

CCAP Enhanced participants receive case management services and have access to on-site mental health and substance abuse recovery services through **ACRS** (Asian Counseling and Referral Service).

CCAP Enhanced participants are enrolled as students at **South Seattle College** and have the opportunity to earn college credits. CCAP Caseworkers and South Seattle instructors work together to schedule participants in daily classes based on needs. Participants are enrolled South Seattle College students and obtain student ID numbers, giving them access to campus resources including library services, resource navigation support, and higher education bridge services.

SOUTH SEATTLE COURSES AT CCAP:

Moral Reconciliation Therapy (MRT): a cognitive-behavioral treatment system that leads to enhanced moral reasoning, better decision making, and more appropriate behavior.

Domestic Violence Moral Reconciliation Therapy (DV MRT): a specialized version of MRT designed for perpetrators of domestic violence that uses a cognitive-behavioral approach to confront beliefs and behaviors, especially focusing on power and control issues.

Conflict Resolution: engages participants in a collaborative, community process of creating personalized toolkits for anger management and conflict resolution.

Life Skills to Work: fosters resiliency skills, planning skills, relationship repair.

GED Prep: builds basic academic skills and GED test preparation, scheduling, and support.

Reading Horizons Elevate Program: a reading intervention program for adult learners. Among other topics, it teaches the 5 key phonetic skills and the 2 decoding skills needed for literacy development.

Computer Skills: offered through the Northstar Digital Literacy program—provides tools to master the digital skills including using email, Microsoft Word, Excel, Powerpoint, and Google Docs.

Employment Preparedness: helps students with resume preparation, interview skills, job search skills, and career resources.

Write Your Next Chapter: supports social emotional learning for emotional regulation through writing, storytelling, artistic engagement, and creative expression.

Mindfulness: engages students in clinically-proven strategies for increasing emotional regulation in support of healthy decision-making.

SOUTH SEATTLE COLLEGE SERVICES AT CCAP:

Resource Navigation: provides participants with job referrals and connects participants with essential needs, ID, SSN card, shelter, and housing support services.

Education and Training Navigation: connects students with educational opportunities including application support and enrollment guidance for higher education and apprenticeship programs.