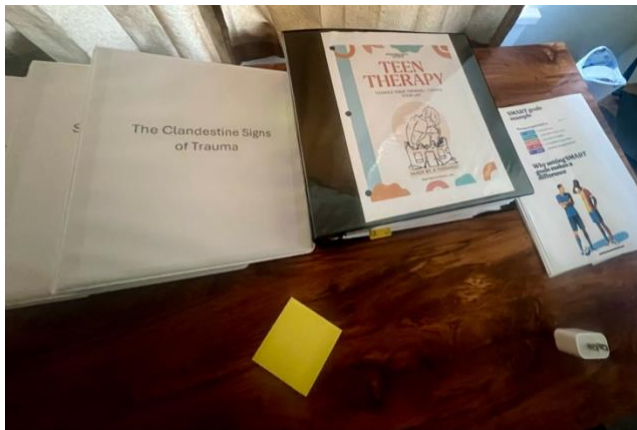
Therapeutic Spiritual Life Advisors seek to enter into the lives of our clients of BC4Y Selah House. TSLA's will always interact in an ethical, spiritual & professional way, as to provide loving and caring spiritual support for all residents in need of feeling hope instead of hopelessness, confidence instead of doubt, and wholeness instead of brokenness

The data speaks for itself. Now... will you allow God to speak in the lives of our clients through the assistance and support of SLA's.

"Because of my residents, in the profound and the profane encounters, I have a deeper sense of humor and love of God." - Goose Wilson, Spiritual Life Advisor.

"Being a Spiritual Life Advisor is getting on your knees daily to wash the feet of your residents. It is praying without ceasing and sacrificing your personal life for a better one of serving Christ." - Jenny Lau, Spiritual Life Advisor.







BC4Y Level III Selah House Services
1317 Forestdale Dr
Salisbury, NC 28144

Residential Treatment Level III .1700 service is responsive to the need for intensive, active therapeutic intervention, which requires a staff secure treatment setting to be successfully implemented. This setting has a higher level of consultative and direct service from psychologists, psychiatrists, medical professionals, etc. Staff is awake during sleep hours, and supervision is continuous.

This service includes all Family/Program Residential Treatment elements and the following activities:

Individualized, intensive, and constant supervision and structure of daily living designed to minimize the occurrence of behavior related to functional deficits, ensure safety and contain out-of-control behaviors, including intensive and frequent crisis management with or without physical restraint to maintain the optimum level of functioning.

Includes active efforts to contain and actively confront inappropriate behaviors and assist the client in unlearning maladaptive behaviors. Includes relationship support to assist the consumer in managing the stress and discomfort associated with the process of change and maintenance of gains achieved earlier and specifically planned and implemented therapeutically focused



interactions designed to assist the consumer in correcting various patterns of grossly inappropriate interpersonal behavior, as needed. Additionally, providers require significant skill in maintaining positive relationship in interpersonal dynamics, which typically provoke rejection, hostility, anger and avoidance.

Treatment is provided in a structured program setting, and staff is present and available at all times of the day, including overnight awake. A minimum of two staff is required per four clients at all times. The Therapeutic Relationship provides all Family/Program Residential Treatment Level III elements plus the relationship, which is structured to remain therapeutically positive in response to grossly inappropriate and provocative interpersonal behaviors, including verbal and some physical aggression. Program daily living is structured to provide all Family/Program Residential Treatment Level III elements plus intensified structure, supervision, and containment of frequent and highly inappropriate behavior. This setting is typically defined as being "staff secure." The treatment provides all Family/Program Residential Treatment Level II elements plus active "unlearning" of grossly inappropriate behaviors with intensive skill acquisition. Includes specialized, on-site interventions from qualified professionals.

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27G.1700
Residential Treatment Level III
MHL-080-233
Capacity (4)