

Guidelines for Under 18 Programs



Group Expectations

Respect yourself, others, and the environment.

Keep an open mind and refrain from judgment. Remember that your attitude can have a profound impact on those around you and vice versa.

Challenge yourself with treatment; seek out opportunities throughout each day to find a small takeaway.

Be mindful of others when discussing potentially triggering topics, including unhealthy coping skills.

Please dress appropriately for treatment. We recommend dressing in layers to account for inconsistent temperatures and the potential to go outside. Please do not wear anything that might be considered offensive or triggering to others. Appropriate dress is at the discretion of staff who reserve the right to ask you to change if needed.

Due to allergies, bringing nuts and sharing food are not allowed.

Utilize the designated bathroom breaks so as not to disrupt group time.

Ask for help and support when needed or if you are feeling unsafe.

All belongings from home need to be kept in your assigned locker. Phones and other devices are not allowed in the group room with the exception of devices used for study during study time.

Group members must always be escorted by a staff member when leaving the room.

Respect others' personal space by not engaging in any physical contact.

Confidentiality

Refrain from sharing personal information with peers (including contact information!)

Helps protect the privacy of all group members and keeps Compass a safe place to share personal and/or sensitive information.

Information shared by other group members should not be disclosed to anyone outside of Compass (even if it's someone you know outside of Compass).

Current or former group members should not be referred to by name if they are not present in group.

Therapists are unable to answer questions about other patients and their treatment.

If sensitive information is disclosed to a therapist, the therapist may be in contact with treatment team in order to support progress.

Contact with any current and/or former patients outside of Compass is prohibited in order to maintain the emotional safety and integrity of the entire group room and to allow each patient to focus on their own treatment.