

The Level System



What is the level system?

The level system is an important guide at Rock Solid Refuge as advancement through the levels is determined by behaviour, amount of disciplines, and staff approval. For each level there are specific restrictions, privileges, work, and requirements to complete before moving on. Some privileges are not specific to any level but are awarded for exceptional behaviour.

What is ACCESS?

Created by our on-site counsellor, the Rock Solid Refuge level system is based on the acronym ACCESS. Progressing through the level system, and thereby moving towards graduation, requires the student to engage in reflection both with the counsellor and through guided course work geared to their specific struggles.

ACCESS exists to specifically target issues of today's adolescents such as pornography, depression, substance abuse, and anger. We focus on Attitude, Control, Commitment, Experience, Speaking and the Setting of goals. Embedded in this approach is a desire to reveal underlying thinking that has caused disruption, a restart so that life has hope, and a restoration of relationships in the family and community.

ACCESS tracks

Over the years it has become obvious that, when it comes to recovery, one size does not fit all. This is why we have developed multiple tracks that the students can progress through. As mentioned, these tracks include a pornography track, a depression track, a substance abuse track, and an anger track. There is also a multi-track option for students who struggle with multiple behavioural problems. Also, the tracks are structured in such a way that a student can switch tracks if something comes to light. If, for example, someone starts on the anger track, but then childhood abuse is disclosed, at the counsellor's discretion the student can stay on the anger track, switch to the abuse track, or do a multitrack with both, the focus still set on the student's own behaviours and actions.

Parent track

Problems with a student often means problem in the home. The student is, of course, responsible for their own actions, but the parent track explores what you, as a parent or guardian, can do to best help your child's recovery and eventual transition back to the home.