

About HIGHTS

MISSION

HIGHTS' mission is to transform youth in Western North Carolina by inspiring trust in their own abilities, connection to a caring community, and hope for a better future.

CORE VALUES

We value a youth-first and servant leadership approach in our organization. HIGHTS is a collaborative organization that values community support and partnerships which provide wrap-around services to our participants. HIGHTS understands building relationships first and meeting youth where they are in their journey makes the difference.

PROFESSIONAL STAFF

Our team offers expertise in recreational therapy, restorative justice, mediation, crisis intervention, therapeutic support, and workforce development through evidence-based research. We are committed to demonstrating compassion, dependability, and consistency. HIGHTS provides ongoing professional staff development to enhance our qualifications to ensure current high-quality standards are implemented in our programs.

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Social Media



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Instagram:

www.instagram.com/hights_inc/



Helping Inspire Gifts of
Hope, Trust, and Service

HIGHTS PROGRAMS



Workforce Development and Education:

HIGHTS Workforce Development and Education provides opportunities to explore career pathways, prepare for employment, achieve a high school diploma, and attain a credential. Eligible young adults, ages 16-24, engage in job shadowing, paid work-based learning, career mentoring, and networking with community partners and resources.

PATH:

PATH is a program for youth who have been a victim of a crime. PATH provides recreational therapy and allows youth to participate in a holistic approach to address their physical, social, emotional, and cognitive well-being. PATH strives to increase each participant's quality of life by engaging youth in individual and small groups with adventure-based activities, expressive arts, animal-assisted interventions, coping skills, leisure education, and community integration.

Our Services

COMPASS (After-School Skill-Building):

COMPASS is an evidence-based Cognitive Behavioral Therapy program created to help youth achieve goals at home, school, and in the community. The activities are designed to teach participants new skills and how to apply them to their current life situation to develop a better understanding of themselves and their communities.

CORE (Community Outreach Restitution and Engagement):

CORE assists youth that are assigned community service from the juvenile justice system. It provides meaningful service opportunities that include learning vocational and life skills. Participants build and strengthen their sense of community, develop interest, and find a sense of belonging and purpose.

Inside-Out (Crisis Intervention):

Inside Out is a day program designed to provide crisis intervention services through community respite. Youth who receive Out-of-School suspension are provided the opportunity to engage in meaningful community-based activities. Youth are encouraged to identify goals, explore coping strategies, and make a plan to successfully reintegrate into their school community.

Restorative Services:

HIGHTS restorative services are based on the principles of restorative justice. Restorative practices ultimately aim to improve and repair relationships between people and communities while increasing social capital and decreasing crime and antisocial behavior. Our team provides restorative mediation services for at-risk youth, including juvenile justice diversion programs, truancy conferencing, and reintegration support.

Substance Use Prevention:

HIGHTS currently offers substance use prevention, education, and assessments. All HIGHTS participants will receive a substance use screening followed by appropriate assessments if clinically indicated. A qualified HIGHTS therapist will provide a free substance use assessment in order to determine the level of use, possible substance use disorder diagnosis, and referral to the appropriate level of care including- support groups, individual counseling, and group therapy.