

Places for Struggling Teens™

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

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THEMES IN "THE HUNGER GAMES"

By Lon Woodbury

The book *"The Hunger Games"* by Suzanne Collins has become a top best-seller in the last couple of years. Ranking consistently high in both *Amazon.com* and the *New York Times*, it has already made its way into Hollywood, with a movie that was released late March 2012.

Written for teens and young adults, it appeals to all ages. Categorized in the fantasy and science fiction genres, it is a page turner that grabs you early on and builds to a climax at the end. At least I saw it as a page-turner and that seemed to be the reaction of dozens of reviewers on the Internet, many of whom claimed they don't usually like young adult or fantasy/sci-fi books.

The author is a great writer – the plot development and character development made the story believable and the characters relatable. However, any popular book can achieve this kind of popularity only when it touches a nerve of the public. People flock to books that are well written of course, but they also flock to them because the theme touches on the fears, hopes and desires of the readers. By considering the themes in this book, we can get a glimpse of what fears, hopes and desires people have, especially the young ones. Since it was written specifically for them, they might be seeing this as their current reality or possibly even their future world.

"The Hunger Games" is a story where the dark futuristic book *"1984"* meets *"Survivor,"* one of the earliest Reality TV shows. Mixed in with that are elements of the entertainment from the Bread and Circuses or the gladiators of the Ancient Roman Empire in addition to an image of a modern young woman.

The story takes place in the nation of Panem, the ruins of North America sometime in the future. Panem is very much a surveillance state with the inhabitants fearing the authorities and kept in poverty and isolation by the richer inhabitants of the Capital located in the Rocky Mountains. As a result of a failed rebellion against the Capital 70 years prior, each of twelve provinces every year must provide a tribute of one teen boy and one teen girl to a televised event called the Hunger Games, a huge arena where the 24 youth over several days must fight to the death on live TV where only one will survive. The purpose of the games is two-fold; to remind the provinces of their submission and to provide mass entertainment by a game where the basic rule is to kill or be killed.

So what might be resonating in people from this novel?

The novel *"1984"* was written in 1948 and became a classic icon predicting a Big Brother oppressive government where conformity was demanded and individuality discouraged. In 1984 it was very difficult for a person to carve out any privacy for themselves or even a comfortable living standard. In many ways 1984 could have been describing Panem of *"The Hunger Games."* The popularity of this novel suggests a fear that we are evolving into this kind of society, where young people have no real freedom and the authorities own everything, even their bodies.

"Survivor" is a popular TV series that started a few years ago, where a group of people were



CONTINUED: HUNGER GAMES/ 2

gathered on an island and through competition, betrayals, backbiting, short term alliances, and lying, people were voted off the island until there was just one survivor. The same concept appears in “*The Hunger Games*” except exit is by death rather than vote. What kind of nerve is this touching in young people? That they are growing up in a dog eat dog world, based on survival of the fittest where nobody can be trusted?

One of the most common icons of the Empire of Rome is the image of gladiators fighting to the death, or the condemned were thrown into the arena to be slaughtered. All this was for public entertainment with people cheering the carnage and making bets on who would die or who would die the most courageously. In Panem, just like Imperial Rome, the average citizen has no rights. Perhaps this is the concern readers of “*The Hunger Games*” have, either that this is how they see their world now or this is what the world will be like in their future.

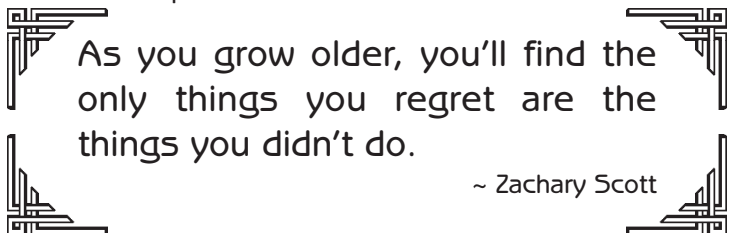
Katniss, the heroine of the story, seems to be an example of the modern woman – smart, assertive, competent, a little ruthless, nurturing and feminine at times. The real brutality on the part of the tributes competing in the arena is represented by some of the boys. In fiction at least, Katniss is a role model for young girls, overcoming extreme obstacles to persevere in the end through courage, creativity, smarts and perseverance. The role model for boys of course is Peeta, who seems resigned to his fate and just wanting to die honorably.

There are a number of other themes in the story also. The contrast between the living standards of those in District Twelve versus the Capital is suggestive of current criticisms of income inequality such as from the one per-centers. Other criticisms include the philosophical brutality hidden behind the glitz of showmanship common in totalitarian nations as well as what a total lack of freedom of movement and thought does to people.

So what does the attraction of this novel say about the attitude of young people? Perhaps they are seeing it as a metaphor for life as it is currently. Or, more likely, it might be a fear that we are evolving that way unless something is done to intervene to prevent this future.

Either way, despite the modern image of teens as being only interested in parties, entertainment, celebrities, gaming, having fun, etc., the popularity of this novel suggests that at least on some level, many teens are concerned about the themes touched on in this novel. Maybe it will help inspire them to do something positive about it.

We can hope!



As you grow older, you'll find the only things you regret are the things you didn't do.

~ Zachary Scott

‘YOU CAN’T MAKE ME CHANGE’

The Stages of Change Model Helps with Substance Disorders

By Dr. Frank Bartolomeo

Adolescents with substance use disorders are a heterogeneous and diagnostically diverse population, frequently coping concurrently with mental health issues and the substantial developmental tasks of adolescence. Adding to these clinical challenges is that treatment is initially nonvoluntary; adolescents with substance abuse disorders generally face non-legal pressures, (parents, family, agencies, and referring parties) to participate in treatment. These pressures to participate in treatment provoke reactance in some teens that can result in contrary attitudes and behaviors. The transtheoretical model of change, when overlaid with both an understanding of normative adolescent needs and knowledge of reactance theory creates a developmentally-attuned framework for intervention and treatment.

Engaging teens with substance use disorders in treatment can be a complex and challenging process due to a confluence of interrelated factors including: a) their normative developmental needs for greater autonomy, combined with their desire to preserve or sustain an empowered self-image; b) the impact of varied and co-occurring presenting problems (e.g., Oppositional-Defiant Disorder, Anxiety, Depressive Disorders, Learning Disabilities); c) being compelled to receive treatment which often induces reactions such as anger, hostility, passive non-compliance, and apathy; and d) the nature of addiction, which entails secrecy, self-deception, and cognitive distortions (aka “stinkin thinkin”). Given these factors, the substance abusing or substance dependent teen can present as a “mystery wrapped in a riddle inside an enigma.”

Negotiating and unraveling the complicated factors that interfere with authentic treatment engagement requires skill, patience, determination, and time. Unfortunately, many treatment approaches and programs designed for adolescents with substance use disorders are based on methods developed for adults voluntarily seeking treatment, which results in poor outcomes. The transtheoretical approach developed by Prochaska, Norcross, & DiClemente provides a useful framework for understanding the nonlinear change process and especially for intervening with individuals who are not yet in the action stage of change.

The stages of change model when combined with 1) an empathic understanding of adolescents, 2) the theory of psychological reactance (Brehm, 1966), and 3) an appreciation of the differential impact of specific co-occurring disorders creates a more powerful framework for intervention and program development for adolescents with substance abuse disorders.

References

Brehm, J. (1966). *A theory of psychological reactance*. New York: Academic Press.
Prochaska, J. O., Norcross, J. C. & DiClemente, C. C. (1994). *Changing for good*. New York: HarperCollins Publishers Inc.

Rooney, R. H. (1992). *Strategies for work with involuntary clients*. New York: Columbia University Press.

About the Author: Dr. Frank Bartolomeo is the Vice President of Child and Adolescent Services at Rushford in Durham, CT. For more information call 877-577-3233.

www.rushford.org/stonegate, Fbartolomeo@rushford.org.

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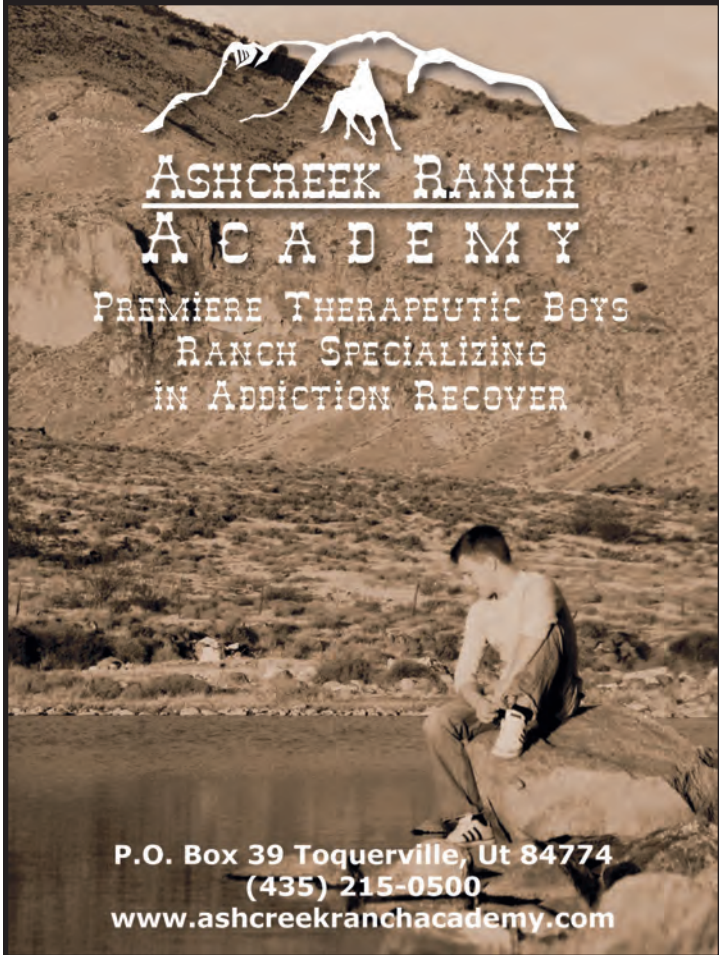
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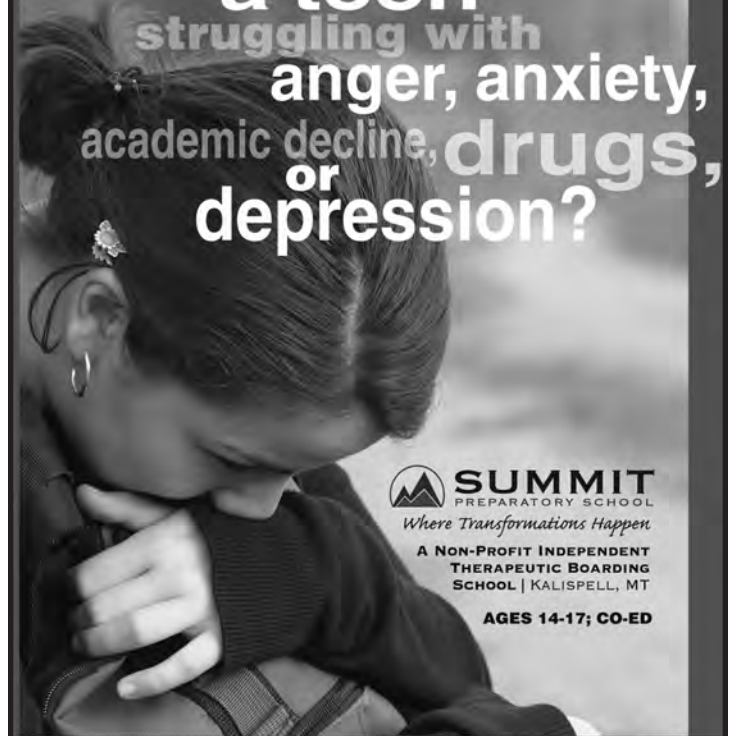



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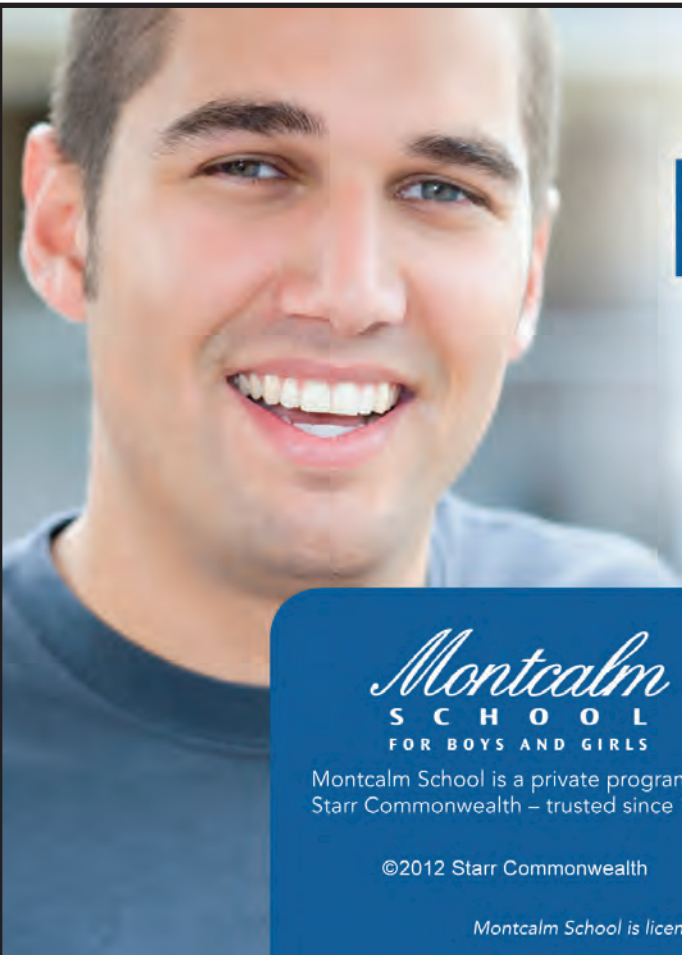
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ALLEN CARDOZA:

A Man Dedicated To A Better World

By Saleem Rana, M.A.

Allen Cardoza is a real-life Lieutenant Columbo, a licensed detective dedicated to fighting injustice and righting wrongs. In his case, Cardoza is determined to fight human trafficking in the United States. Today, 1.25 million victims of human trafficking are here in the United States, and an estimated 29 million people worldwide are caught in the web of human trafficking.

Cardoza is a licensed private investigator (PI 7824), an instructor of Non-Violent Crisis Intervention, a radio talk show host on L.A. Talk Radio, an author of *Running Away In America*, and a public speaker.

As part of his effort to raise public awareness about parenting concerns, adolescent issues, and personal development, Allen co-hosts a weekly radio talk show with Dr. Melody Foxx, a California Licensed Psychologist and Marriage and Family Therapist.

The radio show is geared towards advising families in crisis. He interviews experts about their books, work, and experiences. He recently interviewed Gary Flohr, Vice President of Support Services, and Charles McGahan, Guidance Counselor for Yellowstone Academy, to find out about how Yellowstone Boys and Girls Ranch has been successful helping at-risk youth rediscover their sense of personal power and self-esteem.

He has also interviewed academics like Shawn Achor, the professor for Harvard's Happiness Course, and New York Times best-selling author James Redfield, who just published *The Twelfth Insight*.

Through his speeches and articles, Allen offers practical solutions for parents and teens, as well as raises awareness about the secret underground world of human trafficking and child slavery.

He is a co-author with world renowned motivational speaker Les Brown on the book *Fight for Your Dreams* which was released April 2011.

His book *Running Away In America* is currently available in eBook format for free on his website.

AN ACCIDENT LED TO A PURPOSE-DRIVEN LIFE

When he was an adolescent, Cardoza worked in his family's roofing business. One day, he fell off a roof and had to spend 6 weeks in bed. Lying in bed, he thought about his future and decided to become a detective.

Fascinated by the idea of detective work, he thumbed through the yellow pages, but it was only when he got all the way to the Z's that he finally got an interview. A gentleman by the name of Walt Zwonitzer reluctantly invited him in for an interview. However, it did not go well at all.

Realizing that persistence was vital to being successful in the investigation business, Cardoza began visiting the P.I.'s office daily. After two weeks, Zwonitzer decided to hire him because

he needed someone to work a rush case. Cardoza had no idea at the time that his life would change beyond recognition.

DISCOVERING HUMAN TRAFFICKING

While working on a case about a missing girl, Cardoza discovered a party where lecherous older men picked up young girls for casual sex. The 19-year-old was shaken to his core.

After that experience, he decided to focus on recovering, rescuing and returning runaways, victims of human trafficking, and parentally abducted children.

Cardoza described the criminal world of human trafficking. Noting that drug traffickers found this business attracted less attention from law enforcement.

WEST SHIELD ADOLESCENT SERVICES

West Shield Adolescent Services, Inc., a private corporation founded by Allen Cardoza, has been successfully transporting adolescents to facilities and programs in the United States and across the world. The company has located and transported more than 13,000 adolescents in over 25 years in the industry.

Staff members are experienced and licensed to locate runaways and provide crisis intervention. All services are based on non-violent crisis intervention techniques, which emphasize communication to resolve conflict.

Compassion and patience are used in their work with adolescents, although it may be necessary to temporarily restrain adolescents who are at risk of hurting themselves or others.

WEST SHIELD IN ACTION

On Wednesday, January 25th, the West Shield team came to the rescue backstage on *The Dr. Phil Show*. The episode, entitled "17 And Out Of Control," was about a 17-year old girl, Courtney, who had tyrannized her parents, siblings, classmates and teachers for years.

West Shield got an emergency call from the show's producers because Courtney had just attacked a female security officer and needed to be restrained. The assault did not take place on air, but in the back room when her parents told her that they had agreed to Dr Phil's generous offer to place her at Turn-About Ranch in Utah.

Responding immediately to the call, Allen and his agents quickly de-escalated the situation. They managed to transport Courtney without incident to the treatment center in Utah, a trip that included a drive to the airport and the subsequent flight.

For more information about West Shield Adolescent Services, Allen Cardoza's mission to end child slavery in America, or about the weekly radio shows, please visit:

West Shield Investigations

www.westshield.com

West Shield Adolescent Services

www.transportingteens.com

Blog, Radio Talk Show, eBooks, and articles

www.answers4thefamily.com

SERVICE FROM SOUTHERN FRANCE

(SFYI students travelled to South Africa in early 2012 to provide much rewarding service to the people of Transkei. And what an adventure it was for them. What follows is an excerpt submitted about their adventures.)

Today our community service efforts for our South Africa Winter 2012 Session come to a close as we will be headed for some much deserved R&R in Cape Town before flying back to France this Sunday. Although everyone is exhausted from all the hard work, it is agreed that all we have done down here has been life changing and extremely rewarding.

The largest part of our community service efforts has been building a sustainable homestead for a tribal headman. His house will serve as a model home for the rest of the tribal region. Right now the community has to carry 20 liter buckets of water from a dam down the road just to be able to water their crops and shower.

We have been building a dam so that the headman's property can collect enough rain water to water crops and livestock and provide showers. In addition we have built a rain catching gutter system and water tank, a composting toilet system and a homemade water heater system using a 200 liter holding tank. All of this was accomplished by using two liter coke bottles and plastic boxes, which we painted black to attract and absorb sunlight/heat. If all goes well, we hope the greater community will also want these things and we will in

turn reach out to the government to help provide the funds for such simple, but life changing advances.

On top of the water system, we had the honor of visiting the local children's hospital and AIDS clinic. TransCape went through the long process of getting permission for us to spend time with mothers and their children during their once-a-month support group meeting. These beautiful women and their adorable children were so excited for us to spend time with them and the time we had with them was truly magical.

SFYI staff and students spent the afternoon coloring and painting with the children. We did face-paintings, which the children loved, especially when we took their picture and could show them what they looked like. The mothers were as sweet- we took their photos, gave them bracelets and sunglasses and simply sat in peace with them. For a group suffering one of the most atrocious epidemics in their country, they demonstrated such a warmth and genuine sense of humor.

Our time in Transkei has been rewarding in so many ways. Tomorrow morning it will be a bitter sweet "until next time." We are proud of the hard work that we have done together and although we have to say goodbye, we know that in a few short months we will be back to see our wonderful friends again.

Southern France Youth Institute is located in Villeseque des Corbieres, France. Admissions and inquiries may be made through Katie Jochum, Admissions, at info@sfyi.org, 877-997-7686, www.sfyi.org.

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.]

AVALON HILLS

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Gary L. Roberts is the founder and COO of Avalon Hills and specializes in wilderness counseling, therapeutic experiential groups and activities and risk management. Dr. Benita

Quakenbush-Roberts, PhD, is the CEO and also one of the original founders of Avalon Hills, along with her husband Gary.

Avalon Hills uses both scientific and holistic methods, with the belief that positive change comes from the three cornerstones of their program: new information, new insights and new experiences. Clients participate in individual, group and family therapies; daily health assessments, therapeutic outdoor experiences and challenges such as skiing, canoeing and hiking, equine and animal assisted therapies and "fitness for fun", with courses in yoga, low impact aerobics, Tai chi and self-defense courses.

Additional recreation and therapies include expressive arts through music, movement and art and Psycho Educational classes which include dealing with conflict, life skills, relationship skills building, body image classes and group therapy and relapse management.

[This information came from the Avalon Hills website.]

If a parent has not taught their child that life is difficult, they have cursed the child.

~ Michael Levine



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- **Dr. Marc Fishman, MD** - Medical Director, Maryland Treatment Centers; Psychiatry Faculty Member, Johns Hopkins University School of Medicine; President, Maryland Society of Addiction Medicine
- **Dr. Michael T. Flaherty, PhD** - Founder, Institute for Research, Education and Training in the Addictions (IRETA)
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- **Jim Hudak, MPP** - Chief Executive Officer, Paradigm Management Services
- **General Barry R. McCaffrey, MA** - Former Director of the White House Office of National Drug Control Policy; President, BR McCaffrey Associates LLC
- **Cardwell C. Nuckols, MA, PhD** - Author; Former Clinician, Program Director and Hospital Administrator
- **Dr. David Powell, PhD, CCS, LADC, LMFT** - President, International Center for Health Concerns, Inc. and the Clinical Supervision Institute; Author (Clinical Supervision in Alcohol and Drug Abuse Counseling, 2004)
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Burke-Little & Associates provides comprehensive evaluation services in order to develop a plan that best meets the needs of the client. They work with children, adolescents, and young adults, to help each student on an independent basis-seeking placement in traditional, private, boarding schools, special needs placements for learning disorders or behaviors, and college placement services at both the undergraduate and postgraduate levels. A list of the student's needs is developed through a careful process of interviewing the student and family, evaluation of school records, administering interest surveys, and making recommendations for comprehensive educational evaluations.

Dr. Milton Daniel Little is the founder of Burke-Little &

Associates since 1998. He received his Bachelor's Degree from the University of North Carolina Chapel Hill, his Master's Degree in Administration and School Administration from Appalachian State University, and PhD in Psychology from American University. He holds Educational Licensure in Social Sciences, School Administration, and Exceptional Children. Dr. Little has earned the distinction of Certified Educational Planner. He is a member of the American Psychological Association, the Learning Disabilities Association, the National Gifted Association, and the Orton Dyslexia Society.

Once the initial evaluation process is complete, they will develop a list of appropriate schools. Schools are selected that best suit the student's needs and long-term goals. They will provide support through the application process, with special attention given to developing interview skills, essay writing, and what to look for when visiting a potential school. The list of needs will reflect the student's abilities, interests, achievements, academic level, creative, and athletic talents, and school setting preferences and they will follow and support the student and family throughout their placement.

[This information came from the Burke-Little & Associates website]

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Shawen-Hannah Solutions is a full-service counseling and educational consulting practice that assists children, adolescents, adults, and families. They work with children that are unhappy, angry, unmotivated, struggling in school, or diagnosed with anxiety, depression, oppositional defiant disorder, a diagnosed learning disability or a suspected learning difference, difficulty with social relationships, inattention, or executive functioning that seems to be affecting their success. They announce they may be able to help with children or young adult who show these behaviors.

Deborah Shawen, MS, CAS and Tracy J. Hannah, MEd, LCPC, NCC, LLC have over 40 years of combined experience in teaching, counseling, educational testing, program development, independent school admissions, and case

management. They completed advanced graduate programs in psychology in 2006 and are trained in current methods, research, and interventions to assist with a variety of questions about emotional, behavioral, and learning issues. Deborah is a member of the Independent Educational Consultant Association and Tracy is a Licensed Professional Counselor and an Orton-Gillingham trained reading tutor.

Shawen-Hannah Solutions offers help with the admissions process for academic, therapeutic, and outdoor educational placements, educational testing, tutoring, counseling, and therapy. Tracy specializes in treating children and teens with depression and anxiety issues, as well as a possible learning disability that can affect school performance, self-esteem, interpersonal relationships, and the family. They also work with children who may have executive functioning issues with or without a learning disability. Individual and group support is also available. Study Skills Training and Executive Functioning Coaching, Case Management, Reading Comprehension Tutoring, and Reading Tutoring are all offered services.

[This information came from the www.shawenhannah.com website]

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dganesh@marimed.org - www.marimed.org/kailana_home.cfm

The Kailana program is for males ages 14 thru 18 adolescents needing comprehensive treatment and education, including mental health services in a highly

structured, staff-secure, residential program but who do not need to be hospitalized or incarcerated.. Kailana is unique in its ocean-experiential approach to serving youth with moderate to severe emotional and behavioral problems and specializes with conduct disorders and those dually diagnosed with chemical dependency.

The program was founded in 1993. Matthew Claybaugh, PhD is the President and CEO and Dane Ganes is the Admissions Director for the program. Kailana program staff

CONTINUED: **KAILANA/ 10**

KAILANA

and counseling treatment members include a child and adolescent psychiatrist, a clinical psychologist, social workers, CSAC certified counselors, teachers (including a certified special education teacher), nursing staff, youth counselors, and a ship's crew of licensed marine professionals and experiential facilitators. Council of Accreditation accredits the program and the State of Hawaii Alcohol Drug Abuse Division, Child and Adolescent Mental Health Division, and Office of Health Care Assurance licenses the program.

Students attend school daily and follow an intensive

Individual Education Plan tailored to their specific needs and circumstances. Land-based activities include growing crops and raising fish on the program's farm, to hiking, camping, ropes courses, and community service projects. Through the ocean-based component, youth progress from basic water safety skills to outrigger canoe paddling and small boat sailing. Youth then sail on five-day interisland open ocean voyages, planning and crewing three to four voyages before graduation/discharge aboard Marimed's tall-ship.

[This information came from the Kailana website]

DENISE DRYDEN COACHING

Whitefish, MT
Denise Dryden, Owner
801-842-4088
denise@denisedrydencoaching.com
www.denisedrydencoaching.com

Denise Dryden Coaching is a service to parents who need some additional support to deal with personal issues such as parenting problems, life changes, or personal growth. The service is tailored to meet the needs of any parent. Coaching sessions can be booked on a monthly basis.

Denise Dryden, owner of Denise Dryden Coaching, is a parent as well as a coach and educator. She has over 30 years of experience in these capacities and was a licensed high school teacher and coach. She also co-founded a magnet school in Bend, Oregon. She received her bachelor's degree from Linfield College and is certified by the International

Coach Federation.

Denise Dryden Coaching gives parents an "understanding ear" to listen and help guide them through struggles. The service can give support to mothers and fathers who need to establish boundaries for their children and take pressure off the parent's relationship with each other and the children. The coaching can also help give parents of children with learning differences gain tools to help their child. In the case of step-parents and blended homes coaching can also help establish boundaries and consistency and integrate new experiences and challenges into the home. For parents that have a child in an out of home placement situation such as an emotional growth boarding school, coaching can help parents adjust to the child being out of the home and address the needs of the rest of the family.

The coaching services provided by Denise Dryden coaching can also help parents and families create a support system of counselors, therapists and educational consultants

[This information came from the Denise Dryden Coaching website.]

THE HERO HOUSE, LLC

San Juan, CA
Kelly Moselle, Program Director
949-215-5796
kelly@herohouse.com
www.herohouse.com

The HERO House is a treatment center for college students in the first steps of sobriety. The program is designed to be a next-step treatment for college students who are not ready to re-enter society in sobriety, but have completed an initial addiction treatment. Students must have been sober for 30 days prior to admission and be enrolled in a college or university.

Randy Haveson, Founder and Executive Director of The HERO House, has previously been employed as a counselor and a university administrator. He has a master's degree in counseling. He tours as a professional speaker on drug and alcohol abuse and addiction. Kelly Moselle, Program Director,

has been with HERO House since 2008. He previously served as the Assistant Dean of Student Affairs at Chatham University. He holds a master's degree in Education and a master's in Higher Education/Student Affairs.

Students in The HERO House program participate in the 12 Step program. Participants are required to sign up for two classes a semester as well as work part-time. After one month of residency students are evaluated for fitness for the culture of The HERO House program. Recovery meetings are located within the local community and within walking distance of the residential house. No other medical or psychological counseling is provided by the program. The available college options for students are: UC Irvine, CSU Fullerton, Saddleback College, CSU Fullerton, or Chapman University.

The residential house for The HERO House is located in a residential neighborhood in Orange County. This beach community is conveniently located near the ocean and allows the students access to public trails, beaches, and a large variety of entertainment, restaurants, and other businesses.

[This information came from their website.]

Catch a passion for helping others and a richer life will come back to you!

~ William H. Danforth

ASSOCIATION OF RECOVERY SCHOOLS

Fort Washington, PA
Monique Bourgeois, LADC - Executive Director
215-628-8600
mbourgeois@recoveryschools.org
www.recoveryschools.org

The Association of Recovery Schools advocates for the promotion, strengthening, and expansion of secondary and post-secondary programs designed for students and families committed to achieving success in both education and recovery. ARS exists to support such schools, which, as components of the recovery continuum of care, enroll students committed to being abstinent from alcohol and other drugs and working a program of recovery.

The ARS was founded in July 2002 by current board member Dr. Andrew Finch. Monique Bourgeois, LADC, is the Executive Director. She is a Licensed Alcohol and Drug Counselor who has served in a variety of roles with the ARS including committee member, Vice Chair, Chair and Past-Chair of the Operating Committee and on the Board of Directors.

There are two types of Recovery schools designed specifically for students in recovery. Schools at the High School level must meet state requirements for awarding a secondary diploma. Recovery Colleges, must offer academic or residential programs / departments designed specifically

for students recovering from substance abuse or dependency. Recovery Schools provide academic services and assistance with recovery (including post-treatment support) and continuing care.

All students enrolled in the program must be in recovery and working a program of recovery determined by the student and the School with relapses being addressed by the individual School. The Schools do not operate as treatment centers or mental health agencies. Academic courses are offered which students receive credit towards their degree. At the secondary level, Schools assist students in making the transition into another high school, college or a career. Recovery Schools are prepared through policies and protocols to address the needs of students in crisis, therapeutic or other needs. Member organizations of the ARS must meet all of the above criteria for membership.

[This information came from the www.recoveryschools.org website]

No nation ancient or modern ever lost the liberty of freely speaking, writing, or publishing their sentiments, but forthwith lost their liberty in general and became slaves.

~ John Peter Zenger



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



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Scholarships are available for those in need.

800.678.3445 | anasazi.org



SEEN N HEARD...

Pacific Quest Featured on National Public Radio: Pacific Quest Wilderness Therapy Program was recently recognized in NPR's food blog, The Salt, in a story titled "Can Gardening Help Troubled Minds Heal." The story focused on the growing evidence that horticultural therapy can be an effective tool in the treatment of individuals with mental health conditions. 808-987-7809

Inner Odysseys Announces Summer Backpacking Expedition: The Inner Odyssey Summer Expedition is an 8-day backpacking trip in the Sierra Nevada Mountains of California. Expedition participants will travel to a home base outside of Lake Tahoe to learn basic back country first aid wilderness skills and to acclimatize. The group will then embark on a five-day backpacking trek through spectacular scenery and several alpine lakes. Treks run July 28-August 4, 2012. 510-229-0156

Oakley School Celebrates Utah State Championships: We are proud to announce that Oakley's debate team took first place at the state championship in St. George, Utah! Individually, Oakley debaters finished first and second in Extemporaneous Speaking and Public Forum debate, first and third in Lincoln-Douglas Debate, medaled in Student Congress, and made it to the final round in Impromptu Speech and Original Oratory. In addition, At the recent 3A State Swim Meet at Brigham Young University, Oakley senior Ben successfully defended his title of 3A State Champion in the 200 individual medley. He went on to earn a second state title in the 100 backstroke, which he finished a mere .04 seconds before his closest competitor. 435-783-5001

Spring Break Shouldn't Be About Dieting:

According to the staff at Timberline Knolls, far too many individuals start a vicious cycle of dieting and rebounding for spring break. As we find ourselves in the middle of spring break season, far too many young women begin to diet and exercise in order to feel comfortable in a bathing suit. And for many, this is often the start of something more dangerous. What seems to begin with good intent can turn into unhealthy levels of exercise and even eating disorders. "It is said that 95 percent of all diets fail," said Amy Sullivan, outreach representative at Timberline Knolls Residential Treatment Center and a registered dietitian. "Many pre-spring break dieters give up their diet on or after spring break and when this happens, overeating is often the

result. This rebound effect can lead to feelings of low self-worth and depression." 602-359-6989

Former Chicago Bear Promotes Recovery At Rosecrance: "L.A. Mike" Richardson, a defensive back with the 1985 Super Bowl-winning Chicago Bears, brought his story of addiction and recovery to the Rosecrance Griffin Williamson Adolescent Treatment Center on Tuesday afternoon, March 27. Richardson was a soloist in the famous "Super Bowl Shuffle" rap video released by the team that year to the delight of millions of fans. He played for seven seasons in the NFL, six years with the Bears and one for the San Francisco 49ers. 815-387-5605

Insight Intensive Partners With Phoenix Multisport: Insight Intensive at Gold Lake, a therapeutic residential program for young men ages 18-26, is pleased to announce a partnership with Phoenix Multisport, a Boulder based nonprofit organization. Through such pursuits as climbing, biking, hiking, running, swimming, road and mountain biking, and other activities, Phoenix Multisport helps build a physically active community of individuals who are interested and motivated by a lifestyle free from drugs and alcohol. 512-516-7257

Penrith Farms Visits Woodbury Reports: Jeremy Hastings, Operations Manager, and Denny Vandermause, Lead Counselor, at Penrith Farms recently drove up from Newport, WA to visit the Woodbury office. While at the office they shared information about updating the Penrith Farms website to a new and integrated site, which will be launching soon. They also discussed other changes that have occurred at the Farm and encouraged consultants and program people to visit to discover who they are now. 509-671-7518

Mt. Pleasant Academy Opens: Mt. Pleasant Academy is a 16-bed facility for adolescent

males, ages 12-18, who may be struggling with sexual behaviors issues, sensitive sexual issues, sexual compulsive behaviors, pornography and digital addictions. 435-229-1156

New Leaf Academy Expands Residential Living Options: In February New Leaf Academy opened the second of two distinct residential living environments, at their Rock Mesa campus, with the addition of Tumbleweed House to the existing Sagebrush House option. This addition allows students to have the benefit of living in smaller "neighborhoods" while still enjoying the advantages of academics, activities and meals together in the larger group. 541-617-8989



Wagner Of Shortridge Academy Delivers At SBS Conference: Sarah Wagner, Director of Academic Support at Shortridge Academy co-presented a session at this year's Small Boarding Schools Association conference hosted by Grand River Academy. The presentation, entitled "Bright, Underachieving and Struggling: Understanding the Cognitive, Social and Emotional Landscape of Processing Deficits" focused on students with slow processing speed who have a tendency to struggle in school socially and emotionally, as well as academically, especially by the time they get to high school. Sarah's presentation investigated the concept of the "twice-exceptional" student, one who is gifted, yet struggles with processing deficits, and explored a number of related issues, such as: what is processing speed, how is it measured, the relationship between processing deficits and other DSM-IV diagnoses and how slow processing impacts academics, social skills and emotional processes. 877-903-8968

The Deck House School Prepares for Summer: We are all looking forward to our Summer Semester 2012 and to building on last year's success. This year's semester will run the entire summer with two five week academic sessions and a one week break in mid-summer. 207-882-7055

Molding Young Adult Recovery Through Creative Arts: Sober College received an exciting delivery that would launch a new era in the Art Therapy Program. Weighing 510 lbs., a studio grade Olympic Freedom Kiln was delivered to the Sober College Visual Arts Studio, and the much anticipated Ceramics Therapy Program was scheduled to begin. Since the opening of our professional Visual Arts Studio, we have been able to bring many fine arts lessons, community projects, and art therapy groups to all Sober College students. 818-274-0304

NAWA Academy Closes After 24 Years: After a lengthy and emotional discussion, NAWA Academy's Board of Directors voted unanimously to close NAWA Academy effective the end of the third academic block. 530-359-2215

Cavanaugh Headlines Rosecrance Foundation Benefit: Rock 'n' roll sensation Michael Cavanaugh returns to the city on April 16 to headline the annual Rosecrance Foundation Benefit, which raises funds to serve clients who need financial assistance for substance abuse and mental health treatment. 815-387-5605

Soltreks Celebrates 15 Years: Soltreks is pleased to announce current openings for its Summer Adventure Program... a Rites of Passage for adolescents. In its 15th season, the summer program fosters nurturing relationships with integrity and care while delivering a balance of physical and personal growth challenges. The single gender, small group treks are appropriate for adolescent's ages 13-17 who are underachieving, unmotivated, struggling with depression/anxiety,



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learning differences, family conflict or low self-esteem. 218-834-4607
Chaddock Receives Highest Honors in Accreditation: Chaddock recently learned that they have been re-accredited with highest honors by both the Council on Accreditation (COA) and the Educational Assessment Guidelines Leading Toward Excellence (EAGLE) Commission, an affiliate of the United Methodist Association. 217-222-0034

Lake House Academy Welcomes Hopkins as Admissions Director: Tracy Hopkins, our new Director of Admissions, brings a perfect blend of experience and training to her role at Lake House Academy. Drawing from her prior work in three outdoor programs, she is easily able to aid girls and families as they transition to the Academy while honoring the work already completed to capitalize on the momentum of recent accomplishments. Her work with students in private therapeutic boarding schools allows her to understand the challenges students have with learning differences, social interactions and organizational skills and how they may be addressed at Lake House. Tracy also has experience as an Admissions Counselor in a wilderness setting and as an Admissions Director in a school specializing in work with spectrum disordered students. 828-355-4595

Fire Mountain Boys Host a Glass Walk for Local High School: A glass walk is a safe but thrilling event where participants actually walk across eight feet of glass shards. The goal of a glass walk is to practice watching your step and staying focused in the moment, metaphors relevant to most teens learning to make positive choices. 303-443-3343

Parent Choices Hosts Al Heminger of The Howe School: Al Heminger, Director of Admissions for The Howe School in Howe, IN, discussed the Myth of Military Schools on Parent Choices for Struggling Teens. "Parents often inaccurately portray misconceptions about military schools, threatening to send their misbehaving children off to school to scare them into getting their acts together," explained Al. The Howe School is a small, co-ed, residential boarding school that follows a

CONTINUED: SEEN N HEARD/14

SEEN N HEARD

military model focusing on academics, athletics and leadership development. 260-562-2131

EDGE Collegiate Present Workshop for Counselors, Teachers, Therapists:

EDGE Collegiate and OMNI Youth Services present an informative workshop for counselors, teachers and therapists from industry experts Dr. Michael A Gass and Dr. Christine Norton. The first workshop, *Experiential Therapy: Brain-Based Approaches to Working with Clients*, will be held Thursday, April 26, 2012, from 9:00am-4:30pm. The purpose of this workshop is to examine brain-based approaches to working effectively with clients. The second workshop, *101 Experiential Techniques for Counselors and Therapists*, will be on Friday, April 27, 2012 from 9:00am - 4:30pm. Presented by Dr. Christine Norton, LMFT, the purpose of this workshop is to provide informative methods of enriching therapeutic technique through the use of experiential methodology. 224-616-2655

Sidoli Joins Shadow Mountain Recovery: Shadow Mountain Recovery is delighted to announce the addition of Andrew Sidoli to the clinical team. In his capacity as Family Specialist, Andrew will provide an additional layer of therapeutic support to the comprehensive services already in place. Andrew comes to SMR with over 20 years of experience in a variety of roles all aimed at helping people achieve lasting change and reach their potential. He received a BS from the University of New Mexico in Child Development and Family Studies and will receive his MSW from Highlands University in May 2012. Andrew is a Licensed Addiction Counselor, Acu-Detox Specialist and has close ties with the recovery community in New Mexico. 925-838-6260

Boys Town Tops Wahoo For State Title: Boys Town was known for its offense this season, but it was the Cowboys' defense that saved the day Saturday in the Class C-1 state tournament final against Wahoo. Boys Town forced a turnover with five seconds left and then iced the game with two late free throws to defeat the Warriors 58-55 at the Devaney Center. The top-ranked Cowboys locked up their seventh state title and first since 2006. 402-498-1973

Cedar Ridge Begins The Black Belt Challenge: Robert Nielson, Founder of Cedar Ridge, just started a Karate training program called the Black Belt Challenge. The Black Belt Challenge does not diminish in any way the regular Karate class which stands in good stead and is an adequate offering along with many other sports/exercises that we have available. The Black Belt Challenge will play a more central role. Any student who is seriously interested in the Black Belt Challenge is welcome to join once they have settled into the program. 435-353-4498

Ventures In Peace Going Strong: In addition to announcing various ways Ventures In Peace is a unique program, they recently announced an

update on two former residents, who are still clients. The two will graduate from UM in May. When they came to Ventures In Peace, high levels of anxiety had gotten in their way of completing college. Now almost 25- and 28-years-old, these two clients are proud of their accomplishments and how far they've come to achieve one of their biggest goals. 406-273-4273

Pat Ryan Embarks On New Adventure: "Leaving an organization that has been such a huge part of my life will be a big change," explained Pat Ryan in a press release. Pat worked for Wediko over 15 years. Additional information can be obtained from Katie Walsh, Summer Program Admissions. 617-721-9104

Parent Choices Hosts Angeles Echols-Brown of Educating Young Minds:

Angeles Echols-Brown is no stranger to the plight of struggling teens in the inner city of Los Angeles, where academic failures are at an all-time high. Founder and Executive Director of Educating Young Minds (EYM), Angeles began a private, tutoring service back in 1987, in a one room apartment, which has now grown into a 12,000 sq. ft. state of the art computer lab center that offers educational services and programs to students grades K thru 12. To Angeles, parents play an important role in education. EYM is a nonprofit and is funded through individuals and foundations and once a year they hold an annual fundraiser. 213-487-2310

Sovereign Journey Celebrates Grand Opening: Shay Butts, Director of Admissions and Marketing, announced the official grand opening of Sovereign Journey. Sovereign Journey accepts young women ages 18-24, that are experiencing symptoms of depression, anxiety, mood disorders, school failure etc. We offer a full performing, visual and culinary arts curriculum in addition to our clinical, life skills, wellness and academics programming. 281-961-6890

WellBalance Introduces New England Location: WellBalance fitness and weight loss camps are opening a brand new location on Cape Cod, MA, one of the top vacation destinations in the country. WellBalance offers participants, ages 10 - 20, the opportunity to develop lasting lifestyle changes with an executive staff comprised of masters-level expertise in nutrition, fitness, and behavioral change. 617-792-4121

CALO Presents Attachment and Trauma Conference: Dr. Arthur Becker-Weidman will be the Keynote Speaker at an upcoming conference on Attachment and Trauma offered by Change Academy Lake of the Ozarks (CALO). This conference will be April 12-13, 2012 in Lake Ozark, MO and will include attachment basics, highlighting attachment and trauma work in a diversity of settings and how those settings work together to better support the child and family. 866-459-1362

Newport Academy to Host 3-Day Level 1 Equine Training: Join Newport Academy's Mickey Troxell, MS, for a very special 3-day Level 1 Equine

Training at Newport Academy April 12-14, 2012. This training is co-hosted by Newport Academy and Pegasus Experiential Counselling Training. 949-887-0242

Jennings and Lake House Settle Differences: In a brief statement, Cat Jennings announced that the lawsuit between Lake House Academy, Plaintiff and Catherine Jennings, Defendant, and all named parties have resolved the disputes between them and have settled the litigation. In addition to the settlement, Cat signed a Resignation and Assignment of Membership Interest in Lake House Academy. 828-772-7200

Parent Choices Hosts Tomes of Asheville Academy: There has been an historic shift in therapeutic schools and programs offering more sophisticated academics, in addition to seeing that school is one of the many areas in which the students behaviors arise. This was the topic March 5th during Lon's LATalkRadio show titled "Academics In a Therapeutic Setting" with guest Bryan Tomes, Executive Director of Asheville Academy. 828-484-9901

Benchmark Transitions Welcomes New Psychiatrist: Benchmark Transitions is pleased to announce the addition of Anthony Duk, MD, to the clinical services team. Dr. Duk is a board certified adult and general psychiatrist educated and trained at Loma Linda University's Medical School and Medical Center. He is experienced in treating post-

traumatic stress disorder, depression, schizophrenia, bipolar mood disorder, family/marital problems and substance abuse. 800-474-4848
Whetstone Academy Reaches Milestone: Whetstone Academy is excited to announce that it has reached its goal of 12 boys in its first year. As the school approaches opening capacity, plans are already in the works for the next building. 864-638-6005

CONFERENCE CALENDAR

MAY 2012

May 2-5: IECA's Spring Conference, Boston, MA
www.iecaonline.com

May 3-5: AED International Conference on Eating Disorders, Austin, TX, www.aedweb.org

May 5-9: 165th Annual Meeting of the American Psychiatric Association, Philadelphia, PA, www.psych.org

May 19-22: NAATP Annual Conference, Phoenix, AZ, www.naatp.org

May 30-June 1: 25th Annual Northwest Conference On Behavioral Health & Addictive Disorders, Seattle, WA, www.usjt.com

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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*.™

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- Students experiencing difficulty adjusting to or succeeding in college
- Students who have failed or dropped out of college

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The Bridge program provides access to the full range of activities available at The Family Foundation School (FFS): music, arts, sports, outdoor pursuits, community service and spiritual development.

Some students use the program to complete high school by taking dual credit courses on campus; benefiting from the academic and therapeutic supports available.

Others take courses at FFS while taking up to four courses at Broome Community College (BCC) in Binghamton, NY spending two full days each week on the BCC campus, fully integrated into campus life and working with a transition mentor.

Students may take BCC courses while living and working part-time on the FFS campus, or even while living in Binghamton and receiving gradually decreasing support from us.

The relationship between BCC and Binghamton University (BU) (part of the State University of New York [SUNY] system), allows BCC students with a 3.0 GPA or higher to transfer credits to BU, Cornell, Marywood, various SUNY schools and University of Buffalo among others.

These academic options replicate the routines, responsibilities, challenges and independence that come with college attendance and provide Bridge program participants with the experience they need to succeed on their own.



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