

# Places for Struggling Teens™

Published by  
Woodbury Reports, Inc.™

*"It is more important to get it right, than to get it first."*

May 2009 - Issue #177



## NORTHWEST GET-TOGETHER IS UNIQUE

By: Lon Woodbury

We are striving to make the upcoming Get-Together on May 15 as unique as the previous three have been. The goal is to emphasize networking and socializing time in a fairly small, informal and interactive setting among everybody who is interested in the network of private, parent choice schools, programs and services. Yes, there will be interesting and valuable presentations, but that is only part of the program. Of at least equal importance is the chance to visit with old friends and make new ones.

Those of us who work in this network frequently attend conferences, primarily the IECA and NATSAP conferences. They are invaluable and enjoyable. However, they are usually in expensive hotels or conference centers in cities, and there is a frantic pace from the large numbers attending and being packed with presentations. Each conference is developed around one type of professional (The IECA focuses on the needs of Educational Consultants, NATSAP for school administrative staff...). Frequently, an attendee must choose between whether to have that needed and long-awaited conversation with a colleague or to attend a breakout session occurring at the same time with information important for the attendee's job. Or, they sometimes take advantage of exploring or shopping in the nearby area. At the NorthWest Get-Together, we are consciously trying to break out of these patterns.

The concept was inspired by a meeting called years ago by Rob Spear, then President of the CEDU schools. The school was doing some research on what was being done in other schools to help kids. Information was sparse and much was guarded as proprietary. CEDU then realized they had a world class library of that kind of information in the heads of the staff working at the multitude of schools and programs within a hundred miles of Sandpoint, where the CEDU headquarters were located at the time. Rob called a meeting (I think they even offered a free lunch) and about 20-30 people working in the network from as many schools and programs showed up. The only agenda was a few questions Rob had prepared. The freewheeling conversation that afternoon benefited everybody since everybody was encouraged to contribute what they knew. The value of that meeting was obvious, so I initiated the Get-Together to continue that kind of free-wheeling exchange of information.

The setting will be the same as last year, the Naples Inn, about seven miles south of Bonners Ferry and about 20 miles north of Sandpoint, a hundred yards west of Highway 95. The history of the building until recently was as a hostel and before that a Grange Hall. The main meeting room can comfortably hold a hundred people (more if necessary). The town of Naples is a quaint little town that you would miss if you blinked while traveling on the highway. The town is isolated so there are no downtown shops or restaurants nearby to lure participants away from the Inn (with the exception of the delightful old-time Naples General Store next door). It has picnic tables next to the grass of the town Commons for people to use for lunch or visiting.

There are only three presentations planned (four if you count Paul Clark's fly fishing lesson on the Commons after



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We have established a system of education in which we insist that while everyone must be educated, yet there is nothing in particular that an educated man should know.

- Walter Lippman

[Essays and articles appearing in this publication are the opinions of the authors, and do not necessarily reflect the policy of Woodbury Reports, Inc.,™ or StrugglingTeens.com.™ We urge our readers to conduct their own investigation of the products and services identified herein.]

Lon Woodbury - Publisher - 208-267-5550 - Fax: 208-267-9127 - [www.StrugglingTeens.com](http://www.StrugglingTeens.com)

**Woodbury Reports™** is an information source to help parents find the right school or program when their child has behavioral/ emotional problems. We are specifically concerned with children needing more intensive intervention than local resources or day programs can provide.

Our focus is on high quality and effective Emotional Growth and/ or Therapeutic schools and programs, which can include short- and long-term outdoor programs, family style living arrangements, highly structured boarding schools, therapeutic boarding schools, RTCs or psychiatric hospitals.

An important goal of these schools and programs is to teach self-discipline through consequences, so the child will learn to be more responsible for his/ her actions. How attitudes are changed and who is successful is at the focus of each issue of Reports.

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**Places for Struggling Teens™** is published monthly. One year subscriptions are \$35 USD. Non-Continental US postal orders add \$5 USD.

**Places for Struggling Teens™** is published by Woodbury Reports, Inc.™  
**Lon Woodbury, Publisher.**

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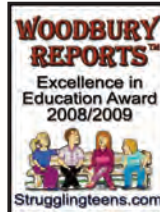


ISSN: 1540-3718

# Woodbury Reports, Inc.™

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**"Some Children just need to be heard, not cured."**

**Lon Woodbury**, IECA, MA, CEP, is an educational consultant who has worked in schools and programs for emotional growth, character education, and consulting for parents of struggling teens since 1984. Prior to that, he taught in public schools and was involved in public policy while working for the US Senate and the Executive Office of the President. Lon received his BS and MA degrees from the University of Idaho. His practice includes a referral service for parents and professionals, and the publication of this Newsletter and the **PARENT EMPOWERMENT HANDBOOK™**, a resource of **Places for Struggling Teens™**.

the other sessions). Everyone will be able to attend each and have ample time to comment, question, etc. There will also be time between sessions for visiting, networking etc. We keep the seating informal also. Some like to sit on a chair or couch next to the pot bellied wood stove, others like to stand at the back, and some sit in the arranged chairs at tables in the center. All presenters have been asked to leave ample time for questions and discussion since often some of the attendees have information that can supplement that of the formal presenter, to the benefit of all.

It is primarily designed for those working in the northwest region of the country, where it is an easy drive to Naples; thus the title Northwest Get-Together. Welcome are Educational Consultants, Admissions Staff, and Administrators, Line staff, Parents and any person having some interest in the work with struggling teens. There is no division between one type of professional and another, all are equally accepted and valued. We especially are interested in welcoming line staff because, although they are the ones working face to face with the students every day, they rarely attend the national conferences, and they probably are more in need of exposure to other ideas than those who do.

The continental breakfast and coffee will be available at 8:00 AM, followed by the first presentation starting between 8:30 AM and 9:00 AM. It will be a discussion of the Montana Academy Model and John McKinnon's book "An Unchanged Mind" (assuming some late scheduling problems can be worked out).

Brandi Elliott will be presenting and providing tips on the importance of working closely with parents for greater success for their child at a school or program. It will start about 11:00 AM and is titled "Parents As Partners."

Lunch (included in the registration) will then be served, followed by the afternoon session which will begin around 1:30 PM. It will feature Randy Russell on "The Value of Native Culture for 21<sup>st</sup> Century Teens" and will include a drumming demonstration in the light of the way Native Cultures present.


The less informal part will conclude between 3:00 and 3:30 PM, to be followed by a fly fishing lesson on the Commons grass by Paul Clark, so for those interested bring your fly rod. We had great weather last year when the OK Corral had their horses there for an equine therapy hands-on demonstration and hope for comparable weather this year.

Registration information can be obtained from Laura Morton at [lmorton@woodbury.com](mailto:lmorton@woodbury.com), or call her at 208-267-5550.

We look forward to a large, friendly enthusiastic crowd.

S  
U  
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The **Parent Empowerment Handbook™** is designed to empower parents seeking positive solutions for teen behavior problems.

The **Parent Empowerment Handbook™** is prescreened by independent educational consultants nationwide for reputation, and specifically created for parents and professionals working with struggling teens. This publication offers parents a significant opportunity to find the best residential schools and programs available. We conduct annual surveys with the best-known independent educational consultants in the country to compile the most complete and current information available on each school or program. The Handbook is a valuable resource for parents and their children when local interventions fail, and the children continue to make poor decisions such as skipping school, drugs, rebellion, etc. With over 100 of the best private therapeutic, emotional growth, LD, wilderness schools and programs nationwide, the Handbook also includes numerous essays, visit reports, and current information on experienced educational consultants and transport agents. In order to maintain an objective publication, advertising is not allowed in the Parent Empowerment Handbook.

19th Edition  
Now Available



## COACH'S CORNER...

*The Coach's Corner is a section of the newsletter devoted to family coaching, and the use of coaching skills in working with parents of struggling teens and young adults in their homes, or while they have a child in program. Coaching in this case can be either an alternative to residential placement when appropriate, a resource for program staff or as an aid in supporting families of young people transitioning home from wilderness or residential programs. The COACH'S CORNER welcomes submissions regarding Coaching (such as essays, research, articles, news, etc.) from anyone.*

*The Coach's Corner was started by Woodbury Reports, Bill Valentine, Founder of Next Step For Success, and the accredited coaches of Next Step Coach Training, with "real life" condensed snapshots of what Coaching is about.*

### REBUILDING THE EMPTY NEST: FAMILY COACHING WHEN A YOUNG ADULT RETURNS HOME

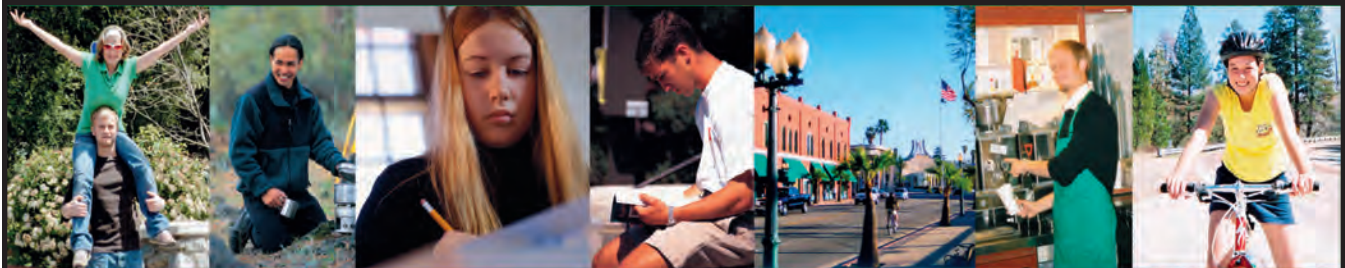
[Second of a two-part series]  
By Bill Valentine PsyD, CC

In the previous essay on young adults returning home from residential placement or elsewhere, we outlined three areas, past, present and future, needing a parent's attention in facing the prospect of an out-sized chick crowding the nest.

**Ask the right questions and demand the answers.** Both parent and young adult need to use

this teachable moment to learn from previous choices and actions. What happened in the "real world"? What was the plan for independence? What went wrong? What could have been different? Were there extenuating circumstances out of anyone's control? It is critical that this debrief happens **before** the young adult returns home. Parents need to model how mature adults accept setbacks while learning from after-action study. The young adult must understand that this focusing process is not about placing blame. Instead, past mistakes are used as place holders for new choices and strategies. Without this deliberate attention on everyone's part an "Oh well" attitude is likely to creep in with its attendant ennui and paralysis.

**Get clear on your – and society's – expectations of the young adult.** First be upfront, again before the young adult comes home, about parental expectations for how the home will run and each individual's role in that dynamic. We use a Home Contract for younger children transitioning out of an emotional growth school or program residential placement. In this situation, we strongly advise that home expectations for the young adult are spelled out, literally. Age-appropriate rules for curfew (if any), household chores, use of appliances, parents' cars, visitor guidelines, etc., should be articulated and agreed to by both parties. Some of our clients have balked at the suggestion of a Home Contract for their young adult based on the belief



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For information  
and admissions call  
Richard Brimhall

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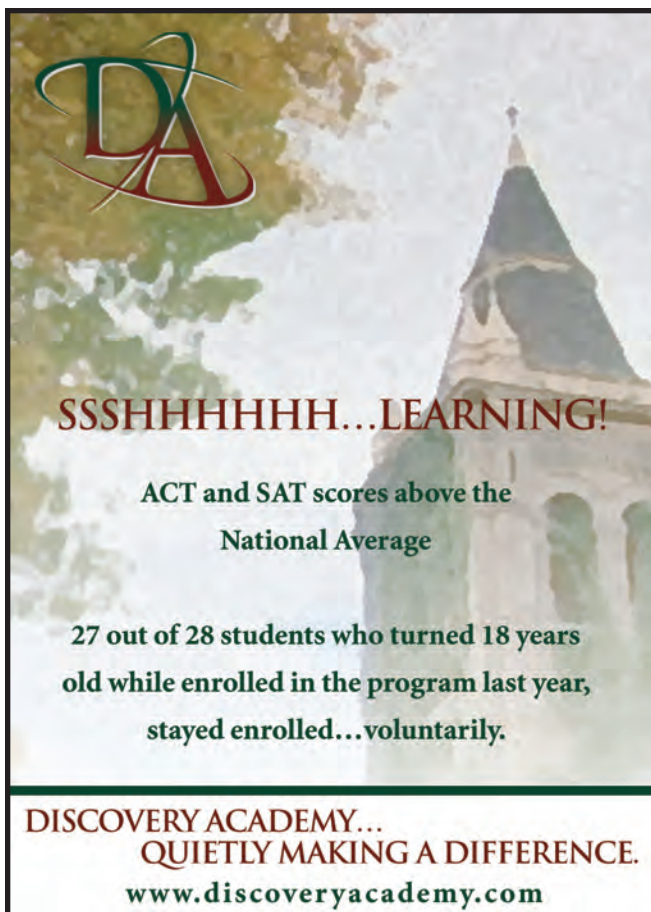
Visit our web site at [www.BenchmarkYoungAdultSchool.com](http://www.BenchmarkYoungAdultSchool.com)

(often first voiced by the young adult) that such a deliberate spelling out of home rules is treating them like a child again. On the contrary, the adult world expects more, and has more rules, than what most young adults are used to. Home Contracts model the real world's expectations for adult accountability.

**Is the return to the nest a lack of will or a lack of knowledge?** The return to the home should be treated by parent and young adult as a regrouping and preparation for a new beginning whether from residential placement or elsewhere. The young adult and her parent often need to be coached to view this pull-off to the shoulder on the road to independence as a fork in the road. It is time to look at, and perhaps re-draw, the map. Most young adults have gotten to that stage in their lives without a great deal of planning and focus. Goal setting is a valuable exercise and learning experience for anyone, but especially so for a young adult who has suddenly found himself back home without a plan or a clue. Coaching young adults and their parents on goal setting begins with envisioning the preferred future. It is critical that this process of seeing where one wants to go is as rich in detail as the young adult can make it. Parents and coaches can supply encouragement, support and a dose of reality, but it is the young adult's ability to dream in living color that will ultimately provide the internal motivation so necessary to survive and succeed in

today's challenging environments. Beginning with the vision, then, the young adult will need to set up goals and undertake actions. We use a stair-step method for setting and reaching goals. With the vision placed at the "top of the stairs," goals leading to the vision are then arranged in chronological order. Action plans containing initiatives lead to each goal. For many young adults, and a few of their parents, this is the first time they have been exposed to "planning your work and working your plan."

With all this attention on the young adult it is all too easy for parents to be swept up (again) with meeting their child's needs while forsaking their own. The caretaking role is seldom helpful for growing children and can be downright inhibiting for young adults trying to fly on their own. Our view of parenting relies heavily on the concept of parent as role model. Especially for young adults, it is critical that when they look at the adults in their lives they see healthy humans who can love unconditionally while maintaining clear conditions on all of their relationships. The fledgling can take up a lot of space, physical and emotional, in a once empty nest. Parents must keep alive their own Technicolor visions of life after Junior in order to assure that when Big Bird takes to the sky again it will be a time of celebration, pride - and relief.



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## NEW PERSPECTIVES...

*[New Perspectives schools and programs are those new to Woodbury Reports, Inc., and are presented to expand your knowledge, with the disclaimer that we know little more about them at this time than what appears here. Inclusion in Places for Struggling Teens™, of course, does not imply any endorsement by Woodbury Reports, Inc. -Lon]*

### SAFEPASSAGE ADOLESCENT SERVICES

Holly Hunter, Owner  
Alpharetta, GA  
770-667-7467

[hollydhunter@bellsouth.net](mailto:hollydhunter@bellsouth.net)  
[www.safepassageadtransport.com](http://www.safepassageadtransport.com)

SafePassage Adolescent Services, a division of Hunter Investigations, LLC, has been owned and operated since 2007 by Holly Hunter, with offices located in GA, Tampa, FL and Huntsville, AL. Holly has 10 years experience as a private investigator. SafePassage transports troubled at-risk adolescents to wilderness programs, therapeutic boarding schools, juvenile detention centers, hospitals and rehabilitation centers throughout the country and internationally if needed.

Karen Tisdell, who previously worked at Three Springs Paint Rock Valley Girls Program, is a transport agent with SafePassage and a private investigator with the parent company, Hunter Investigations, LLC.

Other services available through SafePassage include adult and adolescent intervention and transport, missing person investigation and recovery, locating missing and runaway teens, legal advocacy services and therapeutic companion services.

SafePassage Adolescent Services is licensed by the State of GA and is bonded and insured.

*[This information came from SafePassage Adolescent Services and the Hunter Investigations, LLC websites.]*

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### MILESTONES FOR YOUNG ADULTS

Coeur d'Alene, ID

Pamela Broker, CEO and Director  
208-676-8235

[www.milestonesforyoungadults.com](http://www.milestonesforyoungadults.com)

Milestones for Young Adults is a transitional living program for young men and women ages 18 and over who may be transferring from a traditional or therapeutic boarding school and are in need of additional support in independent living or transitioning into college. Students who have obtained their high school diplomas are preferred, although non-diploma students can acquire theirs while enrolled. Participants must want to enroll in Milestones and agree to community agreements.

The average length of stay is 9 to 18 months depending on individual needs.

Pamela Broker is the CEO and has been Director of Milestones for four years. Pamela has worked in the "emotional growth education" industry for 11 years, both as a Director of a private boarding school and as Executive Director of Admissions for CEDU Family of Services. Mike Dimico is the Lead Mentor at Milestones

and has been with the company for five years.

The young adults participate in vocational and life skills, emotional growth, career skills and job shadowing. Participants must be employed a minimum of 15 hours a week. With the support of staff mentors, the young adults develop a personal plan that meets their needs while practicing newly acquired skills within a structured and independent living environment.

Students participate in weekly "open forum discussions" where they learn to communicate respectfully with each other and problem solve creatively. In addition, the Milestones program contracts with Pinnacle Personal Consulting to provide clinical services as needed.

This program is situated in North Idaho and presents the benefits of a small town. Yet there are opportunities of employment in this resort town and students can also attend North Idaho College.

*[The information for this New Perspective came from the Milestones for Young Adults website.]*

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## OMEGA TRANSPORTS, LLC

St. George, UT  
Danny H. Behymer, President  
866-798-3658

[dan@omegatransports.com](mailto:dan@omegatransports.com)  
[www.omegatransports.com](http://www.omegatransports.com)

Omega Transports, LLC, is a new teen transport service opened in January 2009 by Danny Behymer, the former owner of USA Guides. Omega Transports, LLC, provides transportation for young adults and struggling teens to various destinations, including therapeutic youth programs, wilderness programs, counseling or college.

Three key principals at Omega Transports, LLC, include President Danny H. Behymer, Howard Allsup and Nick Hallman, who have a combination of over 40 years of peace officer experience, with 34 in private business and 7 specific to the youth transport business. The Board of Directors and Advisory Board are comprised of company principals, counselors, therapists, educators and instructors. In addition to training members in First Aid and CPR, instructors are both certified EMT and Fire Instructors and hold certifications as Crisis Intervention Team members. All staff members must submit to and pass a criminal background investigation and are registered with the California Trustline Registry.

Omega Transports, LLC, is in the process of developing a 40-hour "Transport Academy" to address the needs of formal standards or certifications required in the transport industry. This academy will not only cover the basics but will include trainings in defensive driving techniques, adaptive problem-solving for agents with concerns during a transport that may include travel planning when a flight is cancelled or the rental car counter is closed; cellular communication outages; where to find a computer if you need one at 2:00AM; verbal de-escalation techniques; medical emergencies and how to keep the teen engaged during the transport.

*[This information came from the Omega Transports, LLC website and from written communication with the President of Omega Transports, Danny Behymer.]*



## Another way we're helping troubled teens.

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# EXTENDED INSIGHTS...

## ASPIRO/ SANDHILL COLLABORATION REAPS BENEFITS

By: Matthew MacQueen and Linda Zimmerman  
*(Recently, residents of the Sandhill Residential Treatment Center from New Mexico learned how beneficial it could be to participate in Aspiro Adventures wilderness therapy in Utah. This a report of this very positive encounter –Lon)*

*Tall, sheer red rock formations surround our remote locale in the high Utah desert. Winding canyons and improbable arches, still being carved by the slow yet mighty forces of nature, allowed Jim's yell to resonate far beyond the distant Colorado River. Over and over, "I love you, Mom!" could be heard bouncing across canyon walls until the words dissipated into hot thin air. In this vast desert wilderness, one has only what is carried with them, be it mental, physical or emotional. Trust is of the essence, and the need to reach out for emotional support becomes inescapable. Dangling one hundred sixty feet above the earth from a rope, anchored by a sun-baked rock, is without doubt one of the most frightening, yet exhilarating, experience. Legs and arms tremor relentlessly, and the heart beats more rapidly up here. Fear for safety and survival dominates consciousness until slowly, suddenly, amidst the exquisite backdrop of majestic rock cliffs and yawning arches - a sort of spiritual appreciation takes hold. "I love you, Mom!" echoes profoundly.*

For six days in Moab, Utah, the kids and staff of Sandhill Child Development Center in New Mexico embraced adventure learning at its finest. With the generous help of Aspiro Adventures, a Utah based outdoor therapy program, Sandhill's summer 2008 camping trip literally reached new heights! The amazing team at Aspiro prepared an adventure agenda packed full of activities

including rock climbing, rafting, hiking, bouldering, discovering swimmin' holes, and finally the unforgettable 160 foot rappel down Corona Arch.

Yes, the opening narrative is non-fiction. Jim, a 12 year old Sandhill student, took on the 160 foot rappel and discovered that fear can deliver a jolt as powerful as an electrical current. But at no time over the past year as Jim and I have gotten to know each other, have I seen him more jubilant and alive than when his feet touched ground at the base of Corona Arch.

The roots of the August joint venture between Sandhill Center and Aspiro were planted at IECA Minneapolis in May 2008, where casual conversation at the Woodbury Pedal Pub, and recognition of a shared passion for working with troubled children, ignited the sparks of collaboration. While Aspiro and Sandhill work in different treatment venues (wilderness v. residential), it was quickly evident that the programs share similar philosophies regarding the path to healthy change.

Aspiro bills itself as "an alternative to 'tough love' wilderness programs." Weaving an innovative clinical approach into an array of daily adventure activities helps students build self-efficacy and discover new strengths and coping strategies that allow them to move through old issues.

Always looking for fresh and effective approaches to treatment for kids, Sandhill CEO Linda Zimmerman has been a driving force behind the Center since the doors opened nearly five years ago. Emphasizing trust and nurture, strong relationships are forged between staff and students at Sandhill. These relationships are rooted in safety and allow children to experience emotional connection with adults as rewarding.

When children feel safe, healthy learning begins to take



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## Building Relationships THROUGH TRUST

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[www.woodlandspring.org](http://www.woodlandspring.org)

Or call our admissions office  
at 573.265.3251

Woodland Spring Lodge is a program of Boys & Girls Town of Missouri.



place. Whether waking each child with a smile in the morning, preparing and eating meals together, or reading a favorite book at bedtime, child care workers, teachers, and therapists alike play an integral role in helping shape the lives of Sandhill's kids. Leveraging these positive relationships allows experiential educational opportunities, such as those provided by our friends at Aspiro, to become life-changing experiences.

Through the years, Sandhill students and staff have enjoyed many highly anticipated adventure trips and other relationally rewarding activities. Sandhill encourages and supports a wide variety of therapeutic endeavors by hiring motivated and talented people who bring their passions to work rather than checking them at the door. Whether utilizing animal assisted therapies, service learning projects, a rodeo event, or in this case exploring the Utah wilderness with Aspiro Adventures, Sandhill juxtaposes tried and true therapies with cutting edge techniques to meet the ever-changing needs of its students.

Along with pioneering the use of Neurofeedback therapy, Sandhill recently entered into clinical partnership with internationally renowned psychiatrist, author and neuroscientist Dr. Bruce Perry's Child Trauma Academy in Houston. Using Dr. Perry's "Neurosequential Model of Therapeutics," Sandhill staff regularly video-conference with Dr. Perry to generate neuro-developmental assessments and neuro-biologically respectful treatment plans for Sandhill students.

Dr. Perry contends that "the brain develops sequentially," and disruptive experiences during early developmental stages can adversely affect brain function throughout the lifespan. Because the brain is "plastic" and therefore accepting of healthy changes, we can achieve more optimal brain function (and therefore better

regulated emotions and behaviors) by determining which areas of the brain require supportive therapy, and designing targeted intervention strategies to promote neuro-regulation and neuro-genesis (i.e. the creation of more optimal neural networks).

In many cases, effective intervention requires frequent repetition of somatosensory activities that challenge the brain to make positive adaptations. Dr. Perry prescribes positive developmental experiences that meet the criteria of the "Six R's:" Relevant, Respectful, Relational, Rewarding, Rhythmic and Repetitive.

Aspiro's therapeutic expeditions for teens and young adults ages 13 to 30 might be precisely what Dr. Perry would order. These character building excursions provide participants with a healthy dose of the "Six R's." For several weeks, Aspiro students are immersed in what Dr. Perry would call the *rhythms* of nature: a rushing river; the sound of wind whistling through leaves; the flapping of avian wings; crickets chirping in the night. The cumulative effect of nature's rhythms is profoundly regulating.

As for the *relational* requirement: If the individuals we met are any indication, Aspiro holds the gold for attracting quality staff. They make caring an art and nurture a science. Despite the fundamental differences in our programs, collaboration with Aspiro Adventures proved to be a natural match for Sandhill. Aspiro's experienced team provided *rewarding, respectful* and *relevant* (i.e., developmentally appropriate) activities that met the ability levels of all Sandhill students ages 6 to 14, including plenty of spontaneous fun, challenge and exploration. Each day was, literally, an adventure in learning!

Sandhill's team learned and benefitted greatly from the expertise and unprecedented generosity of Aspiro director

CONTINUED: COLLABORATION/ 10



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## COLLABORATION:

Randy Oakley, and guides Dan, Martin, Kate and Christina. Their kind spirits and willingness to work, teach and play together with Sandhill staff and kids helped us tap into the healing energy that the Moab wilderness exudes. Thanks also to Josh Watson for his creative energy and enthusiasm. Reflecting on our collaboration with Aspiro, we will remember that when the goal is healthy change, it helps to be surrounded by kindness and infused with the spirit of adventure.

***About the Authors:** Matthew MacQueen, M.Ed., is the Aspiro Program Director of Aspiro. Linda Zimmerman, LPCC, is the CEO of Sandhill Child Development Center, Los Lunas, New Mexico.*

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## TIPS FOR STUDENT COMMUNITY SERVICE REQUIREMENTS

By Eve Eifler, Co-Director,  
Tips on Trips and Camps, Baltimore, MD

*Although this essay is geared toward the child living at home, it has good information for parents or educational consultants looking for alternative activities for their troubled teen or good ideas for students who completed a therapeutic or emotional growth boarding school-Lon*

Community service programs have risen in popularity, chiefly in response to high school requirements for community service hours. As a teen summer trip advisor, I am often asked, "why should I pay to have my teen do community service?" It is a good question, since many kids stay home and perform work in their own communities. However, it is like asking whether day camp has as much impact as a quality overnight camp.

The experiences that teens have when they step outside the comforts of home, work alongside others who are less fortunate, immerse themselves in a foreign culture – be it in Louisiana or halfway around the world – are much deeper and more meaningful than staying around town for the summer. If you are looking for a return on your "investment" from your teen's summer experience, a well-organized community service program may just be the best investment you could make.

When you hear the words community service, perhaps you conjure up images of the Peace Corps. And, while some summer community service programs adhere to this 1960's model, others have become more diverse. Most teen programs today offer some service component, but the focus varies dramatically - from the design of the program, to the type of work performed, to living accommodations. If you are researching this type of experience for your teen, it is important to look at recent trends in order to pick the right program for your child.

**Mission or Focus.** The "original mission" of the program generally guides how many hours will be spent doing community service and what the participants will do in their free time. The "hard core" service programs usually choose a central project that the participants can see through to completion. Teens live with host families for at least part of their time away and spend less time on adventure activities and travel. It is important to decide whether service, language or adventure travel is the primary goal for your teen. This can help guide you toward a particular trip. Many programs offer a balance of all three, giving the parent more "bang" for the buck.

**Younger students.** Most community service projects

were traditionally reserved for older high school students, but recently there has been a demand for programs for younger "tweeners." Today, it is not uncommon to find a service program in Costa Rica for kids finishing seventh grade or a marine conservation program in the British Virgin Islands for eighth graders. There are even 2-week travel programs in Alaska or Hawaii with a service component for kids as young as fifth grade, as well as family service adventures where parents can bring children as young as nine. These programs can spark a passion in your children early for service that may guide them throughout their high school and college careers.

**More variety.** While there are still plenty of traditionally structured programs, others give teens a "taste" of several different projects. Your teen may work to improve a schoolhouse or assist in a day-care program in a poor village in Costa Rica, then the next week move to another location to assist in ecological studies to protect the Rain Forest. In the United States, there are even programs where students perform their community service work during the day, then return to a college dorm room where they spend evening hours and weekends engaged in activities with other high school students studying on campus.

**Type of work.** The work within programs varies greatly: from work with animals and children, to construction or ecology projects (be sure to check with your school coordinator, however, to determine if the project meets your schools requirements.) Some programs work with established organizations, like Habitat for Humanity or Easter Seals, while other programs work in collaboration with the natives of the region as a response to their needs and desires. Conservation programs are also gaining popularity as our environmental needs warrant it and as our youth feel the weight of this responsibility. Whatever the project, the opportunities abound for language learning and cross-cultural experiences!

**Accommodations.** Where participants stay is one of the biggest determinants for a teenager when choosing a program. Will they stay in tents, hostels and dorms or will they live with a host family? For some, a home-stay with a host family can be the most rewarding part of a summer experience; but for others this can cause the most apprehension. With today's variety, however, there are many alternatives to home stay programs.

**Domestic Programs.** There is a greater awareness of the problems we have right here in the United States and many domestic service programs are now being offered. Your teen could work with Native Americans in the Southwest or work on Katrina Relief in Louisiana. They could work with migrant farm workers in California or on an animal sanctuary in New York. With today's budget constraints in mind, these service programs, lasting anywhere between 2-5 weeks, are often more economical without the added cost of an international flight.

Whatever program you choose, community service can be one of the most rewarding experiences your teen will have.

Tips on Trips and Camps is one of the oldest and largest camp advisory services. Established in 1971, "Tips" has advisors in 16 cities, relationships with over 600 sleep away camps and programs, and each year provides advice and guidance to thousands of families. The service is provided by phone, email and the website which makes it available to anyone virtually anywhere. For more information and advice, to request brochures and DVDs, or to speak to a knowledgeable consultant, visit the website at [www.TipsonTripsandCamps.com](http://www.TipsonTripsandCamps.com).

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## BOOK REVIEWS...

### AN UNCHANGED MIND

THE PROBLEM OF IMMATURITY IN ADOLESCENCE

By John A. McKinnon, M.C.

Lantern Books-New York

ISBN-10: 1590561244

ISBN-13: 978-1590561249

Book reviewed by Larry Stednitz, PhD

If you are a parent of a troubled teen, you will find this book invaluable. If you are an educational consultant, this book provides an excellent understanding of today's youth and the causes and treatment of behavioral and emotional problems. If you are involved with an RTC, therapeutic boarding school or a wilderness program, this book introduces cohesive and comprehensive approaches to understanding the vast majority of the youth who enter these programs and presents viable remedies.

The book weaves McKinnon's journey as a psychiatrist through the failures inherent in the disjointed systems of managed care. He discusses the management and failures of psychotropic medications, which treat the symptoms, but not the causes, of behavioral and emotional problems exhibited in so many youth today. His story discusses the beginning of Montana Academy and its ten years of working with adolescents in a near perfect

environment. This story is not about Montana Academy, and McKinnon's point of view could apply to any program across the country as well as serve as a parenting guide to many families.

The book proposes that a developmental point of view is necessary for psychiatrists, psychologists, therapists and teachers to fully make sense out of the many troubles of adolescents. He suggests that the global breakdown of an adolescent is best explained not as an acute mental disorder that calls for a pill, but as a disrupted maturation that calls for sustained parental intervention of a very different kind.

The book covers normal adolescent development and discusses the devastation caused by an adolescent failing to mature through each developmental stage which leads to breakdowns in the maturation process. The book covers the cause of these maturation lags that are referred to as obstacles to normal healthy development. These obstacles can be intrinsic or extrinsic obstacles, clearly explained in the book.

Ultimately, a remedy includes removing obstacles and the application of day to day recognition, daily limit setting and boundaries which must be sustained over time. The program cannot take over the complete role of limit setting. The parents have to agree to become full participants in the process. The book details the practices at Montana Academy.



Photo by Skyler Jensen

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## SEEN N' HEARD

### KENT SHERMAN NEW MANAGING PARTNER AT GATEHOUSE

(February 24, 2009) CEO and Vice President of Marketing, Kent Sherman, is the new Managing Partner at Gatehouse Academy, Wickenburg, AZ. Kent became Gatehouse Academy's Vice President of Marketing in 2000 and shortly thereafter was promoted to CEO. For more information on Gatehouse Academy, contact Michael Baldassare, Director of Marketing, at 928-231-5004.

### BEND BULLETIN REPORTS OR DHS INVESTIGATING MT. BACHELOR

(March 5, 2009) The Bend Bulletin (access to the article is by payment) in Bend, OR, reports that the OR Department of Human Services is investigating accusations of abuse at Mount Bachelor Academy, a private residential school in Prineville. No additional details were available, but the article speculates on past accusations that were dismissed and a statement of support by numerous parents.

### FAMILY FOUNDATION LAUNCHES NEW WEBSITE

(March 19, 2009) The Family Foundation School, Hancock, NY, has launched a website devoted to the Family Foundation Middle School which serves adolescents ages 12-14 who are struggling with the emotional and physical transition from child to teen. The new website provides information specific to the FFS Middle School program, which covers grades 6, 7 and 8, and profiles the troubled young teens it serves. For more information, contact Ann Kozak at 845-887-5213 ext 452.

### POSNER'S CONSULTING FIRM ANNOUNCES TESTING SERVICES

(March 22, 2009) Dr. George Posner, CEP, Educational Consulting Services, Ithaca, NY, 607-273-5400, announced the eastern offices of Educational Consulting Services, in partnership with Psychological Solutions, will now offer psychological, neuropsychological and educational testing services. These services are provided by Jennifer Wisdom, PhD, MPH, a licensed

CONTINUED: SNH/ 14

Dr. John McKinnon's book took me back years ago when I was a young, eager and energetic man who was excited to find answers from that day's great clinical thinkers and writers. I loved reading Karl Menninger, the founding father of psychiatry, Don Rinsley, a brilliant graduate of the Karl Menninger School of Psychiatry, and Sherman Feinstein, known as the founding father of adolescent psychiatry. All inspired those of us in the work of treating troubled adolescents, many of whom were treated previously in long term hospitalization and residential treatment.

I found this book to ignite my enthusiasm in treating adolescents. Most people who work with adolescents continually seek answers to the complexities programs face when working with young people. I started reading his book, *An Unchanged Mind*, and found it difficult to put down. I believe this book is the most important book written about what is referred to as the Parent Choice Schools and Programs.

The wise man doesn't give the right answers, he poses the right questions. ~ Claude Levi-Strauss

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- ♦ Poor Self-Esteem
- ♦ Family Maladjustment
- ♦ Pregnant Teens acceptable

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For further details contact:

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- Develop a discharge/aftercare plan

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[high.frontier@sleschools.org](mailto:high.frontier@sleschools.org)

### SNH:

clinical psychologist and health services researcher, currently Assistant Professor of Clinical Psychology (in Psychiatry) at Columbia University Medical Center and Research Scientist at NY State Psychiatric Institute. For additional information contact George Posner.

**TEENS HAVE FUN CONTROLLING WEIGHT AT WELLSRING TEXAS**  
(March 24, 2009) Wellspring Texas, one of 11 camps, 2 boarding schools and several weight loss retreats in the US, Canada and the United Kingdom, is a weight loss program for adolescents ages 11-18 that teaches teens how to lose weight with daily exercise, food education and support, with fun in doing so as one of the main goals.

**ADHD SUMMER CAMP AT THE LEELANAU SCHOOL**  
(March 24, 2009) The Leelanau School, Glen Arbor, MI, is offering The Ned Hallowell ADHD Summer Enrichment Camp this summer, with two sessions, (an introductory) July 12-17 and (advanced) July 19-24, 2009. This is open to students entering grades 5 thru 12 and adults of all ages. For more information, contact the Leelanau School at 231-334-5800.

**SOAR ANNOUNCES UPCOMING SESSIONS**  
(March 24, 2009) SOAR (Success Oriented Achievement Realized), Balsam, NC, has announced its Fall 2009 and Spring 2010 semester length educational adventures. These include: Fall Semester in the Appalachians, September 8 to December 5; Fall Semester in the Rockies and Yellowstone, September 9 to December 6; Spring Southeast Coastal and Latin America Semester, January 8 to May 8 and Spring California Coastal and Desert Southwest Semester, January 9 to May 9, 2010. For additional information on all the semesters, contact Richard Lance, MA, MS, and Admissions Director at 828-456-3435.

**CAMP HUNTINGTON FEATURED ON SATELLITE RADIO**  
(March 24, 2009) Camp Huntington's Executive Director Daniel Falk, Dr. Bruria Bodek-Falik, Executive Director Emeritus and Cathy Crowley, Program Consultant were featured on Doctor Radio's "About our Kids" show on SIRIUS satellite radio channel 114 and XM channel 119, in which they discussed the Camp Huntington program in detail. To learn more about Camp Huntington, a co-ed residential program for children and young adults with special learning and developmental needs, contact Daniel Falk at 866-514-5281.

**JESSI IRVIN JOINS THE ASPIRO GROUP OF PROGRAMS**  
(March 24, 2009) Brian Church, Vice President, Aspiro Group, 801-979-6301, announced Jessi Irvin has been hired as a therapist for Aspiro's Wilderness Adventure Therapy (WAT) model. Prior to working at Aspiro, Jessi worked at Three Rivers for the past three years.

**ASPIRO'S SUMMER PROGRAM: MOMENTUM**  
(March 25, 2009) Brian Church, Vice President of Business Development, Aspiro, Mount Pleasant, UT, announced Aspiro's summer program: Momentum by Aspiro, will begin July 14, 2009. This multi-element, 28 day adventure course program is for boys and girls ages 13-17. The course includes Canyoneering, technical Canyoneering, rock climbing, kayaking or rafting, mountaineering, mountain biking and more. For more information, contact Josh Watson at 888-266-5136.

**NEW HAVEN STUDENTS REPRESENTED IN ART SHOW**  
(March 25, 2009) Two New Haven students were accepted into the UT All-State High School Art Show on display at the Springville Museum of Art. The show selected artwork from 856 competing entries from 85 different schools. For additional information, contact Ari Terry, Admissions, Spanish Fork, UT, 801-794-1218.

**Laurie Laird Retained as University of Phoenix Faculty**  
(March 25, 2009) New Haven's Education Director, Laurie Laird, MEd, is now on the faculty of the University of Phoenix Taylorsville, UT, campus, instructing evening students seeking



## SNH:

summer cabins, new tennis courts and renovations to the dining room. In addition, Wediko's family therapy is available for those families who live further away, with Wediko therapists traveling across the US to work with these families and meeting with referring professionals. For more information, contact Patrick Ryan at 603-478-5236.

### **RED HILL ACADEMY CLOSES**

(April 3, 2009) Brad Freed, Executive Director, Red Hill Academy, San Anselmo, CA, has announced Red Hill Academy, a day and boarding school for high school students with learning differences and social, emotional and behavioral difficulties will close, effective June 15, 2009, due to low enrollment. For additional information contact Brad at 415-256-9312 ext 131

### **TOM CROKE'S QUESTIONNAIRE IN BETA TEST PHASE**

(April 3, 2009) Tom Croke, Educational Consultant from FamilyLight, Greensburg, PA, has announced they have moved their online questionnaire for schools and programs that wish to participate into Beta Test phase. The questionnaire will complement the resources of Lon Woodbury's Struggling Teens. To view these website locations, visit the struggling teen's website or contact Tom Croke at 212-537-6386.

### **PAINT ROCK VALLEY SHARES PARENT CEREMONY EXPERIENCES**

(April 3, 2009) Kathy DeMellier, Director of Admissions at Paint Rock Valley, Trenton, AL, 256-776-2503, shared a distinct aspect of their program which allows family members the opportunity to work through a similar stage system that their son or daughter works through while enrolled in their program. For additional information, contact Paint Rock Valley.

### **RAVENS CRAFT JOINS COPPER CANYON AS ADMISSIONS DIRECTOR**

(April 3, 2009) Kristen Hayes, Communications Director for Aspen Education Group, 949-589-1765, announced Paul Ravenscraft has

joined Copper Canyon Academy, a program of Aspen Education Group, as Admissions Director. Paul has been with Aspen for 10 years as the Arizona Territory Liaison for Aspen's Business Development Department, at Aspen's Academy at Swift River and as interim Admissions Director for Bromley Brook School's opening.

### **LISA STARK JOINS IN BALANCE RANCH AS PARENT LIAISON**

(April 3, 2009) Betsy Barrasso, Admissions Director and Owner of In Balance Ranch Academy, Tucson, AZ, 520-722-9631, announced Lisa Stark has taken the position of Parent Liaison at In Balance Ranch. Lisa and her family came to know and love the program when their oldest son was enrolled in 2006.

### **DR. NELSON JOINS CORAL REEF AS NEW CLINICAL DIRECTOR**

(April 3, 2009) Rodney Rice, Coral Reef Academy, Las Vegas, NV, 702-233-0444, announced Dr. Karen Nelson will be stepping in as the new Clinical Director at Coral Reef Academy in Samoa when Lu Vaughn departs. Karen graduated with a BA degree from Southwestern University in Georgetown, TX, in 1988. After a 2 year stint with the US Peace Corps, she returned to the University of Houston, TX, where she completed her Master's degree and a PhD in Counseling Psychology. She currently holds a license as a Psychologist in the state of TX. For a complete list of Karen's professional publications and presentations, visit the struggling teen's website.

### **THREE SPRINGS CLOSES NEW DOMINION SCHOOL**

(April 3, 2009) Aida Porrás, MA, Vice President of Marketing, Three Springs, 256-880-3339, ext 222, announced New Dominion campus located in Dillwyn, VA, will close effective May 20, 2009, due to the recent changes in the state's referral model which will drastically reduce enrollment in the program. Eighty percent of the current student population is through state or local government referrals and the difficult economic conditions are making it challenging in the private referral sector.

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#### **ROBERT BUFTON JOINS ST. PAUL'S AS HEAD OF SCHOOL**

(April 6, 2009) St. Paul's Preparatory Academy, Phoenix, AZ, 602-956-9090, announced the hiring of a new Head of School, Robert E. Bufton, who comes to St. Paul's from Southwestern Academy, Beaver Creek Ranch campus (near Sedona, AZ). He will join St. Paul's in June.

#### **MONARCH CENTER INTRODUCES NEW PROGRAMS**

(April 6, 2009) The Monarch Center in Georgetown, CO, 303-569-0767, is introducing a menu of programs in addition to its wilderness therapy program. The new programs will include a Family and Community Intensive program, a 2 day intensive program that treats the family system as a whole, Crisis Intervention and Leadership Expeditions. For more information contact Dave Ventimiglia, Founder at 303-569-0767.

#### **OREGONIAN REPORTS MT. BACHELOR INVESTIGATIONS**

(April 6, 2009) Reports of child abuse and possible licensing violations at Mt. Bachelor, a private school for troubled teens in OR, is under investigation by the OR Department of Human Services.

#### **SOLTREKS OFFERS UNIQUE SIBLING WORKSHOPS**

(April 6, 2009) Soltreks, Inc., Two Harbors, MN, is offering support to the siblings of enrolled students with unique workshops and activities covering issues of sibling concern including "the good things and the not so good things," discussions and experientials, all delivered with compassion and heart. For additional information, contact Lorri Hanna, MA, President and Executive Director, at 218-834-4607.

#### **DR. POWELL JOINS BENCHMARK AS NEW CLINICAL DIRECTOR**

(April 6, 2009) Dr. James Powell has joined the team at Benchmark Young Adult School, Redlands, CA, as the new Clinical Director. Dr. Powell, a licensed psychotherapist has served as Clinical Director of CEDU Mountain Schools, established Powell

and Elliott Collaborative, an independent company focused on supporting therapeutic schools and programs, and most recently, served as Clinical Director for an outdoor wilderness program in Northern Idaho. For more information, contact Shelley Skaggs, Director of Marketing for Benchmark, at 909-307-3973 ext 32.

#### **THE PINNACLE SCHOOLS OFFERS SUMMER SESSIONS**

(April 7, 2009) The Pinnacle Schools in Huntsville, AL, is offering two, 8-10 week summer sessions, which will focus on treatment services for troubled teens and their families, with the challenge of the outdoors, used as a therapeutic teaching tool. For information, contact Ann Corley, Admissions Director, at 256-518-9998.

#### **SUMMIT PREP STAFF PARTICIPATES IN THERAPY TRAINING**

(April 7, 2009) Barbara Cunningham, EdD, Admissions at Summit Preparatory School, 406-758-8139, shared with us that a number of Summit Prep staff attended a workshop on the use of Motivational Enhancement Therapy (MET). The training was presented by Rachel Gooms, MSW, LAC, who works with the "Self Over Substances" (SOS) Program at the Curry Health Center at the University of Montana.

#### **GURIAN'S FINAL INSTALLMENT OF TRILOGY RELEASED**

(April 7, 2009) THE PURPOSE OF BOYS, the final installment of Michael Gurian's boys' trilogy (THE WONDER OF BOYS, 1996, and THE MINDS OF BOYS, 2005) has recently been released. Michael Gurian has spent more than two decades advocating for boys, examining and explaining how they learn and develop differently from girls and how parents and teachers can help them succeed.

#### **RESUME RESOURCES AVAILABLE AT SPRING IECA CONFERENCE**

(April 7, 2009) As part of the Independent Educational Consultants Association's (IECA) long standing commitment to

CONTINUED: SNH/ 18



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## **SNH:**

support colleagues in schools and programs across the country, the presence of a "Resume Resource Table" was held at the Spring conference in San Francisco in April. The intent of the table was to allow interested conference participants and unemployed colleagues in the therapeutic arena to have their resumé's in a centralized location for any and all interested parties.

**MONTANA ACADEMY AND EXPLORATIONS CREATE JOINT VENTURE**  
(April 7, 2009) Kelly Gesker, Assistant Director of Admissions for Montana Academy, Kalispell, MT, announced that Montana Academy and Explorations are launching a joint venture this summer in which Explorations will offer a unique 8 week adventure for girls as the prelude to enrollment at Montana Academy. For additional information, call 406-755-3149.

**23RD ANNUAL CAADE CONFERENCE HELD IN APRIL**  
(April 7, 2009) The 23rd Annual California Association for Alcohol/Drug Educators (CAADE) conference was held in April at the Sacramento Doubletree Hotel. Titled, "The Politics of Addiction Treatment and Prevention," the conference featured speaker topics ranging from: The Disease of Addiction, Meth Inside Out, Sexual Addiction, Child Abuse and ADP Counselor Legislation Update. For more information on CAADE, contact Becca Porter at 805-641-1677.

**REMUDA RANCH CONFERENCE ON EATING DISORDERS**  
(April 7, 2009) The 2009 Remuda Ranch Christian Conference on eating disorders will be held June 3-5, 2009, at the Glen Eyrie Conference Center in Colorado Springs, CO. It is designed to equip professionals in the areas of body image and disordered eating, with a special focus on the role of identity in recovery. For additional information, contact Nancy Berry at 800-445-1900.

**COOPERRIIS TO OPEN 2ND NC CAMPUS IN ASHEVILLE**  
(April 7, 2009) In the fall of 2009, CooperRiis will open an urban campus in Asheville, NC, as a sister facility to its Mill Spring Healing Farm Community. It will provide access to the opportunities of two community colleges, four private colleges and two state universities. This new campus will be home to a therapeutic community consisting of 24 residents supported by a broad array of services and staff. For more information, contact Virgil Stucker, Executive Director, at 828-899-4673.

**MOUNT BACHELOR RESPONDS WITH LETTER**  
(April 8, 2009) Mount Bachelor, Prineville, OR, has responded with a letter to Woodbury Reports, concerning the investigation the State of Oregon Department of Human Services is conducting on Mount Bachelor Academy regarding allegations of child abuse. To read this in its entirety, visit the struggling teen's website.

**ASPIRO CELEBRATES ITS THIRD YEAR**  
(April 8, 2009) As part of the completion of its third year, Aspiro held an open house at its new 8,000 square foot facility in Mount Pleasant, UT, on April 15, 2009. In addition to Aspiro, two additional programs have been created during the three years: Vantage Point, for more clinically advanced students, and Kairos, their young adult program. Contact Brian Church, VP Business Development, 801-979-6301, for additional information on Aspiro.

**COLLEGE EXCEL SUMMER INTENSIVE JUNE 17, 2009**  
(April 10, 2009) Sue Harless, MEd, CMC, Executive Director of Operations for College Excel, Bend, OR, 541-388-3043, announced its Summer College Intensive 2009 will run June 17-August 21, 2009. College Excel's Summer Intensive offers students the opportunity to earn 13 transferrable college credits in 10 weeks, with classes instructed both in and out of the classroom, combining traditional course work with experiential learning.

**BODIN EDUCATIONAL CONSULTANTS CELEBRATE 30 YEARS**  
(April 10, 2009) The Bodin Group, in Los Altos, CA, 650-937-1111,

has reached a milestone of 30 years of Educational Planning and celebrated with an Open House, on Wednesday April 29, 2009..

**THE END OF THE ENIGMATIC DESISTO SCHOOL'S PROPERTY**  
(April 12, 2009) The former DeSisto School, a private therapeutic school for troubled teens which opened in 1978 by Michael DeSisto, who passed away in November 2003, was in foreclosure auction this past week. The mansion and its property, which lies in near-ruins, was purchased by Nursing-home magnate Patrick Sheehan, who claimed the property for \$350,000 plus the mortgage, taxes owed to the town and other debts, bringing the total outlay to nearly \$1.4 million.

**BRIT LOSES 12 STONE IN MONTHS AT WELLSRING NC**  
(April 13, 2009) A teen girl who had been warned last August by doctors to lose weight or she could die, left her home in Aberdare, South Wales, to attend Wellspring NC after being given a special scholarship. She has lost 12 stone in 7 months and is looking forward to the rest of her life.

**ASPEN ACHIEVEMENT ACADEMY FAMILY ASSESSMENTS**  
(April 13, 2009) Aspen Achievement Academy in Loa, UT, 800-283-8334, announced Aspen Achievement will use extensive family assessments for all families to identify family traits and dynamics to develop a growth plan that is individualized to each family. Included is a personalized review of the results with a therapist, recommendations and insights to assist the family in developing goals.

**LA EUROPA ACADEMY TRANSITION INNOVATIONS**  
(April 13, 2009) Nora Urbanelli, Director of La Europa Academy, Murray, UT, 801-268-9300, announced changes to its program which are designed to aid in the transition from wilderness to residential treatment for those students enrolling. Among them are that safety periods will be reduced to 72 hours rather than one week, students are eligible to apply for level 1 or level 2 with a recommendation from their wilderness therapist after a two week period, contact via phone between the Residential therapist and the Wilderness therapist and students sharing their wilderness experience with an oral report and other creative projects to receive school credits. For additional information call La Europa.

**HARDCASTLE JOINS WEST RIDGE ACADEMY**  
(April 13, 2009) Ken Allen, Executive Director for West Ridge Academy, West Jordan, UT, announced Guy Hardcastle has joined West Ridge as Director of Business Development. Previously, Guy was the Director of Operations at Wilderness Quest and also worked with the Ascent programs in North Idaho. To contact Guy directly, call 801-699-5877.

**CALL FOR PAPERS ON WRAPAROUND IMPLEMENTATION**  
(April 14, 2009) The Journal of Child & Family Studies (JCFS) issued a call for papers for an upcoming special issue of JCFS devoted to wraparound implementation and address gaps in the understanding of wraparound implementation. Paper ideas are due June 1, 2009.

**4TH ANNUAL NORTHWEST GET TOGETHER LINE UP**  
(April 14, 2009) Woodbury Reports, Inc. in Bonners Ferry, ID, 208-267-5550, is gearing up for its 4th Annual Northwest Get Together which will include the following presenters: Dr. Nick Hung, PhD, from Montana Academy, Brandi Elliott will speak on "Parents as Partners"; Randy Russell, owner of SouLore, will speak on "The Value of Native Culture in 21st Century Teens" and Paul Clark, former Montana legislator and founder of Galena Ridge, will conduct a fly fishing clinic. To register for this event, contact Laura Morton at 208-267-5550.

**2ND ANNUAL NATSAP MIDWEST REGIONAL CONFERENCE**  
(April 14, 2009) The 2nd Annual NATSAP Midwest Regional Conference will be held October 9, 2009, at The Hyatt Lodge at McDonald's Campus in Oakbrook, IL. Contact Nicole Fuglsang,

Conference Co-Chair, (CALO-Change Academy Lake of the Ozarks) at 866-459-1362 or Norm Osttrum, Conference Co-Chair (Montcalm School for Boys).

#### **WEST RIDGE ACADEMY AWARDED OUTSTANDING PROGRAM**

(April 14, 2009) At the annual Utah Recreation Therapy Association (URTA) Conference's award ceremony held in April in Sundance, UT, West Ridge Academy's therapeutic recreation program was awarded the honor of "Outstanding Program." This program is headed by John Webb, TRS, CTRS, LCP, and includes Eli Kerr TRS, CTRS, and Alta Swarnes TRS, CTRS. To learn more about West Ridge Academy, West Jordan, UT, contact Wendy Ballard, Communications, 801-282-1000.

#### **CHERRY GULCH STUDENT COUNCIL CHOOSES ACTIVITIES**

(April 14, 2009) Andy Sapp, PhD, Founder and CEO of Cherry Gulch, Emmet, ID, 208-365-3437, ext 502, shared a story with us about how the current student council at Cherry Gulch is coming up with innovative ways of raising funds for the council through thoughtful and intelligent means, including going "green." They are using the funds for a Cherry Gulch flag and flagpole designed by the students.

#### **AUTISM TIED TO SCHOOLS BUILT NEAR SUPERFUND SITES**

(April 14, 2009) Moira Bulloch, Center for Health, Environment and Justice, Falls Church, VA, 703-237-2249, ext. 19, announced a study by researchers at the University of Northern Iowa found that rates of Autistic Spectrum Disorders (ASD) were one and a half times higher in school districts within 10 miles of the toxic superfund sites than in school districts not near a Superfund site. Rates of autism in children living up to twenty miles from a Superfund site were similar.

#### **BRITISH HEALTH BOARD CUTS FUNDING FOR WELLSRING STUDENT**

(April 15, 2009) The young British teen who has successfully lost 12 stone while attending Wellspring Academy has learned the Rhondda Cynon Taf Local Health Board will not pay for her to stay on after her year long course ends in June, 2009.

#### **LETTER TO THE EDITOR FROM SOLTREKS GRADUATE**

(April 15, 2009) There is a new letter to the Editor from a graduate of Soltreks, Twin Harbors, MN, 218-834-4607. To read this in its entirety, visit the struggling teen's website. For more information about Soltreks, contact Lorri Hanna, MA, CTRS, Co-Founder at 218-834-4607.

#### **AGAPE BOARDING SCHOOL PRESENTS RODEO SERIES**

(April 15, 2009) Scott Smith, Marketing Director at Agape Boarding School, Stockton, MO, 417-276-7215, announced this year's Rodeo events for Agape School: June 13, July 4, August 1, September 5 and the rodeo finals, October 5-10, 2009. If you are interested in helping, please contact Brent Jackson at 417-276-7215.

#### **OLIVERIAN SCHOOL ANNOUNCES HEADMASTER SEARCH**

(April 15, 2009) Barclay Mackinnon will be stepping into his new role at Oliverian School, Haverhill, NH, as Head Emeritus-Director of Alumni and Family Relations, effective July 1, 2009. With this announcement, Oliverian has launched the search for a new Headmaster, who will live on site and guide faculty and students. For more information, contact Barclay at 603-989-5100.

#### **AGAPE BOARDING SCHOOL'S SPRING TRAINING CAMP**

(April 15, 2009) Scott Smith, Marketing Director for Agape Boarding School, Stockton, MO, 417-276-7215, shared that this year's spring training camp was held at a campground in Oklahoma City. The students enjoyed a week filled with fun activities including paintball, football, soccer, fishing and playing hide and seek at night. The trip also included a stop at the Oklahoma City National Museum and Memorial.

#### **\$1,000 MATH PRIZE TO FAMILY FOUNDATION SCHOOL STUDENTS**

(April 16, 2009) James Kavarnos, math teacher at The Family Foundation School, Hancock, NY, 845-887-5213, announced that the school received an Honorable Mention and a prize of \$1,000 in this year's Moody's Mega Math Challenge. Two FFS math teams were among 400 teams of high school juniors and seniors in the northeast to participate in the annual event in March. Students had just 14 hours to use mathematical modeling and quantitative analysis techniques to determine whether the government's \$787 billion stimulus package signed into law in February will actually work.

#### **FAMILY FOUNDATION SCHOOL YEARBOOK DESIGN RECOGNIZED**

(April 16, 2009) Ann Kozak, Yearbook Adviser at The Family Foundation School, Hancock, NY, 845-887-5213, announced that the school's 2007 yearbook "One Day at a Time" has been recognized for design excellence and featured in the 2009 "Gotcha Covered Look Book." Published annually by yearbook leader Jostens, the Look Book features yearbook spreads and covers from across the country. The FFS book was one of only 435 yearbooks selected from more than 2,500 submitted for consideration.

#### **NEW HAVEN COMPLETES ITS SECOND MAJOR OUTCOME STUDY**

(April 16, 2009) New Haven, an InnerChange program, Spanish Fork, UT, 801-794-1220, has published the results of its second major outcome study in three years. Dr. Pamela McCollam, New Haven's Clinical Psychologist, and Dustin Tibbitts, LMFT, New Haven's Executive Director, designed the study's parameters. To view this in its entirety, visit the struggling teen's website. For additional information, contact Dustin Tibbitts, LMFT, and Executive Director, at 801-794-1220.

#### **SOLTREKS SUMMER PROGRAM BLOOMS INTO 12TH SEASON**

(April 16, 2009) Soltreks wilderness therapy program, Two Harbors, MN, is welcoming its 12th summer season and offers high impact experiential and emotional development curriculum. The curriculum, approved for academic credit, encompasses backpacking, rock climbing, service learning and canoe expedition in the Boundary Waters Canoe Area. Family involvement in Parent Workshops and Sibling Work are also included. For more information contact Lorri Hanna, MA, CTRS, Executive Director at 218-834-4607.

#### **NEW HAVEN CLINICIANS DISCUSS EATING DISORDERS ON TV**

(April 17, 2009) Ari Terry, Admissions for New Haven, Spanish Fork, UT, 801-794-1218, informed us that ABC's Channel 4 Good Morning Utah show interviewed Jeana Lee, LMFT, New Haven's Assistant Clinical Director, and Kip Rasmussen, LMFT, PhD, an eating disorder specialist working at New Haven who discussed statistics and possible signs to look for in struggling teens with an eating disorder.

#### **TIME MAGAZINE FOCUSES ON SUPREME COURT, OREGON SCHOOL**

(April 17, 2009) The US Supreme Court will hear arguments in a case against Mount Bachelor Academy, owned by the Aspen Education Group, on whether families can seek reimbursement for private school tuition from the state if the child did not first receive special education services in public school.

#### **OPI STUDENT ACCEPTED AT THE FASHION INSTITUTE OF DESIGN**

(April 20, 2009) Optimum Performance Institute, Woodland Hills, CA, is proud to announce Amanda J, a participant of OPI, has been accepted as a student at the Fashion Institute of Design and Merchandizing in Los Angeles, CA. To learn more about OPI, contact Anne LaRiviere, Director of Admissions, 888-558-0617.

#### **DAVID BLUMBERG NEW PROGRAM DIRECTOR AT OPI**

(April 20, 2009) David Blumberg has joined the staff of Optimum Performance Institute, Woodland Hills, CA, as the new Program Director. David has over 20 years experience in the therapeutic field, most recently as Senior Program Operations Supervisor at the Tarzana Treatment Center. For more information, contact Anne LaRiviere, Director of Admissions, at 888-558-0617.

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