INSERT · FOR SCHOOLS, PARENTS AND GUARDIANS

Referring a Teen

House Shalom's teen track serves young people ages 13 to 17 in their own groups, in their own room, with their own workbooks. Teens and adults never share a group.

What the teen program looks like

- **Level 2.1:** three afternoons a week, 3:45–6:45 p.m., 9 hours total, for 12 weeks. **Level 1.0 (Keep-Going):** two 2-hour sessions a week (4 hours) for 12 more weeks.
- **Built for a teen who didn't choose this.** The book's first page says it plainly: *"You didn't pick this. You can still pick what you do with it."* It is written at about a 6th–7th grade reading level, with short reading stretches, plenty of drawing and mapping, and coping skills a student can use in a hallway with nobody watching.
- **Safety on every page.** Any page where a teen rates how they're doing or writes about something hard carries the crisis line on that same page. We never teach techniques that use pain or physical distress as coping.
- **Measured progress.** Teens complete the CRAFFT, PHQ-A, GAD-7, attachment and self-efficacy measures at intake and at discharge, and a weekly self-rating with a separate risk line that goes to the counselor the same day if it's low.

For parents and guardians

- **Your role.** Get them here, on time, every session. Notice effort more than results. Instead of "So how was group?", try "What's one thing you tried this week?" Short answers are fine.
- **Your page in the book.** The teen workbook has a page written to you at the front and at each stage, printed where your teen can read every word of it. Nothing is said behind their back.
- **Family sessions** are offered with your teen's consent and are scheduled in addition to group and individual sessions.
- **Confidentiality.** Under federal law (42 CFR Part 2), your teen controls who may be told about their treatment, even when you made the referral. At intake we offer your teen a form to choose what we can share with you, such as attendance, progress, family sessions and emergency contact. Some things are never confidential: suspected abuse or neglect, danger to your teen's life or someone else's, a medical emergency, or a court order.
- **The grievance policy.** Every parent or guardian receives our grievance policy at intake.
- **Transportation** is the family's responsibility; we don't provide rides.

For school counselors and administrators

- With the student's written consent, we can coordinate with you on attendance accommodations, academic supports, re-entry planning, and communication with the school counselor or student assistance program.
- Without that consent, we can't share anything, including whether the student is enrolled.
- Discharge planning for every teen includes a school re-integration plan, and we can share it with you when the student allows.
- The teen book spells out school, court and the people around the student on page six, so nobody learns about coordination from a surprise phone call.

To refer or ask a question: call or text (605) 453-6764 · fax (605) 401-4086 · HouseShalom@thebecomingagency.com (encrypted email for student information) · House Shalom, The Becoming Agency, 3409 W. 47th Street, Suite 102, Sioux Falls, SD 57106. **In a crisis:** call or text 988, or text HOME to 741741.