

Published by

Woodbury Reports, Inc.™

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

September 2011 - Issue #205

(Articles and information appearing in this publication are the opinions of the authors, and do not necessarily reflect the opinions of Woodbury Reports, Inc., StrugglingTeens.com.™ or it's staff. We urge our readers to conduct their own investigation of the products and services identified herein.)

ESSAYS:

Stuck In A Fork? 2

VISIT REPORTS:

Whetstone Academy 5

NEW PERSPECTIVES:

Tamarack Center 6
Bald Eagle Boys Camp 7
Estrella Vista Ranch 8
Hawaii Island Recovery 9

SEEN N' HEARD:

9

HOW PSYCHOLOGY VIEWS HUMAN NATURE

By Lon Woodbury



That mainstream psychology evolved out of abnormal psychology research is something that has been well known for many years. The resulting negative view of human nature was not obvious at first. But as the vocabulary of psychology moved into social discussions, if you listened to your friends, it seemed everybody with a problem suffered from some kind of disorder they had no control over. Even back in the 1950's, some psychologists claimed that an overwhelming percentage of the population was desperately in need of psychotherapy. One picture of the future I remember hearing then, only half in jest, was that in the future at any one time, half the population would be receiving psychotherapy and the other half providing it. Then a bell would ring and everybody would switch positions.

How we can maintain a free society when the common view is everybody is not in possession of their full faculties is beyond me.

This might be changing. The concept called Positive Psychology has been giving some push back on this view. That is, instead of helping people by treating their deficits and assuming once the person is "fixed," that person will function better, Positive Psychology focuses on building on a person's strengths. This "Strength Based" approach is a positive and more uplifting view of human nature. It looks to build and empower people, rather than define them by their deficits.

This positive view of human nature was apparent on my Internet Talk Radio Show, Monday August 22, 2011. On the show, I visited with three professionals who are implementing what they call Positive Youth Development (PYD) in a therapeutic boarding school, where character education is important. PYD is based partly on Positive Psychology and focuses on students healing through staff building on the students' strengths and by encouraging them to contribute to the community. That is, the students are not seen as patients needing deficits corrected, but as contributing members of the school community who have a value they can contribute to the community, even with the problems and issues that brought them to the school in the first place. Further, the healing is done by helping the students contribute and thus be empowered as human beings.

This view is much more uplifting than encouraging students to be patients who are broken and dependent on a therapist to fix them.

Excerpt from "At Risk Credo" ~ by Bill Page

Don't try to change me—you can't do it. I am the only one who can change me. Show me, teach me, help me to see what you see. I can change myself.

Don't try to coerce, to manipulate, or to control me by your professional power. I am never powerless. I'm just forced to use my power in aberrant ways.

Don't try to pressure or to force me into being obedient, submissive, and polite. Teach me to choose those traits, if and when I see them as appropriate.

Don't try to be my friend. Share some of your personal thoughts and feelings. Get to know me, my interests, and ambitions. We might become friends.

Continued page 2

STUCK IN A FORK?

By: Brenda Baer

(Brenda Baer, brendab@blueprinteducation.org is the Director of Distance Learning/Special Education Coordinator for Blueprint Education. In this essay she writes about some considerations students should think about in completing high school and preparing for either work or post-secondary training. -Lon)

Do you know any young adults that have reached a fork in the road of life and stuck by the choice- GED or Diploma? Faced with such an important decision, it is imperative that they have all of the options before deciding which path to choose.

-GED option-

The GED (General Educational Development or General Equivalency Diploma) began in 1942 and was originally given only to military personnel. The original test was used by WWII veterans that wanted to pursue education or vocational goals. The test at this time was mainly used for employment purposes- since at that time a high school level of education qualified most people for entry-level positions. Times have changed since then, and so has the exam. It has evolved to reflect changes in high school curriculum and included real-life contexts. The test is divided into 5 parts: Language Arts, Reading, Mathematics, Science and Social Studies and takes a total of about 8 hours to complete. The schedule varies depending on where you take it.

Things to think about...

- The military classifies a GED holder as a dropout and strictly limits enlistment (ironic since it was started for military personnel).
- The GED does not test all academic skills; such as how to study, time management skills, etc. These skills are critical for post-secondary educational settings.
- Like it or not, a GED often signals to employers that “he’s troubled” or “she can’t commit”.

-Diploma Options-

So if a GED isn’t the right choice, are there options to gain a diploma? The answer is most certainly- YES! The options for public and private education have expanded tremendously since 1942. If the traditional high school doesn’t meet a student’s needs- try the alternative route. Most states now have charter schools, online schools and other alternative schools. There are also private online schools where students nationwide (and even worldwide) can attain a high school diploma- but make sure the school is regionally accredited!

Things to think about...

- Look for programs that offer flexibility (hours, days, number of classes, etc.)
- Think of combining resources- using a tutor and an online school for instance
- The maximum age varies, most (31 states) have an upper age limit of 21 years old
- For some private programs there isn’t a maximum age

How to decide?

There are many factors to take into account when helping someone with this decision. Their profile is key; things like age, number of credits, maturity, academic history, social skills, living situation, support structure and economic stability all play a role. Spending time and asking probing questions will help uncover the best path. Questions like:

- “What is the lifelong impact of this decision?”
- “Do you have the skills to further your education?”
- “Why does this option make sense to you?”

A GED makes sense if it is a stepping stone to further education. At Blueprint Education, we had a student that was accepted to Juilliard and needed to show up with either a diploma or GED. She tried to complete all the courses, but wasn’t able to get it all done before the report date. A GED made sense in this case. We had another Blueprint Education student that took one class at a time and finished his diploma program at age 27. Moving onto community college was an easy next step for him, since school was an integrated part of his life. A diploma program worked for him and his family.

Have you ever had students stuck in a fork? What do you tell them?

Blueprint Education, Glenda Arizona, creates curriculum and programs to build a solid education for students in any situation. They offer over 220 fully-accredited online courses to reach students throughout the world.

For more information please visit [Blueprint Education](http://www.blueprinteducation.org) at: www.blueprinteducation.org, or call 800-426-4952, or email email@blueprinteducation.org

(This essay originally was published on Baer’s blog at www.blueprinteducation.org/node/207 on Feb. 25th 2011.)

Excerpt from “**At Risk Credo**” ~ by Bill Page

Don’t always tell, correct, and lead me. Sometimes you just need to stand back. Listen, acknowledge, observe, accept, understand, and follow my lead.

Don’t spend time trying to help me, unless I want the help. It won’t do any good. Ask if I need or want help. Let me show how you can help me help myself.

Don’t try to make me listen or pay attention to your lessons. You can’t make me. The most you can do is make me act like I’m listening or paying attention.

Don’t take away my right to refuse or say “no.” Don’t force me into compliance. Saying “no” is a way I have of protecting myself; I need my right to refuse.

Don’t take away my struggle. Just help me struggle for things that are worthwhile. Like you, I’m willing to struggle for anything I feel might be worth the effort.

Please permit me to remind you, respectfully of course, that:

We’re together each day. I learn what you’re like, how you act, and who you are. I am learning your attitude, feelings, and values--I can press your buttons!

We’re part of each other’s lives. I didn’t choose you, and you didn’t choose me. Teaching-Learning needs give-and-take on both our parts, not just mine.

Continued page 6

BRIGHT FUTURES MADE HERE.



Comprehensive Research | Unmatched Care | Life-Changing Results

For more than 90 years, Boys Town has been saving children and healing families across America. As one of the country's largest privately funded organizations caring for at-risk youth, Boys Town is a leader in the care and treatment of boys and girls who desperately need love, compassion and guidance.



For more information, please contact:

Doug Czyz, National Admissions
Office: (402) 498-1973 | Cell: (402) 990-5371
doug.czyz@boystown.org



Helping young women internalize invaluable Dialectic Behavioral Therapy and Mindfulness Skills so they can...



Roanne Manor



Developed by the Optimum Performance Institute with nearly a decade of experience helping young adults achieve INDEPENDENCE, happiness and balance in their lives.

OPI is JCAHO-accredited.

Roanne's Phased System for Independence* begins with Immersion Phase in DBT and Mindfulness Techniques in a staffed home in Malibu, CA. Participants transition to independence in staffed apartments with guidance from OPI Departments of Education, Career, Volunteer and Extra Curricular Activities.

*Generally, insurance does not cover this comprehensive program

Harness the energy, courage and (yes) vulnerability needed to experience the excitement, passion and joy that comes with...

Cultivating personal abilities and persevering through the storms associated with being independent and completing long term goals and dreams in the real world.

FINALLY!

A UNIQUE PROGRAM FOR WOMEN AGES 18-28 with disorders of emotion regulation such as Borderline Personality Disorder/Traits helping them achieve greater independence, hope and balance in their lives.

Find out more about this unique program now on

www.opiliving.com

www.parentshope.org

Click on Borderline Personality Disorder program or call
(888) 558-0617

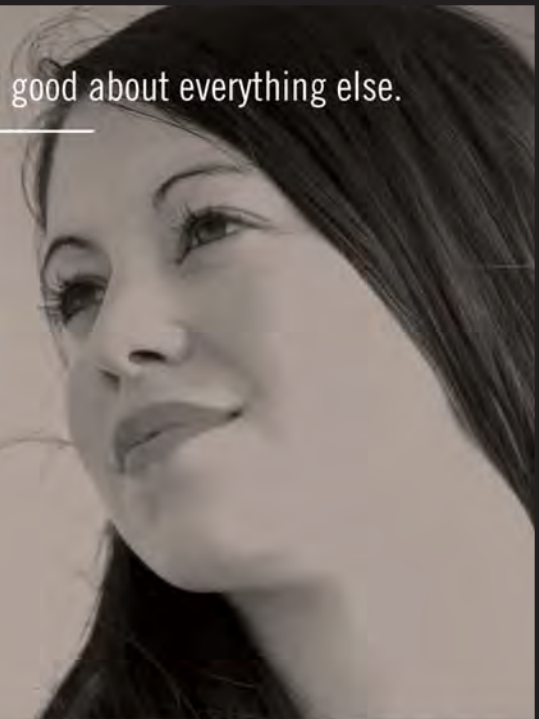


Montcalm School. You'll feel good about your choice. She'll feel good about everything else.

Montcalm School: A therapeutic boarding school where children thrive.



When you refer a child for treatment, you want to feel confident in your choice. Choose Montcalm School. Our treatment is based on nearly 100 years of experience working with children. We've gained the trust of families and counselors alike because we make boys and girls feel special. Montcalm School offers excellent academic instruction, coupled with small class sizes, in a beautiful campus setting. Children learn valuable life skills, helping them transition to college, rewarding jobs and more. At Montcalm School, children find hope. And a future.



A family of Starr programs for boys and girls: Therapeutic Boarding School • Outside In, for ASD youth • Crossroads, for young adults

Montcalm
SCHOOL
FOR BOYS AND GIRLS

866.244.4321
www.montcalmschool.org

Montcalm School is SEVIS approved.
Montcalm School is a private program of Starr Commonwealth, trusted since 1913.

© 2011 Starr Commonwealth

WHETSTONE ACADEMY

Mountain Rest, SC
Sharon Stricker, Head of School
864-638-6005

sharon.stricker@whetstoneacademy.org
www.whetstoneacademy.org

Visit by: Candace Bynum June 2011

The surrounding scenic beauty at the entrance to the grounds of Whetstone Academy in the foothills of the Blue Ridge Mountains made me understand the wondrous opportunity that a program in this setting could offer. Whetstone Academy is a full therapeutic program in a Montessori environment where the emphasis is on hands on learning. The property included a gorgeous lake that the children used for swimming, canoeing, fishing, and learning, and the adorable mini-barn for the farm animals.

Sharon Stricker, Head of School, and Talina Carver, Director of Admissions greeted me. They extended great hospitality and helped me to understand the school and campus, answering my many questions and introducing the staff and the children to me and telling me special things about each of them. We discussed the future plans of the school which recently opened in May, 2011.

Maria Montessori, an Italian physician, believed that children have an innate desire to learn and that teachers (known as "guides" in Montessori) should not fill them up with information but rather channel their desire. She founded the Montessori style education in 1907 in Rome. Montessori recommends an erdkinder, or farm school, for middle schoolers. The flexibility within the academic framework is helpful to adolescents and it gives students the option to clear their heads and get fresh air throughout the day. A lot of the curriculum the students work on is based on nature. The students participate in nature walks, have a garden, and care for the campus animals.

The boys are between the ages of ten and fifteen and are in grades five through eight. They have the opportunity to become an important member of a working community currently made up of six young men. Each one is challenged to contribute intellectually, physically, and socially so that the community as a whole will prosper. The farm is the ideal setting for scholars to apply their knowledge to solve problems of real economic and personal consequence. Social understanding and mutual respect are learned and fostered through adults and students working side by side. Whetstone is a healthy, protected, engaging environment that meets the needs of those working to prepare for adulthood. The teacher/guide is observing each child for learning style, development stage and skill levels and uses these findings to guide the child toward appropriate work in the curriculum areas.

Before my visit, the boys had made both blackberry and blueberry jam and jelly. Two of them shared with me the entire process of growing berries, harvesting them and then turning them into the finished product. Their goal was to sell the extra jars to the staff and their families to earn money for a trip. The jam and jelly was delicious and the boys were nice enough to share a jar of the blackberry jam with me. This is a skill that will be useful throughout the years ahead.

The school is currently working on the completion of their facilities. The new building will house more rooms for the boys to sleep, a dining hall, shower and bath area, and a workshop area for the boys to work with the staff guides. They also have many ideas for future improvements on the 57 acre campus. The community does not plan to expand beyond forty boys.

The boys took me around the campus to show me their daily scheduled activities. They showed me the vegetable garden where they grow their own food. They explained to me what is required in maintaining the garden every day. I was introduced to all of the campus animals which were donkeys, chickens, guinea hens, geese, cats, and a rescue dog. The boys have to brush the donkeys and feed all of the animals each day. There is a barn that is very nice and it was made from a child's playhouse. It is very attractive and so unique.

The type of therapy that is used predominately by the school is person centered therapy which was developed by Carl Rogers. It is a non-directive approach to therapy which works very well with this type of program. The therapist is encouraging the children to unlock the door to self discovery, take brave steps,

CONTINUED: WHETSTONE/ 6

Benchmark Transitions
Life Strategies for Emerging Adults

Young Adult Transitional Living

Benchmark is a residential, co-ed therapeutic transitional living program. Our model is peer group and community based, using a life coaching and therapeutic approach.

We offer practical application with skills-based and cognitive behavioral treatment, allowing students to learn personal responsibility and accountability through hands-on trials.

The core component of our curriculum requires a minimum commitment of six months to complete Level I and Level II. The second component of the program is optional and includes on and off property independent living, which makes the typical length of stay a total of 10-12 months. We also offer extended care programs from 12-24 months.

Dual Diagnosis Treatment

We have a Dual Treatment option...

Recovery by Benchmark students are those who have a history of substance use or abuse.

Behavioral Health is for those students who have not exhibited any issues with drugs and/or alcohol.

Both programs include our comprehensive curriculum of education, vocational & work skills, life skills and clinical treatment.

BENCHMARK TRANSITIONS
LIFE STRATEGIES FOR EMERGING ADULTS
1.800.474.4848

1971 ESSEX COURT
REDLANDS, CA 92373
WWW.BENCHMARKTRANSITIONS.COM

WHETSTONE

and to make decisions on their own.

The boys are there for various reasons and have many different needs. Some of the children have been diagnosed variously with Aspergers, attention deficit disorders, defiance, anxiety, depression, difficulty with school, non-verbal learning disorders, school refusal, relational difficulties and PTSD. A child can have varying lengths of stay in the program such as six months, a year, or even just summer terms. The program is really unique in that it offers a chance for credit recovery in the summer if a child has gotten behind in his studies throughout the year.

This program is very unique in the type of students they serve and the program that they offer. I was very impressed with the professionalism of the staff and the hard work that they have done to get this program off the ground. It is very rare to find a new program with most of the staff having at least five years of experience not only in this field but having worked together as a team.

Excerpt from "At Risk Credo" ~ by Bill Page
All I want or expect is acceptance as a human being, having worth and dignity. I'm living the only life I have, I have ever known, or ever will have. I am I.
Respect is earned, but it cannot be earned through intimidation, or compliance. Let me learn, be me, and be responsible.
Mutual respect is...uh... mutual. Continued page 9


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]

TAMARACK CENTER

Spokane, WA
Christopher Dal Pra, Admissions
800-736-3410
cdalpra@tamarack.org
www.tamarack.org

Tamarack Center is a small, coeducational residential psychiatric treatment center founded in 1984, for boys and girls ages 12-17 years old. This short term program is for adolescents struggling with Bi-Polar disorder, Depression, PTSD, ADHD, Oppositional disorder, OCD and/or Reactive Attachment disorders.

Executive Director of Tamarac Center is Tim Davis and Admissions Director is Christopher Dal Pra. Tamarac Center is licensed by Washington State Department of Health as a residential psychiatric treatment center, community mental health service, a non-public school agency and as an evaluation and treatment facility. Accreditation is through the Joint Commission and certification by TRI CARE, in addition to their membership to NATSAP and the American Association of Children's Residential Treatment Centers.



Grove School
A THERAPEUTIC BOARDING SCHOOL
175 COPSE RD, MADISON, CT 06443


For 75 years Grove School has been recognized as the leader in providing clinical expertise & college preparatory education for adolescents, with average to gifted intelligence, who face social, emotional & academic issues.

Grove School offers:

- A year round, CT approved academic program for grades 6-12 plus post-graduate
- 90 member professional staff for 105 students
- 4 Psychiatrists, 2 PhD Psychologists, 6 LCSW/LMFTs, and 30 certified teachers
- Individual therapy twice weekly, group therapy weekly, family & milieu therapy
- Diverse cultural, athletic & experiential activities

To learn more, please call 203.245.2778 or visit our website www.groveschool.org

COURAGE • INTEGRITY • COMMITMENT • ACCOUNTABILITY
CONSIDERATION • LEARNING • OPEN MINDEDNESS



Do you know a teen struggling with anger, anxiety, academic decline, drugs, or depression?



SUMMIT PREPARATORY SCHOOL
Where Transformations Happen
A NON-PROFIT INDEPENDENT THERAPEUTIC BOARDING SCHOOL | KALISPELL, MT
AGES 14-17; CO-ED

Information • Campus Tour: www.summitprepschool.org Admissions Confidential Line: **406-758-8113**



Upon enrollment, each resident receives an individualized treatment plan and treatment issues are addressed in individual, group and recreational therapies, which take place seven days a week. Family therapy occurs once a week and one week-end a month Tamarac provides a group family gathering called "Family Matters" that includes family activities, parent education and parent support groups while their child attends a separate support group with their siblings.

Recreational therapy activities include bike rides, softball games, working out in the gym or simply going out to eat, during which residents learn to work together, communicate appropriately and create healthy relationships.

[This information came from their website and the 2010 NATSAP Directory.]

BALD EAGLE BOYS CAMP

Mill Hall, PA
Laverne Beachy, Program Director
570-748-4543
www.baldeagleboyscamp.org

Bald Eagle Boys Camp is a wilderness based residential treatment program for boys ages 9 to 16. The typical resident of the program has been diagnosed with behavioral or emotional disorders. Average stay is about 18 months. The youth and his parents must commit to setting treatment goals

prior to admission and graduation is contingent upon meeting the established goals.


Director of Bald Eagle Boys Camp is Brian Martin. Brian has been with the program for 10 years and has 15 years of experience in a wilderness summer and year round camp setting in both the United States and Canada. Program Director is Laverne Beachy. He has experience at Bald Eagle in a variety of capacities including counselor, group supervisor, and program director. The facility is licensed by the Pennsylvania Department of Public Welfare and the academic program is approved by the state Department of Education.

The youth in the Wilderness Camp program live in campsites of approximately 10 boys each. They participate in daily camp life through cooking, cutting firewood, and other chores. Daily group therapy sessions are held around the campfire. The academic program is based on the Wilderness program and focuses on developing practical skills and learning-by-doing. Mathematics is worked into the construction of tents and through using the camp "Trading Post." At the Trading Post, campers also learn basic business transactions including writing checks and purchasing items. Writing is also an important component of the program through extensive journaling.

The program also includes a variety of wilderness trips held several times a year. The trips may last from 1 day to 3 weeks and some examples of trips include canoeing, back-packing, and road tours.

[This information came from their website.]

Troubled Kids Are Special. Helping Them Succeed is Our Specialty.



Since 1968, Eckerd Academy has specialized in helping troubled kids turn their lives around:

- Serves boys and girls, ages 10 - 18
- Individualized treatment and academic plans
- Focus on emotional growth and long-lasting changes in attitudes and behaviors
- SACS CASI accredited, licensed, members of NATSAP

ECKERD ACADEMY

A division of Eckerd Youth Alternatives, Inc.
Campuses: Brooksville, FL • Suches, GA

Admissions: 800.914.3937
www.EckerdAcademy.org

THE DISCOVERY SCHOOLS OF VIRGINIA



Outdoor Emotional Growth Schools

Boys and Girls schools located on two separate campuses in central Virginia

RESIDENTIAL SERVICES

The Discovery School uses a structured and effective group process along with the natural environment to promote a student's overall positive development. Groups are composed of ten students and three adult staff. The goal of the group is for each of its members to gain the self-esteem, maturity, self-control, and problem solving strategies needed to be successful in his or her family, school, and community.

ACADEMICS

Fully accredited; offers middle school and high school credit classes as well as special education, remedial and GED preparatory classes. Licensed by the Commonwealth of Virginia Department of Education and Accredited by the Virginia Association of Independent Specialized Education Facilities.

A parent recently wrote to us" ...*Your approach gives the kids back something they lost along the way; self-esteem and inner strength. Which in turn gives them the power to make appropriate decisions for themselves on life's journey. I might add it gives the parents something back they had lost...their children.*"

Contact Us to Find Out More

www.discoveryschool.org

434-983-5616 email: dsadmissions@yahoo.com

Prep school with a...



therapeutic edge.

Getting into college is a tall order for teens struggling with ADD, ADHD, ODD, mood disorders, social anxiety, or substance abuse—no matter how bright they are. But graduates of The Family Foundation School do it all the time, thanks to a rigorous college prep curriculum and a therapeutic environment that provides the individual counseling supports these students need.

Our program also includes a full range of interscholastic sports, outdoor activities, and award-winning programs in art, drama and journalism, as well as character education based on the 12 Steps of recovery.

To find out how we combine top-notch academics and daily therapeutic counseling to help troubled teens succeed in college and beyond, contact

Jeff Brain, MA, CTS, CEP,
Dean of Admissions,
at 845-887-5213,
ext. 499.

431 Chapel Hill Road
Hancock, NY 13783
845-887-5213 x499
Fax: 845-887-4939

www.thefamilyschool.com

A private, New York State registered boarding school, accredited by The Joint Commission and the Middle States Association of Colleges and Schools. Member: National Association of Therapeutic Schools and Programs.

*The
Family
Foundation
School*

Building Character. Changing Lives.®



Accredited by
The Joint Commission

ESTRELLA VISTA RANCH

Dragoon, AZ
Erica Palacios, Admissions Contact
520-586-9254
www.estrellavistaranch.com

Estrella Vista Ranch is a small therapeutic boarding school for girls ages 12-18 and in grades 9-12. Founded in 2008, this individualized program works for those struggling with ADD/ADHD, anxiety disorders, motivation, PTSD, relationship difficulties and family conflicts, chemical dependency, depression, eating disorders and self-harm. Estrella Vista is a short term program with a minimum of 90 days participation.

Co-founders and sisters Cindy Dickinson, M Ed, and Erica Palacios, BS, take an active role in their program, with Cindy as the Executive Director and Erica as the Program Director. Other team members include Jose Palacios, Facilities Director, Kathy Schurdevin, RN and Christina Romano, MEd, LPC, Counselor and Therapist. Estrella Vista Ranch is licensed by the State of Arizona Department of Health Services, Office of Behavioral Health Licensing and is a member of NATSAP.

EVR uses an accredited online program for student's academics, with personal tutoring available for each girl. Independent living skills such as cooking, cleaning, sewing, money management and budgeting teach responsibility and self-reliance. Students participate in individual, group and



High Frontier

High Frontier is a non-profit Residential Treatment Center for emotionally disturbed adolescents, ages 12 to 18, with a documented history of severe behavioral and/or emotional problems who cannot be served in a less restrictive environment.

GOALS ARE TO:

- Build a positive value system
- Assess resident's level of functioning developmentally, emotionally and academically
- Develop & implement services to help the resident meet goals.
- Provide each resident with living skills
- Assist residents to work with their families
- Develop a discharge/aftercare plan

PO Box 1325
Fort Davis, Texas

432-364-2241
Fax: 432-364-2261

high.frontier@sleschools.org

family therapies, in addition to animal and plant care in which the girls take care of and nurture farm animals and the gardens.

Recreational activities for the girls on the ranch include hiking, horseback riding, organic gardening and sports activities. The ranch has a library and study space, an exercise room and a common recreation area.

[This information came from the Estrella Vista Ranch website.]

Excerpt from "At Risk Credo" ~ by Bill Page

I didn't ask to be "at-risk." I don't want to be "at-risk." I can't do anything about it. Educators created school programs. Educators can change them—I can't.

(Bill Page, billpage@bellsouth.net, was a middle school teacher for 46 years and now calls himself a self-appointed at-risk student advocate. He is the author of a book titled "At-Risk Students," www.billpagetacher.com now in its second edition, lives in Nashville, Tennessee and can be contacted at 615-833-1086)

HAWAII ISLAND RECOVERY

Kailua-Kona, HI | 866-515-5032

Michael Larroque, Program Director

mlarroque@hawaiiislandrecovery.com

www.hawaiiislandrecovery.com

Hawaii Island Recovery is 3000 miles from anywhere, in the middle of the Pacific Ocean, on the island of Hawaii. They treat people of all ages with addictions to alcohol, drugs, food, and gambling seeking to recover in a safe, secure, and quiet location. "We have developed a treatment model that targets individuals in all stages of the recovery process. Our clinical staff is able to utilize many specialized treatment techniques to enable growth and positive movement."

[This information came from the Hawaii Island Recovery website]

SEEN N HEARD...

Letter Posted In Appreciation for Friends Of Families: A letter was posted in the Letter To Editor section of StrugglingTeens.com regarding the Friends of Families Collaborative. The letter can be read online at StrugglingTeens.com. 951-317-3151

Explorations Supports Students Through Service Learning: Blueprint Education, a nonprofit educational organization, is pleased to announce new high school courses, Service Learning 1 & 2, that helped provide academic credits to student volunteers at Explorations in a unique partnership with Global Volunteers Montana. Blueprint Education: 800-426-4952 x 4840 Explorations: 406-827-3863

Andrick, Koning and Sturch Visit Woodbury Reports: Julia Andrick recently brought Ryan Sturch, Program Director at Santiam Crossing, and Rob Koning, Executive Director of Catherine Freer, by the Woodbury Reports office for a visit. Santiam Crossing: 503-394-4294 Catherine Freer: 800-390-3983

Aspen Education Group Announces Full Program Accreditation: Aspen Education Group, the nation's largest provider of



Accredited Online High School
ParkCityIndependent.com

A full range of treatment is offered, with professional staff experienced in recovery. The program provides medically managed detox with over 45 hours of direct therapy from psychologists, psychiatrist, and certified substance abuse counselors during the first 30 days. The emphasis at Hawaii Island Recovery is on recovery of the mind, body, and spirit through 12 step meetings, exercise and a healthy diet. Clients are offered access to psychiatric services, medical management, detoxification, individual counseling, group counseling, sober escorts, a complete pain management therapy, and an extensive aftercare program.

Weekly activities include excursions to beaches, ancient valleys, and coastline hikes. Daily activities include exercise, counseling, and 12 step meetings. HIR also offers animal assisted therapies with both Equine Assisted Psychotherapy (EAP) and Wild Dolphin Assisted Psychotherapy (DAP). Other amenities include private or semi-private rooms, a full service gym, yoga, personal trainer, weekly excursions, and a gourmet chef.



SEEN N HEARD

therapeutic education programs for struggling or underachieving teens, today announced the achievement of accreditation by every one of its nationwide facilities, the only organization of its kind to achieve such a feat. 949-589-1765

Open Minds Offers Free Webinar on Customer Relationship Management: OPEN MINDS, a premier market research and management consulting firm specializing in the health and human service industry, recently announced the next installment of their popular online web briefing series for health care executives. It is titled "Optimizing Residential Treatment Marketing & Referral Development Through Customer Relationship Management." The free webinar, scheduled for Thursday, September 22, 2011 at 2:00pm ET, will be presented by industry expert and Open Minds Senior Associate, Aida Porras. 717-334-1329

Glen Willow Academy To Open: Catherine Jennings is excited to announce a new residential program to provide innovative treatment for young girls in the Asheville area. Glen Willow Academy, a new therapeutic boarding school designed specifically for girls, age 10 to 14 and families struggling with family, social and emotional challenges will open in Weaverville, NC on October 1st. 828-808-8356

Students Excel During Summer ASTEE Trips: Outdoor excursions help students cultivate new relationships and strengthen existing bonds. Students at Grove School in Madison, CT, were busy honing their communication and teamwork skills through a series of outdoor adventures. The activities, which led students to Lake Placid, NY, home of the 1932 and 1980 Olympics, and Charelemont, MA, are part of Grove School's signature ASTEE© (Alternative Site Therapeutic and Educational Experience) programming. 860-676-4400

San Cristobal Announces Clunan As Admissions Director: San Cristobal Treatment Center, an addiction treatment center, announced that Randy Clunan has been hired to fulfill the position of Admissions Director. 866-918-8383

Parent Choices Hosts Shortridge Academy: Positive Youth Development (PYD) is a theoretical approach that has been implemented by Shortridge Academy of NH during the last three years. PYD is based on Positive Psychology and the recovery movement and focuses on a student's strengths and partnering with adults as a grounding philosophy. 877-903-8968

Eckerd Temporarily Consolidates Programming: After an extensive analysis of the economic climate and much serious deliberation, Eckerd leadership has made the difficult decision to consolidate Eckerd Academy of the Blue Ridge programming in Suches, GA with Eckerd Academy at Brooksville, FL. The consolidation is expected to be complete by the end of September 2011. 727-461-2990

ASAM Releases New Definition of Addiction: According to Kathryn Huffman, Outreach Coordinator for Cumberland Heights Treatment Center in Nashville, TN, the American Society of Addiction Medicine (ASAM) has released a new definition of addiction highlighting that addiction is a chronic brain disorder and not simply a behavioral problem involving too much alcohol, drugs, gambling or sex. This is the first time ASAM has taken an official position that addiction is not solely related to problematic substance use. 828-577-1498

Woolard Returns To Auldern Academy: Auldern Academy is excited to welcome Amanda Woolard to serve as Admission Coordinator. 919-837-2336

Lake House Academy Signs Consulting Agreement with InnerChange: Kimball DeLaMare, LCSW, Senior Vice President for InnerChange announced that InnerChange has entered into a nine-month consulting agreement with Lake House Academy. Kimball will assist Lake House's treatment team in managing the program. 901-698-7704

Living Well Transitions Goes To The Wolves: The dog days of summer got a new meaning for eight Living Well Transitions clients who recently returned from a four day adventure to a wolf sanctuary in southern Colorado. The clients and three LWT staff spent two days at Mission:Wolf and contributed 105 hours of volunteer service to the non-profit wolf sanctuary and horse rescue. 303-245-1020

NATWC Conference To Be Held At Opryland: The 2011 NATWC (National Association of Wilderness Camping) Annual Conference will be September 18-20. 304-642-9070

Family Foundation Students Volunteer: Students at The Family Foundation School in Hancock, NY, applied for and received volunteer assignments this summer with The Muscular Dystrophy Association and the Friends of Prompton State Park. According to Dean of Students Ann Janauer, PhD, six students were selected for week-long camp counselor positions at the MDA summer camp in Spring Valley, NY, while five students and two staff were enlisted to help with repairs at Prompton (PA) State Park as part of long-term recovery efforts following extensive storm damage in 2007. Volunteerism and service is integral to the school's therapeutic program. 845-887-5213

Parent Choices Discuss The Dark Side of Prescription Medications: According to Carl Olding, Founder/ Director of Elk Mountain Academy, the changing patterns of medical use of medications has had a huge influence on patterns of common substance abuse among teens. 406-847-4400

Taylor Rejoins Admissions At Shadow Mountain Recovery: Shadow Mountain Recovery is happy to announce that Dana Taylor has returned to the admissions team! 800-764-7250

Parent Choices Hosts Mike Watson: On a recent edition of Parent Choices, Lon Woodbury spoke with Mike Watson, who discussed signs that programs show when they are primarily in business for the money. The most important thing anybody should do when checking out a school or program is to check the



Four Circles Recovery Center
877-893-2221

Four Circles Recovery Center is a licensed substance abuse and co-occurring disorders treatment program for young adults 18-28.

We integrate the best of traditional treatment modalities with wilderness therapy to produce a unique clinical environment.

We utilize a 12 step philosophy in conjunction with sophisticated clinical practice to provide a foundation for sustained recovery.

www.fourcirclesrecovery.com

credentials and longevity of the key staff. 256-426-8873

Integrated Treatment Of Co-Occurring Disorders Is Key:

Timberline Knolls Residential Treatment Center reports people suffering from addiction rarely, if ever, have just substance abuse or addiction issues. Most addicts have trauma histories, many have mood and/or anxiety disorders, and up to 50 percent of women with substance abuse disorder have co-occurring eating disorders. 877-257-9611

Catherine Freer Announces Residential Treatment License Renewal:

The State of Oregon's Addiction and Mental Health Division has extended Catherine Freer's license through January 2013. Catherine Freer is also licensed as a Mental Health Treatment Provider by the Oregon Office of Mental Health Services and as an Outdoor Youth Treatment Program. In addition, they are accredited by the Joint Commission of Accredited Health Care Organizations (JCAHO). 800-390-3983

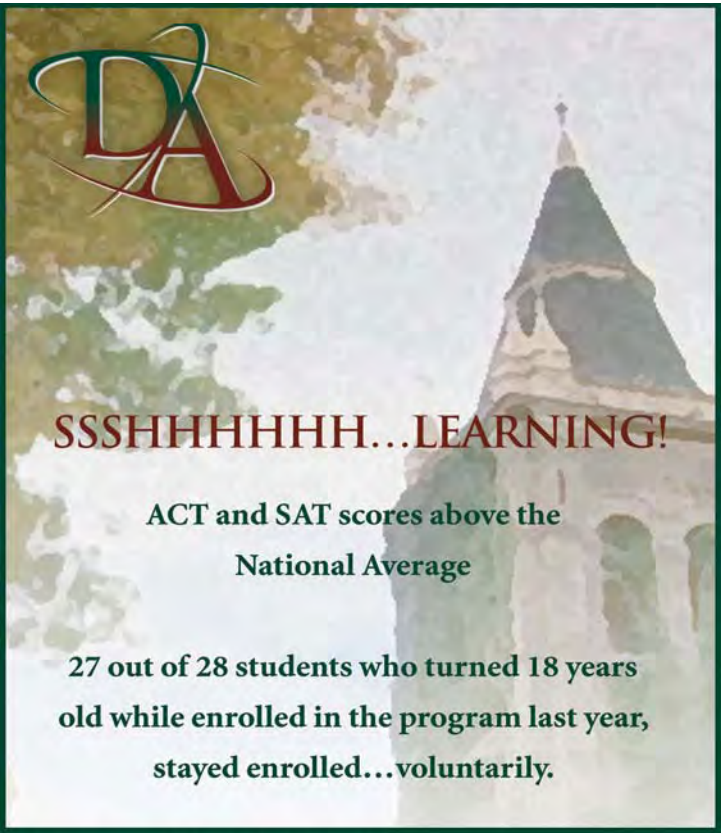
Habilitat Accepting Adolescents After Many Years Without:

Habilitat has been dedicated to helping rebuild lives and reconnect families for over 40 years, and will continue to do so on a broader scale by taking in youths who have the desire to change and the willingness to do whatever it takes. Habilitat also announced they recently celebrated their 40th Anniversary, a milestone for any organization, especially a self-supporting, non-profit, therapeutic community, such as Habilitat. 808-235-3691

Four Circles Hosts International Mental Health Professionals:

Helping clients who struggle with substance abuse and co-occurring mental health disorders may be Four Circles Recovery

CONTINUED: SEEN N HEARD/ 12



SSSHHHHHH...LEARNING!

ACT and SAT scores above the National Average

27 out of 28 students who turned 18 years old while enrolled in the program last year, stayed enrolled...voluntarily.

DISCOVERY ACADEMY... QUIETLY MAKING A DIFFERENCE.
www.discoveryacademy.com



Photo by Skyler Jensen

THE GATE OF HISTORY SWINGS ON SMALL HINGES, AND SO DO PEOPLE'S LIVES.



With the click of a mouse your son may be stepping into a trap carefully laid to prey upon his own developing body. More than 11 million teens view pornography on line (Washington Post 2004). *Early intervention can help your boy break free.*

Oxbow offers treatment *specifically designed for teenaged boys who struggle with sexual dependency.* Here students can acknowledge their behaviors more quickly, then learn to overcome them.

If you fear your son may struggle with sexual dependency, don't make him fight alone.

Answers and information are available at www.oxbowacademy.net or call Barbara at 435-590-7198

Center's primary mission, but helping the world at-large understand addiction and the innovative techniques available for successful recovery came a close second one weekend this past June. That's when the center played host to a group of Botswana professionals from the Department of State's International Visitor Leadership Program. 828-891-2221

All Sober College Students Eligible For College Admission: Sober College announced that their students who have a high school diploma or GED and who complete the specified five courses will not only receive a certificate of General Studies from Woodbury University and fifteen college credit hours, they will also be offered Guaranteed Admission to the university, regardless of ACT or SAT scores. In addition, students who earn a 3.0 or higher in these five classes and who register full-time at Woodbury University will be awarded a \$5,000 annual merit scholarship. 818-274-0304

Valley View School Summer Update: As the summer is nearing the half-way point, Valley View School shared some of the experiences boys have been occupied with during the past few months. Several boys went on backpacking trips, others participated in community service projects, others took more leisurely trips in the Boston area, all in addition to their traditional summer studies. 508-867-6505

Academic Program Enhancements At Shortridge: Shortridge Academy announced some exciting changes to the administration and support services within the Academic Department. In an effort to better support the needs of families, the school has reallocated the former responsibilities of the

Academic Director to two new positions: Director of Studies, held by Anne Downey, PhD and Director of Academic Support, held by Sarah Wagner, MEd. In addition, the school has hired a new Academic Guidance Counselor, Joseph Hill. 877-903-8968

Parent Coach Trainers Academy Recertified: Parent Coach Trainers Academy has received recertification from the International Coach Federation. In addition to the recertification, the course has been approved for an increased 10 hours of training resulting in a total of 40 hours of ICF approved training hours. 541-504-5224

Gersh Brings Special Education to the Middle East: Gersh Educational Services founder, Kevin Gersh, was recently offered a trip anywhere in the world to explore business opportunities as part of a joint award by Inc. Magazine and British Airways for being one of America's top entrepreneurs. 631-385-3342

Copper Canyon Academy Opens Middle School: Copper Canyon Academy, a private therapeutic boarding school for girls, opened a new middle school on its campus in August 2011. 877-617-1222 x 108

The Greenwood School Adds High School Program: After years of encouragement from Educational Consultants and families, the Greenwood School announced an expansion of programming into high school (grades 9-12). 802-387-4545

Claybaugh Featured on Parent Choices: Being a part of a shipboard community where everybody has an important role is by itself very healing and therapeutic. Claybaugh explained the SeaChange Hawaii program and discussed his background. 808-235-1377

Personalized Help For Parents In Crisis

Woodbury Reports Educational Consultations help parents think through the out-of-control behaviors their child is exhibiting and suggest appropriate placement options. All of our consultants have raised teenagers and helped hundreds of parents professionally. We believe parents should be in charge of decisions regarding their children so we research options to make educated suggestions rather than telling our clients what to do.



Lon Woodbury, MA



Loi Eberle, MA



Larry Stednitz, PhD



Stephen Migden, PhD

Pioneering the Referral Service for Schools & Programs

Call Today

208-267-5550

208-267-9127 fax

PO Box 1107

Bonnors Ferry, ID 83805

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

The **Places for Struggling Teens™** Newsletter is published monthly. One year subscriptions are \$35 USD.

Non-Continental US postal orders or International orders add \$5 USD.

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

Lon Woodbury, Publisher - 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™*.

© Copyright 2011, by Woodbury Reports, Inc.™

All Rights Reserved. Use of materials is allowed without prior written approval if the proper author and publication attribution accompanies the copy. Duplication or republication must include the following information:

WOODBURY REPORTS, INC.™

7119 2nd Street • PO Box 1107

Bonnors Ferry, Idaho 83805

208-267-5550 (p) - 208-267-9127 (f)

lon@woodbury.com

www.strugglingteens.com



ISSN: 1540-3718