



*Journey to a World of  
Self Discovery...*

Family Guidebook

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# Talofa!

Welcome to Samoa and Coral Reef Academy. During your child's stay in Samoa, he will be working through our Journey Destinations: Vaitele Fou, Ma'asina, Salani, Vaiee, Matautu and Faleolo. As your son progresses through the program, it is imperative that the family participate in learning and growing as well. Students who are the most successful have families who are active participants in the treatment process who are also willing to look at themselves.

We utilize our journey destinations in order to measure and track each student's progress, motivation and dedication. Typically, the problem behaviors at home show up in the program in relationships with peers, mentors and the therapists.

This guidebook is designed to assist you in the process of supporting your child, learning more about yourself and your family and improving communication. Your therapist will be your guide in this process.

Each family has different needs, and while there are recommended assignments and readings throughout this book, your therapist will give specific assignments, tailored to fit your family. The assignments will vary between reading, writing and self-care. The assignment book will parallel your son's journey work. We encourage you to purchase a blank notebook for your journal entries and therapy assignments or to utilize a computer if that is more comfortable.

Thank you for entrusting your son to our care and allowing us to work with your family.

**Now, let's get started.**



## Upon Arrival

We imagine that you are filled with curiosity about your son's arrival in Samoa and what he will be doing his first few days so here is an overview. Once he is on campus, there are a few things that will be taken care of before he heads off for a long deserved nap. Know that most people traveling to Samoa suffer from "jet lag", and getting used to the new time schedule may take a few days.

The Intake Process begins as he arrives on campus. Residential staff meet with him and inventory all of the items in his luggage. Everything is separated into three categories: the personal items that he keeps with him, those items that will be stored for future use, and items which are inappropriate for our program. The inappropriate items will either be sent back to the family or stored with his belongings until he leaves.

Next he is shown to his room and introduced to his roommate(s). His roommate is a key person to turn to for assistance and guidance. They will have information to share with him as he negotiates his way through the first few days at CRA.



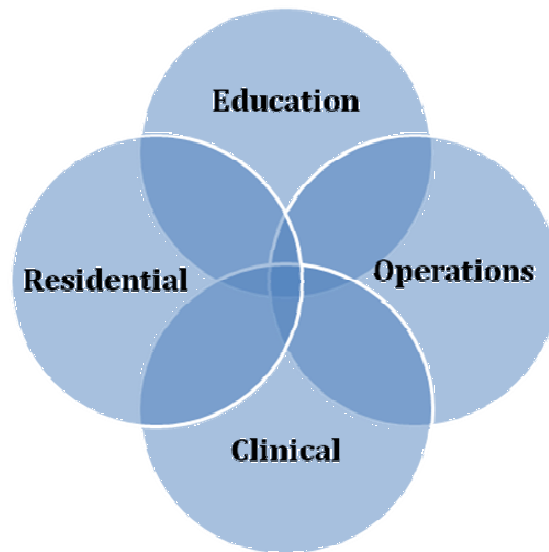
The Ava Ceremony is a traditional ceremony to welcome individuals to a community in Samoa. Your son will be welcomed by the staff and students through this traditional ceremony. A student and/or staff member will assist him in understanding what is happening during the ceremony. This will be his first introduction to the Fa'asamoa – the Samoan culture.



The student will be encouraged to time to tour the campus, meet staff and other students and have some rest. The next day will be quite busy as he begins to work on the roadmap for his journey at CRA.

# CRA Organization

Here is the structure of the CRA Organization. This chart should help you better understand who is doing what at CRA...



- Education – With Sally Grevel-Lameko as director, the education department is responsible for all academic activities, sport and recreation as well as our newsletter – *The Paradise Times*.
- Residential – The residential department is made up of staff who stay with CRA students 24 hours a day – often called “mentors”. Residential staff assist with every need throughout their journey at CRA. The Residential department is co-directed by Breda Tipi-Faitua and Karen Nelson
- Clinical – The Clinical department is made up of the program therapists and the nurse. The department is responsible for the overall wellness of CRA students – mind and body. The department is lead by Karen Nelson
- Operations – With Breda Tipi-Faitua as director, the operations department is responsible for the facilities, the campus, and the finances.

# Student Daily Schedule

A current schedule is located below so you can track your son's daily activities.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6:00							5:15am wake	6:00
:15							Begin 5:30am	:15
:30	Wake-up	Wake-up	Wake-up	Wake-up	Wake-up		Umu Prep	:30
:45	B-fast & jobs	B-fast & jobs	B-fast & jobs	B-fast & jobs	B-fast & jobs		Thru 8:00am	:45
7:00								7:00
:15								:15
:30	Goals	Goals	Goals	Goals	Goals	Wake-up	Wake-up	:30
:45								:45
8:00	School	School	School	School	School	B-fast & Jobs	B-fast & Jobs	8:00
:15								:15
:30							Pull Umu when	:30
:45							Ready - to kitch.	:45
9:00							Quiet	9:00
:15							Spiritual Time	:15
:30							hygiene for	:30
:45							umu prep.	:45
10:00								10:00
:15								:15
:30							Free Time	:30
:45							Outside Fale	:45
11:00						Sober Funn		11:00
:15								:15
:30	Culture Education		Samoan Language				To'ona'l & Malolo	:30
:45								:45
12:00								12:00
:15								:15
:30								:30
:45								:45
1:00	Lunch & Jobs	Lunch & Jobs	Lunch & Jobs	Lunch & Jobs	Lunch & Jobs			1:00
:15								:15
:30	General Process Group	Addictions Group	General Process Group	Experiential and Cultural Off Campus Fun	Proposals/Friday Workshops		Deep Clean	:30
:45								:45
2:00								2:00
:15								:15
:30								:30
:45	Gym	Cardio	Gym		Cardio			:45
3:00								3:00
:15								:15
:30								:30
:45								:45
4:00	Hygiene	Hygiene	Hygiene		Hygiene	Structured Leisure	Hygiene	4:00
:15								:15
:30	Addictions Group	Structured Activities	Art Class		Free Time		GGI	:30
:45								:45
5:00						Feedback Group		5:00
:15								:15
:30								:30
:45								:45
6:00	Dinner and Jobs	Dinner and Jobs	Dinner and Jobs	Dinner and Jobs	Dinner and Jobs	Dinner and Jobs	Dinner	6:00
:15					Village L:2-4			:15
:30					Off Campus Dinner			:30
:45								:45

# Meet the Staff

## Residential Supervisors



Filippo Fauula



Tufeao Elia



Tau Leuma



Alfie Lauina

## Residential Managers



Lui Lauano



Harry Carter



Breda Tipi-Faitua  
Director of Operations and Co-Director of Residential

# Residential



Karen Nelson  
Clinical Director and Co-Director of Residential

## Student Mentors



Jason Ah Sue



Elama Ama



Mikaele Fogavai  
Exepriential Coordinator



Faagai Gray



Manutai Faasao



Siva Afi



Ben Toiolo



Aoete Jnr Aoete



Api Ierome Ma'a



Pisaina Laauli



Siasoi Faasao



Ana Mataiumu

## Finance



Lomitusi Manesa  
Purchasing Manager

John Vitale  
Maintenance  
Manager



## Facilities Maintenance

Tito Suilaulau  
Maintenance  
Personnel



Iolio Lao  
Maintenance  
Personnel



Breda Tipi-Faitua  
Director of Operations and Co-Director of Residential

# Operations



Seuteni Va'a

## Drivers



Pita Pita



Keni Polito

Lemoe  
Papailotoa



Muliau Kamuta



## Security

Allen Westerlund



Lio Apelu



Saimagolo Peni



Lui Lui



Viliame Nateru  
Chef



Imeleta Su'a  
Kitchen Staff



## Kitchen Staff

Veronika Bernard  
Kitchen Staff



Arieta Togia  
Kitchen Supervisor





Sagato Vaoliko  
Program Teacher



Sally Grevel Lameko  
Director of Education and HR

## Education



Motoi Motoi  
Sports Coordinator



Filifilia Su'a  
Nurse

## Clinical

Julie Elliott  
Program  
Therapist



Karen Nelson  
Clinical Director

# Welcome to Vaitele Fou (Orientation)!

It is time to get acquainted with the program at CRA. In our Dining Fale (house) there is a large map of Upolo Island, one of the 2 largest of Samoa's islands, and the island where our program is located. The students start at Vaitele Fou – the home of the CRA campus, and the first stop on their – and your – Samoan journey.

Progression through the program at CRA is marked by their progression around the island. On the map, there are buses located at a number of the 6 highlighted villages. Each bus representing a student's progress as they move from destination to destination - closer to success and closer to home.

The first week at Vaitele will allow the student to begin planning their journey. Together with parents and the treatment team at CRA, they will begin to identify the goals they need to achieve in order to head back home. These goals will help create the roadmap, the guide for their stay at CRA.

As the goals are accomplished, your son will progress around the island, from Vaitele to the five other destinations around the island. The final stop is the village of Faleolo, from which they – and you - will be making plans for a return home.

During the journey, the students will be gathering the tools and knowledge to assist them in their life after Samoa. These pieces of knowledge and life skills will be focused around 6 primary domains: Individual, Family, Academics, Life Skills, Social Responsibility and Cultural Immersion. Their task is to complete various activities and tasks regarding each of these 6 domains. Once this has been done, the journey home can begin.

To get started, your son's primary therapist will meet with him to start the first map, to determine the first steps in their journey. During the first week here, time is set aside to begin mapping out the whole journey, and beginning to define what they will need to accomplish in order to graduate from CRA and return to the family.



**Vaitele Fou Campus**

## Philosophy

The philosophy of Vaitele Fou is simple. It includes the two concepts of acceptance and acclimation. For your son, acclimation means adapting to his current environment. It does not mean attempting to change the environment to meet personal preferences. This is a perfect segue to the concept of acceptance. We mean, acceptance of his geographic location. He is in Samoa. We also mean acceptance of his placement in the program. The reasons are many and varied but there is one constant, he is now enrolled at the Coral Reef Academy in Western Samoa. And finally, we mean acceptance of personal responsibility for his current circumstances.

For the family, it is also a time of acceptance and acclimation. Accepting that your child is so far away and under the care of other people is as big as the adjustment your son faces when he steps off the plane onto a tropical island. As your son gets to know staff and build relationships, you are also faced with this challenge which is made even more difficult from having to be done long distance. The family must acclimate to communicating with their child through letters, emails and phone calls. You will be asked to share information and participate actively as treatment is engaged. What you, as a family, did in the past is history. What you may do in the future is speculation. Focusing on now is Vaitele Fou.



## **The Rose**

**When we plant a rose seed in the earth we notice that it is small, but we do not criticize it as "rootless and stemless." We treat it as a seed giving it the water and nourishment required of a seed. When it first shoots up out of the earth, we don't condemn it as immature and underdeveloped; nor do we criticize the buds for not being open when they appear. We stand in wonder at the process taking place and give the plant the care it needs at each stage of its development. The rose is a rose from the time it is a seed to the time it dies, within it, at all times it contains its whole potential. It seems to be constantly in the process of change; yet at each state, at each moment, it is perfectly all right as it is.**

*Author Unknown*

## Overview

During the orientation period, you will learn: how to communicate with your child through letters, how to communicate with your therapist and how to practice self-care during this transition process.

Your CRA therapist will contact you within 24 hours of your child's arrival in Samoa. You will then set up a day and time for your weekly therapy phone call.

You may write to your child frequently and email communication usually works best although you may also use "snail" mail, just realize that it can take several weeks for post to reach Samoa. The initial letter is a letter of support, sent within your child's first week of placement, reassuring them that you are thinking of them, that you miss them and encouraging them to participate in the program. If you have questions about what to write, ask your therapist during your initial phone call. Your therapist will request your permission to monitor letters and suggest letters addressing specific topics.

During the first weeks, your child may write a "rescue me" letter asking to come home, promising never to make another mistake or ranting at you in anger for being placed in a program. Be prepared for a letter like this and discuss any concerns that arise with your therapist. Letters from your child will be emailed to you after they are turned into the therapist.

If you are not currently working with a family therapist at home, it is highly recommended that you find one and make an appointment with him or her and weekly family therapy sessions are usually beneficial. We request that you sign a release of information in order for your CRA therapist to be in contact with your family therapist. This release is included in your initial paperwork. If you need another release, please contact your therapist and request one.

Your first reading assignment is to purchase and read the book, Parenting Teens with Love and Logic by Foster Cline and Jim Fay. Please start reading as soon as possible. Write down questions that arise from your reading for discussion with your therapist.



## **Self-Care**

During your experience with CRA, self-care is crucial. Your therapist will work with you to develop a self-care plan. This self-care plan should include the following: Emotional care, physical care, spiritual care and creating a support system. To start this plan, please answer the following questions in your journal:

What emotions am I experiencing?

What do I miss about my child being away?

What are three things I can do to take care of myself during this process?

Who are my supports?

What are my needs?

Discuss your answers with your therapist who will work with you in setting self-care goals and assist you in continuing to implement self-care strategies throughout your CRA experience. Please write any questions, recommendations or “homework” assignments given by your therapist here or in your journal:

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During Vaitele Fou you have begun work in the following areas:

Learned to communicate with your child through letters

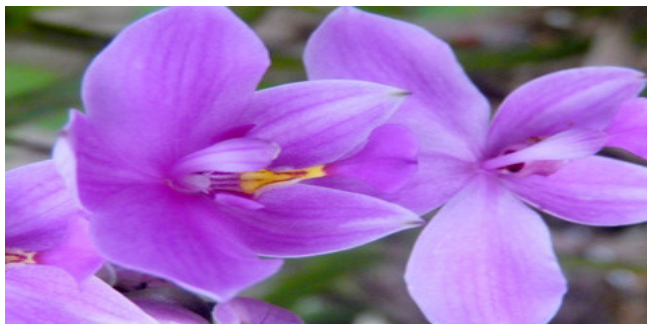
Set a weekly call schedule with your CRA therapist

Begun reading Parenting Teens with Love and Logic

Started a self-care plan

Found a therapist to work with at home

Scheduled a therapy session with your home therapist



**Congratulations! You are ready to move to Ma’asina.**

# Coral Reef Academy's Suggested Reading List for Families

Leadership and Self-Deception by the Arbinger Institute  
Man's Search for Meaning by Viktor Frankl  
Parenting Teens with Love and Logic by Foster Cline and Jim Fay  
Positive Discipline for Teenagers by Jane Nelsen and Lynn Lott  
Comeback by Mia and Claire Fontaine  
The Anatomy of Peace by the Arbinger Institute  
The Traveler's Gift by Andy Andrews  
Yes, Your Teen is Crazy! Loving Your Kid Without Losing Your Mind by Michael Bradley  
Facing Codependence by Pia Mellody

## On Eating Disorders:

Stick Figure by Lori Gottlieb

## On Self-Harming:

Working with Self-Harming Adolescents by Matthew D. Selekman  
(This book is often used by therapists, but the information provided would be helpful for parents and guardians who are living with a self-harming adolescent.)

## On Bi-Polar Disorder:

An Unquiet Mind by Dr. Kay Redfield Jamison