



1874 ANDERSON HIGHWAY  
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CUMBERLAND, VA 23040

BEAR CREEK ACADEMY

# Therapeutic Day School Program



*"We cannot always build the future for our youth,  
but we can build our youth for the future."  
- Franklin Delano Roosevelt*

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## Our Mission

Bear Creek Academy is committed to providing students a safe place of learning and growing where they can be empowered through knowledge and skills that can be tempered, crafted, and converted into personal resources that will prepare them for the challenges that lie ahead.

## Our Core Values

- We believe children need unconditional acceptance, firm boundaries, and authentic adult relationships.
- We believe that education is a multi-faceted process facilitated by a dynamic relationship between student and teacher.
- We believe that a student's ability to learn and retain new ideas is directly affected by their ability to manage their emotions and behaviors.
- We believe that emotional growth and increased self-awareness require a structured, nurturing atmosphere within a school culture that can meet individual needs.
- We believe that accountability, responsibility, sharing, and mutual respect are essential components of our relationships with our staff and community.
- We believe that students need adult role models who can support them to face fears, transcend obstacles, and reach realistic and measurable goals.
- We believe that the youth whom we educate and grow may be inspired to follow their own dreams to do service in the global community.

## Our Foundations: The Three "R"s

- Respect for Self
- Respect for Others
- Respect for Community

## Students Served

Bear Creek Academy provides individualized and group instruction for students ages 11- 18 with learning and emotional disabilities. A typical student has experienced failure in the public school setting and may be described as immature, impulsive, and/or oppositional. Students may also have poor coping skills, struggle with appropriate social interaction, and have trouble communicating their feelings.

## Emotional Growth Program

We believe that many behavior problems are symptoms of unexpressed emotions and a deficit in coping skills. Our therapeutic advocates work with the teachers in the classroom to facilitate problem solving, management of emotions, and learning social skills. Through individual support and a positive peer culture, students learn the self-monitoring and coping skills needed to make positive behavior choices. Character Education classes and special groups teach skills in identifying and communicating feelings. By encouraging the class to problem-solve together whenever possible, the sense of ownership and investment in each other as a whole is increased.

### Personal Empowerment Program (PEP)

The Personal Empowerment Program (PEP) is an opportunity for students to build self-worth and internalize positive behaviors. Depending upon their grade level, students may earn from 3 to 9 patches signifying important milestones in their emotional growth. Each patch brings with it both privileges and responsibilities. Students earn their patches by both following school expectations and by accomplishing personal goals.



Character Education is a part of every student's schedule.



Students have access to instructional technology in every classroom.

## Academic Program

The goal of the classroom is to provide students with a comfortable, safe environment for learning, one where students become invested in their education and begin to take ownership of their future. A student's education does not only include the student and the teacher but each school employee, the student's family, and members of the community.

The classroom is structured with an instructional teacher and a therapeutic advocate/teacher's aide in each class for the core academic classes. The daily classes are in a small group setting, no more than 8 students per class, and students are provided with needed accommodations and attention to meet their academic goals with success. The curriculum for the Academy combines general education courses required by the state for each grade level with a variety of engaging electives designed to help the student meet both academic and emotional success. Bear Creek Academy is licensed by the Commonwealth of Virginia Department of Education.

## Additional Therapeutic Services

- Individual Counseling Sessions
- Group Counseling
- Character Education
- Life Skills Training
- Parent Support Group
- Transition preparation



## Experiential Education Program

### Conservation Corps

Conservation Corps works within the community to assist in the development and maintenance of park trails and other facilities in the area. In exchange, students have the privilege of participating in a variety of outdoor adventure programs such as hiking, canoeing, and biking at the park.

### AWE (Adventurers with Enthusiasm)

This adventure-based counseling program allows students to safely face their fears and overcome obstacles through the use of low and high ropes courses and other adventure-based initiatives.

### Community Development Projects

In addition to Conservation Corps, student groups participate in local development and beautification projects as part of their experiential curriculum. These projects allow students to see the tangible results of their contribution while also allowing the community to view the students as positive contributors to society.

### Therapeutic Sports and Wellness Program

Daily physical activity plays an important role in sustaining emotional and psychological well-being. Students have regular health & wellness education in addition to frequent opportunities for structured recreation.

## For More Information

For more information or to make a referral, contact us at:

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