



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

Student Guidebook

Talofa!

Welcome to Samoa and Coral Reef Academy. This guidebook is intended to assist you as you transition to your new home with us. Inside you will find many tools to help you be successful in your personal journey at Coral Reef Academy.

If you are anything like the other young men who have been here, you are looking around and wondering upon what planet you have landed. On your ride from the airport, you saw houses without walls, pigs, cows and horses running freely, and an undeveloped, yet unspoiled countryside. Without question, you have started an adventure that you will talk about for the rest of your life. How you talk about this experience will be completely up to you! It is our hope that you will be able to work hard, invest in your journey and realize your goals.

You have traveled far to get to Samoa, and the first priority will be to get you on schedule and used to island life. There are many people to meet, lots to learn, but more importantly - lots of time to do these things. Get acquainted with Coral Reef Academy through the pages of this guidebook and from the students and staff around you. But most of all, for today, relax and enjoy the adventure.



Upon Arrival

Now that you are on campus, there are a few things that must be taken care of before you head for a long deserved nap. Know that most people traveling to Samoa suffer from “jet lag”, and getting used to your new time schedule may take a few days.

The Intake Process will begin as you arrive on campus. Residential staff will meet with you and inventory all of the items you have brought with you. Everything will be separated into three categories: those personal items that you will be keeping with you, 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 your parents or stored with your belongings until you leave.

Next you will be shown to your room and introduced to your roommates. Your roommate is a key person to turn to for assistance and guidance. They will have information to share with you as you negotiate your way through your first few days at CRA.



The Ava Ceremony is a traditional ceremony to welcome individuals to a community in Samoa. You will be welcomed by the staff and students through this traditional ceremony. A student and/or staff member will assist you so you can better understand what is happening during the ceremony. This will be your first introduction to the Fa’asamoa – the Samoan culture. Enjoy it!

Take time to tour the campus, meet staff and students and have some rest. Tomorrow will be a busy day as you begin to work on the roadmap for your journey at CRA.

Welcome to Vaitele!

Now that you are rested and ready, it is time to get acquainted with the program at CRA. By now you have seen the large map of Upolo Island, one of the 2 largest of Samoa's islands, and the island you now live on. You are currently located at Vaitele – the home of the CRA campus, and the first stop on your journey back home.

Progression through the program at CRA is marked by your progression around the island. You can see 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.

Your first week at Vaitele will allow you to plan your journey. Together with your parents and the treatment team at CRA, you will begin to identify the goals you need to fulfill in order to head back home. These goals will help create your roadmap, your guide for your stay at CRA.

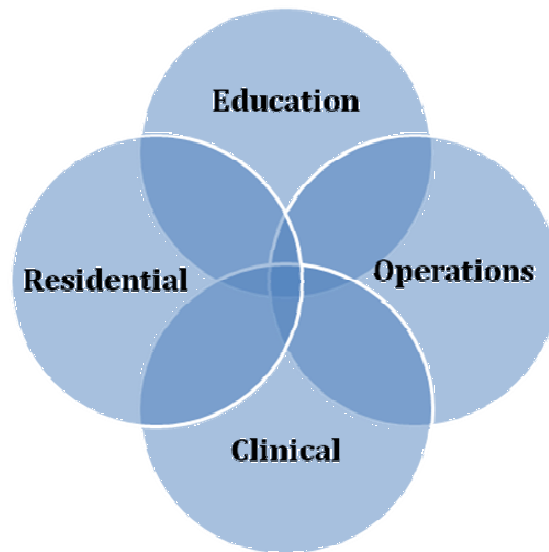
As you accomplish your goals, you will progress around the island, from Vaitele to the 5 other destinations around the island. The final stop is the village of Faleolo, from which you will be making your plans to return home.

During your journey, you will be gathering tools and knowledge to assist you in your life after Samoa. These pieces of knowledge and life skills will be focused around 6 primary domains: The Individual, Family, Academics, Life Skills, Social Responsibility and Culture. Your task is to complete various activities and tasks regarding each of these 6 domains. Once you have done this, your journey home can begin.

To get you started, your primary therapist will meet with you to start your first map, to determine the first steps in your journey. During your first week here, you will have time to begin mapping out your whole journey, and begin to define what you will need to accomplish in order to graduate from CRA and head home.

CRA Organization

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



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 your 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. As you progress through the program, this department will be supplying your clothing needs as well as your spending money.

Your Daily Schedule

A current schedule is located below so you can become aware of your 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

Good things to know . . .

On the next few pages we have listed some important information for you to know about CRA.

NSAS	Non-Supervised Activity Status (NSAS) is when you are allowed to go off campus for work, sport or other activities without staff supervision. NSAS will occur for students when the treatment team has determined they are ready for this privilege.
Games	Students are allowed to play personal hand-held games once they reach Salani , your 3 rd destination
MP3/IPODs	You are allowed to use your personal music device when you reach destination 4, Vaiee. This is only approved after being cleared by the treatment team. A selection of approved music is available for you to choose from.
Deep clean	Every Sunday afternoon, you will join your housemates and community to clean your home and campus.
Umu	Every Sunday a team of students will prepare the umu – a traditional Samoan ground oven. Households across the country will be building and cooking their umu alongside the one for CRA.
Hydration Hand-washing Hygiene	Three keys to good health in Samoa. Drink water! It is easy to become dehydrated. Wash your hands to avoid infections and spreading germs. Finally – practice good hygiene. The heat and humidity allow for all types of fungi and bacteria to grow fast.
Sunscreen	The sun is very intense in Samoa, and you will sunburn easily here. Make sure you apply sunscreen to protect yourself from sunburn and long term skin damage.
Insect Repellent	Mosquitoes love Samoa, and if they love you, you will find it can be uncomfortable at times. Make sure to ask residential staff if you wish to apply repellent.
Clothes list	If you are in need of new clothes, a “clothes list” is prepared monthly by students to take to operations staff for shopping. If you haven’t heard of the list and need something – ask your residential staff for help.

Friday Night Dinner	Once you have moved to the second destination, Maasina, you are able to join the group for the off campus Friday night dinner. This is a favorite event for most students. You will join everyone in a meal off campus and a few hours of relaxation in town.
Experiential	Every Thursday afternoon the group enjoys an activity or trip that has to do with the Samoan culture or country. Experiential activities can include cooking, farming, fishing, or enjoying a swim at a waterfall.
15 minute calls	As you progress in the program, you will be granted more time to speak with immediate and extended family through 15 minute calls home. These calls will start with your parents or guardians and then progress to include approved family members. Calls are done on speaker phone with a staff member present. You will enjoy unsupervised calls when you are at your last destination – Faleolo.
MP3/Ipods	Empty personal music devices can be brought by students who have travelled as far as Vaiee. Music can be downloaded from a selection of music on campus, or students can have approved CDs they can copy music from.
Privileges	A list of privileges is included in the curriculum description. Understand that these privileges are earned as a student moves towards Faleolo, but can be removed at any time by staff.
Bus Depot	The Bus Depot is a space for students who wish to stop working or have a “time out” from the community. Students can choose to move to the appointed bus depot, and when ready to resume work can appeal to the treatment team to return to the community. Students who continually choose not to participate in the regular schedule will also be removed to bus depot. Once on bus depot, students will remain in the house until they are approved to return to the community.

Meet the Staff

Residential Supervisors



Filippo Fauula



Tufeaio 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



Amio Talataina



Faagai Gray



Manutai Faasao



Siva Afi



Aoete Jnr Aoete



Ben Toiolo



Api lerome Ma'a



Pisaina Laauli



Siasoi Faasao



Ana Mataiumu

Finance



Lomitusi Manesa
Purchasing Manager

John Vitale
Maintenance
Manager



Facilities Maintenance

Tito Suilaulau
Maintenance
Personnel



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

Operations

Lemoe
Papailotoa



Muliau Kamuta



Drivers



Pita Pita



Keni Polito

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

Basic Campus Rules and Expectations

As you are now a part of the CRA community, there are some basic rules and expectations you to help you better understand how our community works.

- Be Nice!
- Support your community
- Take pride in your appearance and your space
- Dress modestly and appropriately
- Avoid slag and profanity
- No use of gang paraphernalia
- Embrace difference – no racial or degrading speech
- No gang related clothing
- No entering houses other than your own
- Respect others space and time
- No food, drink or chewing gum during formal activities

When you are with other students . . .

- Be nice!
- Respect others' space
- Support each other towards your common goal of going home
- Confront others appropriately, without arguing or assuming an aggressive posture
- Respect each other's differences and similarities
- Support positive behaviors
- Avoid glorifying the past and those who spend their time doing this – its time to move forward
- Stay out of negative spaces – don't get caught in the messes others create

Cultural Norms to remember . . .

- Always sit while eating
- Address your elders with respect
- Do not call out to those who are older than you – walk over to them to talk to them
- Do not cross in front of people if you can avoid it, if not, make sure to say “excuse me” or “tulo”
- While sitting during formal ceremonies such as the ava ceremony, cover your thighs and cross your legs. If you have problems crossing your legs, cover them with a mat or lavalava – do not allow your feet to hang out into the room

Group Therapy Norms to remember . . .

- Be nice!
- One person talks at a time
- No verbal attacks
- Do not laugh at others or make fun of them
- Try to take care of personal needs before group
- Use “I” statements such as “ I feel...”
- Be specific so people better understand what you are sharing

Classroom Norms to remember . . .

- Be ready for school – your uniform is clean and pressed, you are clean and shaven, you have all your materials with you and you are ready for the day
- Avoid wasting time and time wasters
- No eating and drinking in the classroom
- Respect others by staying quiet and not interrupting their work
- Internet is only allowed when supervised and approved by teachers or therapists
- Ask for help when you need it
- Ask permission to leave the classroom

When off campus . . .

- Be Nice!
- Remember your represent CRA – your behavior affects everyone
- Take pride in your appearance
- No selling, trading items
- All activities except NSAS are with staff – make sure to stay with them at all times