

**1. What are the times my daughter wakes up, eats meals, goes to school, etc.?**

Depending on the team your daughter is on, meal times only slightly differ between girls teams. Breakfast starts at 7:00 am, lunch starts at 12:15 pm, and dinner starts at 5:00 pm. Wake up time begins at 6:30 am, at which time lights are turned on and soft music is played to gently rouse the girls from their sleep. We keep a fairly strict bedtime of 9:30 pm, however, the hour before that is a time of winding down. The girls complete hygiene routines, read, journal, or talk quietly with staff during this time. School for the girls takes place Monday through Thursday after lunch, from 1:00 – 5:00 pm.

**2. Are staff with my daughter at all times? What about privacy? Are male and female staff assigned to my daughter's team?**

There are two staff members assigned to your daughter's team at all times. The expectation for all students is that they stay in line of sight of staff at all times as well. The exception to this is when a student is using the restroom, showering, or changing clothes. During the overnight hours, a staff member stays inside the team home. In addition, another staff member watches over all of teams via cameras, which are set up in each team home. With few exceptions, we try to place one male and one female staff member on each team. This helps students experience strong, healthy relationships with both genders.

**3. Calo has both male and female students. Are they allowed to interact?**

The expectation for every student is that they focus on their treatment. To help minimize distractions, namely relationships with the opposite sex, opposite genders do not interact, although at times students will try to push this boundary. Our staff members greatly discourage this and make it clear that these attempts at relationships are often unhealthy as all of our students are working through Reactive Attachment Disorder, trauma, and other issues which require their full attention.

**4. If there are 8 girls on a team, all working through similar struggles, how can the team function in a healthy manner?**

While this may seem counterproductive, this is actually one of the great pieces of Calo's treatment model. Practicing healthy relationships within a controlled team environment helps build character, encourages teamwork, and builds trust. There will be days when your daughter will struggle in this type of environment, but with the help of coaches, therapists, and other staff, these relationships often mimic relationships that will be formed in the workplace, school, and life in general. Learning leadership, trust, empathy, patience, and gaining experience with many different personalities all work together to help your child successfully complete our program.

**5. How often are therapy sessions? When will I be able to speak with my daughter on the phone?**

Every week, your daughter will participate in three peer therapy groups. These groups will involve either students from her team or, sometimes, girls from other teams who are working through similar struggles. These groups will always have a therapist and/or coach present. Your daughter will also have at least one individual therapy session and one family therapy session with her assigned therapist each week. Session times and frequency will be determined by the therapist on a case by case basis.