

Published by

Woodbury Reports, Inc.™

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

February 2013 - Issue #222

(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.)

PARENT CHOICES FOR STRUGGLING TEENS:

Dennis Coates, PhD

CEO/Founder
ProStar Coach

Perry LaRogue, PhD

Founder/ President
Mansfield Hall

Annette Poizner, CSW

Therapist
Master Graphologist

Hilarie Cash, PhD

Founder
reStart

Stephen Cessario

Founder
CT Youth Mentoring 4

VISIT REPORTS:

Spring Ridge

Academy 5

Oak Creek Ranch

Academy 6

NEW PERSPECTIVES:

Educational

Pathways 9

SEEN N' HEARD:

Page 10

THE TOP 110 SCHOOLS AND PROGRAMS

By: Lon Woodbury, MA, CEP, IECA



The list of the top 110 Schools & Programs in the network of private parent-choice residential schools and programs for struggling teens for 2013 is out.

On the list of schools and programs are those that have the best reputation among Independent Educational Consultants who make a living helping parents find the best school or program for their children needing that kind of residential help.

Every year we survey the leading Independent Educational Consultants asking them to mark those schools and programs they feel provide an effective and safe intervention for the appropriate children. What we are doing is measuring the reputation of these schools and programs among picky and demanding professionals who are always looking for good quality. Making good recommendations is how their educational consulting practices survive. We collate the responses for the more than 500 schools and programs we are trying to track, score and rank them. The following are those that scored in the top one hundred and it would be a fair statement that there is a consensus that these are good quality schools and programs, of course for the appropriate child.

Our sincere thanks to the following Educational Consultants who generously shared their time, thoughts and experience about which schools and programs should be included in this Edition. The final decision for inclusion of any specific school or program is based on whether or not there is a positive consensus among those professionals as indicated by our survey. The generous sharing by the following professionals gave us many new insights on which to base our inclusion decision.

Shayna Abraham, Walnut Creek, CA
Diane Arnold, Lafayette, CO
Harriett Bay, Los Angeles, CA
Judi Bessette, Nashotah, WI
Stephen Bozak, Clifton Park, NY
Linda Cain, Boulder, CO
Kay Davison, Newport Beach, CA
Loi Eberle, Naples, ID
Nancy Edwards, Skaneateles, NY
Paula Feldman, Corona del Mar, CA
Harriet Gershman, Evanston, IL
Leslie Goldberg, Braintree, MA
Renee Goldberg, Worcester, MA
Alicia Goldman, San Francisco, CA
Elizabeth Gordon, Manitowoc, WI
Jean Hague, Atlanta, GA
Lynn Hamilton, Santa Barbara, CA
Pam Jobin, Denver, CO

Lindy Kahn, Houston, TX
Paula Leslie, Columbus, OH
Anne Lewis, Santa Barbara, CA
Karen Mabie, Glencoe, IL
Nancy Masland, Tucson, AZ
Judge Mason, Sedona, AZ
Steve Migden, Roslyn Heights, NY
Martha Moses, Miami, FL
Virginia Reiss, Larkspur, CA
Judi Robinovitz, Boca Raton, FL
Marcia Rubinstein, West Hartford, CT
Marla Simon, Menlo Park, CA
Teri Solocheck, West Hills, CA
Jeanette Spires, Lake Forest, IL
Larry Stednitz, Morro Bay, CA
Peter Sturtevant, Washington, DC
Pamela Tedeschi, Chevy Chase, MD
Imy Wax, Deerfield, IL

More information on each one of these schools and programs will be available in the series of digital ebooks that we will be publishing soon to replace the single print volume we have published in the past. The title THE PARENT EMPOWERMENT HANDBOOK™ we will continue to use. To be notified when they are published, please Subscribe to receive our notices.

CONTINUED: **TOP 100/ 2**

TOP 100

AIM HOUSE

Boulder, Co

AIM HOUSE FOR WOMEN

Boulder, Co

ALPINE ACADEMY

Salt Lake City, Ut

ASPEN INSTITUTE

Syracuse, Ut

ASPIRO

Riverton, Ut

AULDERN ACADEMY

Siler City, Nc

BENCHMARK TRANSITIONS

Loma Linda, Ca

BERKSHIRE HILLS MUSIC ACADEMY

South Hadley, Ma

BIRDSEYE BOYS RANCH

Spanish Fork, Ut

BRANDON HALL SCHOOL

Atlanta, Ga

BREHM PREPARATORY SCHOOL

Carbondale, Il

CARLBROOK SCHOOL

Halifax, Va

CATALYST RESIDENTIAL TREATMENT,

Brigham City, Ut

CENTER FOR CHANGE

Orem, Ut

CHANGE ACADEMY OF THE OZARKS

Lake Ozark, Mo

CHAPEL HAVEN

Tucson, Az

CHEROKEE CREEK BOYS SCHOOL

Westminster, Sc

CHERRY GULCH

Emmett, Id

CHRYSALIS, INC.

Eureka, Mt

COOPER RIIS

Mill Spring, Nc

DISCOVERY ACADEMY

Provo, Ut

DISCOVERY RANCH

Mapleton, Ut

DRAGONFLY TRANSITIONS

Klamath Falls, Or

EAGLE HILL SCHOOL

Hardwick, Ma

ECHO SPRINGS TRANSITION CENTER

Bonnars Ferry, Id

ELEMENTS WILDERNESS PROGRAM

Huntington, Ut

FLORENCE CRITTENTON

Helena, Mt

FOREST HEIGHTS LODGE

Evergreen, Co

FORMAN SCHOOL

Litchfield, Ct

FOUR CIRCLES RECOVERY

Horse Shoe, Nc

GATEWAY ACADEMY

Salt Lake City, Ut

GLENHOLME SCHOOL

Washington, Ct

GOULD FARM

Monterey, Ma

GOW SCHOOL

South Wales, Ny

GRAND RIVER ACADEMY

Austinburg, Oh

GRAY WOLF RANCH

Port Townsend, Wa

GREENWOOD SCHOOL

Putney, Vt

HAMPSHIRE COUNTRY SCHOOL

Rindge, Nh

HIGH FRONTIER, INC.

Fort Davis, Tx

IN BALANCE TRANSITIONAL LIVING

Tucson, Az

INTERMOUNTAIN

Helena, Mt

ISLAND VIEW RTC

Syracuse, Ut

KILDONAN SCHOOL

Amenia, Ny

KING'S DAUGHTER'S SCHOOL

Columbia, Tn

KOLOB CANYON RTC

Murray, Ut

LA EUROPA ACADEMY

Murray, Ut

LANDMARK COLLEGE

Putney, Vt

LANDMARK SCHOOL

Prides Crossing, Ma

LEELANAU SCHOOL

Glen Arbor, Mi

LITTLE KESWICK SCHOOL

Keswick, Va

LIVING WELL TRANSITIONS

Boulder, Co

LOGAN RIVER ACADEMY

Logan, Ut

MAPLE LAKE ACADEMY

Payson, Ut

MAPLE LAKE ACADEMY FOR BOYS

Payson, Ut

MAPLEBROOK SCHOOL

Amenia, Ny



MARVELWOOD SCHOOL

Kent, Ct

MENNINGER CLINIC

Houston, Tx

MERIDELL ACHIEVEMENT CENTER

Liberty Hill, Tx

MONTANA ACADEMY

Kalispell, Mt

MONTCALM SCHOOL FOR BOYS

Albion, Mi

MOONRIDGE ACADEMY

Murray, Ut

MOUNTAIN SPRINGS PREP ACADEMY

Cedar City, Ut

NEW HAVEN FEMALE RTC

Provo, Ut

NEW LEAF ACADEMY

Bend, Or

NEW LIFESTYLES, INC.

Winchester, Va

OPEN SKY WILDERNESS THERAPY

Durango, Co

OUTBACK WILDERNESS EXPEDITIONS

Lehi, Ut

OXBOW ACADEMY

Springville, Ut

OXFORD ACADEMY

Westbrook, Ct

PACIFIC QUEST

Hilo, Hi

PASADENA VILLA

Orlando, Fl

PHELPS SCHOOL

Malvern, Pa

RIVERVIEW SCHOOL

East Sandwich, Ma

ROCK POINT SCHOOL

Burlington, Vt

ROGERS CHILD & ADOLESCENT CENTER

Oconomowoc, Wi

SALT CENTER: UNIVERSITY OF ARIZONA

Tucson, Az

SAN MARCOS TREATMENT CENTER

San Marcos, Tx

SANDHILL CHILD DEVELOPMENT CENTER

Los Lunas, Nm

SECOND NATURE BLUE RIDGE

Clayton, Ga

SECOND NATURE CASCADES

Bend, Or

SECOND NATURE ENTRADA

Santa Clara, Ut

SECOND NATURE FOOTSTEPS

Clayton, Ga

SECOND NATURE WILDERNESS PROGRAM

Duchesne, Ut

S.O.A.R.

Balsam, Nc

SOAR ACADEMY

Balsam, Nc

Sober College

Woodland Hills, Ca

SOLSTICE

Layton, Ut

SOLTREKS

Two Harbors, Mn

SPRUCE MOUNTAIN INN

Plainfield, Vt

SUMMIT ACHIEVEMENT

Stow, Me

SUMMIT ACHIEVEMENT TRAVERSE

Stow, Me

SUMMIT PREPARATORY SCHOOL

Kalispell, Mt

SUWS OF THE CAROLINAS

Old Fort, Nc

SUWS SEASONS

Old Fort, Nc

TALISMAN

Zirconia, Nc

TALISMAN ACADEMY

Hendersonville, Nc

TELOS

Orem, Ut

TRUE NORTH WILDERNESS PROGRAM

Waitsfield, Vt

UINTA ACADEMY

Lewiston, Ut

VALLEY VIEW SCHOOL

North Brookfield, Ma

VISTA ADOLESCENT TREATMENT CENTER

Magna, Ut

VISTA AT DIMPLEDELL CANYON

Sandy, Ut

VIVE!

Boulder, Co

WATERFALL CANYON ACADEMY

Ogden, Ut

WEDIKO SCHOOL

Windsor, Nh

WEDIKO SUMMER PROGRAM

Windsor, Nh

WINCHENDON SCHOOL

Winchendon, Ma

WINGATE WILDERNESS THERAPY

Kanab, Ut

WISDOM RANCH SCHOOL

Arco, Id

WOODHALL SCHOOL

Bethlehem, Ct



BUILDING CONFIDENCE FOR A BRIGHTER FUTURE.

A THERAPEUTIC BOARDING SCHOOL

At Montcalm School, children have a whole world of people ready to help them succeed. As a program of Starr Commonwealth, Montcalm School utilizes the knowledge and insights from thought leaders in education and strength-based therapeutic services. We employ vast expertise and resources to support the needs of children, empowering them – regardless of their challenges – to transform their lives academically, behaviorally and socially.

ReferAChild.org | 866.244.4321

Montcalm
SCHOOL
FOR BOYS AND GIRLS

Montcalm School for Boys and Girls is a private therapeutic boarding school serving kids and families from around the world. Montcalm School offers a traditional therapeutic program for boys and girls ages 12-18; Outside In, a program for boys and girls, ages 12-18, with autism spectrum disorders; and Structured Transitional Living, a life skills program for boys, ages 17-21. Montcalm School is part of Starr Commonwealth, an organization that has helped children and families for 100 years.

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.



1971 ESSEX COURT
REDLANDS, CA - 92373

WWW.BENCHMARKTRANSITIONS.COM

PARENT CHOICES FOR STRUGGLING TEENS:

The following guests appeared on Lon's Internet Talk Radio Show, Parent Choices For Struggling Teens in January 2013. The show airs Mondays at 12:00pm Pacific Time on www.latalkradio.com.

BRAIN SCIENCE AND THE TEEN AGE BRAIN

Dr. Dennis Coates has been studying the brain, how it develops and how it learns, for the past 25 years. Based on his studies, he is the author of two books of advice for teens--*Conversations with the Wise Uncle* (for boys) and *Conversations with the Wise Aunt* (for girls). He has also created an online personal development coaching system- Strong for Parenting, to help parents learn to communicate and connect with their teen.

STUDENTS ON THE SPECTRUM:

MAKING COLLEGE MORE ACCESSIBLE

Perry LaRogue PhD, founder and President of Mansfield Hall, Burlington VT, for college students with Autism and/or learning disabilities, talks about the internal obstacles to college success these students must overcome and how they can be helped by individual support programs like Mansfield Hall.

GRAPHOLOGY INSIGHT INTO PERSONALITY

Parent Choices for Struggling Teens dove into the subject of graphology and the use of it and projective personality assessments in the context of psychotherapy. Annette Poizner, clinical social worker, therapist and a Master graphologist explained, "When looking at handwriting samples of clients, it is like looking at a personality thumbnail sketch. As a therapist, it accelerates the 'get to know you' stage and is really a good clinical tool. It helps the client understand who they are and where they are in the growth process."

THE LIGHT AND DARK SIDE OF COMPUTER GAMING

Dr. Hilarie Cash, PhD, founder of reStart, the first therapeutic program for young adults with Internet/Gaming addictions, represented the dark side of Computer Gaming, while Steven Cessario, founder of CT Youth Mentoring and Coaching, represented the light side.

All segments in January were sponsored by Spring Ridge Academy, 928-632-4602, a Therapeutic Boarding School for Girls in Arizona.

ANSWERS ⁴ THE FAMILY RADIO SHOW



Allen Cardoza



Dr. Melody Foxx

Sharing solutions for
raising children in
our ever-changing world.

TUNE IN EACH MONDAY AT 11 A.M. PST
WWW.LATALKRADIO.COM

As a social evil,
the absent father is one of
the bogeys of the remedial age,
this historical period of therapy,
recovery, and social programs
that try to fix
what we do not understand.

~ The Soul's Code
James Hillman

NY: Warner Books Edition: 1996 p. 81

SPRING RIDGE ACADEMY

Spring Valley, AZ
Jeannie Courtney, CEO/Founder
928-632-4602
admissions@springridgeacademy.com
www.springridgeacademy.com

Visit By: Lon Woodbury, MA, IECA, CEP, September 7, 2012

Spring Ridge Academy is a therapeutic boarding school for girls on the outskirts of the small community of Spring Valley, Arizona, not far from Sedona. It maintains a low profile and at first glance looks like one of the farms they are surrounded by. I drove right past it at first and had to turn around. I noticed the school sign at the entrance to the school near the art/dance building and the athletic field.

The school has a capacity of 72 girls with 55 there on the day of my visit. That number continually changes because they have rolling admissions and placement is not restricted to the academic year. The buildings were modern and comfortable, having more a home like environment than anything else. The girls seemed comfortable and relaxed with a good sense of emotional safety. Most of the activity I saw was typical of any groups of students.

They were visiting, walking together to and from classes and conferring with teachers. The ones I saw in class were attentive and interacting with the teachers regarding the subject matter or perhaps some personal issue.

The staff lined me up with a few girls to have lunch with and the girls were open about how they came to be at Spring Ridge, issues they were working on, hopes for the future etc. During lunch some students had to leave and others stopped by to replace them. The students seemed to be conscious of their role as hostesses and were making sure I wasn't left untended. Finally only one girl was left, and she told me she had to go to class but didn't want to leave me by myself. I assured her that the staff was keeping a good eye on me and I wouldn't be lonely, so she thanked me and scooted off to her class.

The school describes itself as an "empowering emotional growth program with a sophisticated therapeutic approach and a rigorous college prep curriculum." The structure of an emotional growth program was obvious. At all times, the girls were intent on doing what was scheduled, with the breaks for relaxing time being adequate but not too long. I saw several conversations girls were having with staff that appeared to be focused on some action and consequences along with it being a learning moment. They are a family systems program and contact with parents and helping the parents was explained to me as a priority. During the girl's stay there they attend four experiential educational workshops. The parents attend one workshop for themselves, and then two family workshops that include siblings. The last family workshop is oriented toward transition which focuses on the future and what the girls and their parents need to do to continue their growth.

Most of the students come there immediately after a therapeutic wilderness experience. This shortens the first phase compared to other schools, the orientation phase, since much of the prelimi-

CONTINUED: SPRING RIDGE/6



*A Safe Journey
To Higher Ground
Since 1981*

SUWS

Adolescent & Youth Programs

A licensed treatment program in Southern Idaho that specializes in providing a fresh start for struggling teens who are experiencing:

- | | |
|-----------------|-----------------------|
| Family Conflict | Substance Use |
| Low Self-esteem | Oppositional Defiance |
| Entitlement | Attention Deficit |
| Manipulation | Learning Differences |
| Isolation | School Failure |
| Depression | Negative Peer |
| Running Away | Relationships |

Programs for ages 11-13 and 14-17

Highlights include flexible length of stay, Search & Rescue metaphor, small groups, web-based student updates and Master-level therapists.

Ask for free brochure

888-879-7897

www.SUWS.com

Celebrating 20 Years of Turning Hearts Homeward



In its 20th year, the nonprofit ANASAZI Foundation helps to restore and strengthen parent-child relationships.

ANASAZI's confrontation-free outdoor behavioral healthcare services are ideal for adolescents and young adults struggling with entitlement issues, defiance, mild-to-moderate mood disorders, and self-defeating behaviors. ANASAZI's renowned parenting program and aftercare services allow committed parents to create a home environment that enhances family unity and promotes a lasting change in family behavior.

Scholarships are available for those in need.

800.678.3445 | anasazi.org



SPRING RIDGE

nary work has been done and the girls are already used to the structure necessary for an emotional growth program. There are three more phrases, with the fourth consisting of work the family needs to do when the girl is back home in continuing to work on whatever major issues the student has relating to relationships, sobriety, body image, anxiety, adoption etc.

From what I saw in the classrooms, the school takes seriously their goal of providing a rigorous college prep curriculum. The school is a SAT and ACT testing site, and the materials I had a chance to look at looked challenging. It contains a full CORE curriculum, classes are typically 8-10 students with teachers certified in the subjects. The academic department is also an integral part of the treatment team, to ensure that academics are treated as important as the rest of the program.

Staff informed me that in the students enrolled, they are seeing an increase in girls with trauma, attachment, sexual, anxiety and LD issues. I think it would be fair to say that the school is seeing more damaged girls than would have been typical a decade or so ago. Along with the mentoring by staff, the school has several therapeutic intensives to work with girls with the specific issues of anxiety and depression, chemical dependency, trauma, body image, relationships and new intensives focusing of sexual issues and adoption. They have been adopting several new techniques that are becoming popular nationally. One of those is Dialectical Behavior Therapy (DBT) skills groups, which is mostly known for mindfulness and cognitive-behavioral techniques. The other is Eye Movement Desensitization and Reprocessing (EMDR), which is less known. Gary Hees, Clinical Director explained that EMDR is effective in quickly finding clues and insights to traumas through a technique of eye movement. He explained how using these together is very effective at assessing emotional/behavioral problems through EMDR, which often are followed by therapy utilizing more traditional mindfulness and cognitive-behavioral techniques.

My overall impression was that everything at the school was flowing smoothly, what needed to be happening was happening, and I saw no evidence of squirreling around or underground behavior that I usually see in most mainstream schools.



Accredited Online High School
ParkCityIndependent.com

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.

Contact Us to Find Out More
www.discoveryschool.org
434-983-5616 email: dsadmissions@yahoo.com

RedCliff Ascent
Outdoor Therapy Program



DEFIANT TEEN?

Parent Seminar
Girls and Boys
Depression
Substance Abuse
Behavior Disorders
Licensed Psychologists
Academically Accredited
30 to 60+ days curriculum

*"As nature heals,
dreams soar... and
lives find new direction."*

www.redcliffascent.com (800) 898-1244

OAK CREEK RANCH SCHOOL

West Sedona, AZ
David Wick Jr.
Headmaster and Admissions
928-634-5571
dwick@ocrs.com
www.ocrs.com

Visit By: Lon Woodbury, MA, IECA, CEP, September 6, 2012

When James Herrera called me with an invitation to come down to visit Oak Creek Ranch School, I expressed how dubious I was and the reasons. Independent Educational Consultants had written Oak Creek Ranch School off years ago because they had developed the reputation of taking in kids needing therapeutics and very tight structure without the capability of meeting their needs. James explained that the staff was very aware of that reputation and the school had been taken over by new management, David Wick Jr., who has spent the last few years turning it around. This intrigued me and I decided I needed to visit to see for myself if there were

any changes. In short, what I saw was an entirely different school than the one I had visited several years ago.

When he arrived about nine years ago, David first determined that a third of the students were not reachable by the school, and within a three-month period he sent them home. These students needed more highly clinical programs or intense residential treatment than Oak Creek Ranch could offer. Some even needed serious drug and alcohol recovery treatment. Removing those very negative influences was the first step in creating a school that worked.

Then, over time, David refocused the coed school to enroll those who were failing, in school or most anywhere else for that matter. He saw these students primarily needed nurturing, consistent structure, and the sense of accomplishment that comes from success. Along with that, admissions were tightened to better screen out those who were not compatible with the new mission. He also let some staff go who were unable to adjust to the change in the school philosophy, and looked for experienced staff who were compatible with the new direction.

With these decisions, the school's character began to change. An important key to getting the staff onboard with the new mission was his hiring Jim Graves as Dean of Residential Life three and a half years ago who had a solid reputation from St. Paul's school in Phoenix. Jim has become an anchor in the school and has been invaluable in the implementation of the new school mission. As Assistant Director, he is responsible for all operations regarding the students during the absence of Headmaster Wick. Their typical student now is defined as ADD/ADHD students, or perhaps those rather "quirky" teens who were having trouble fitting in back home, or were discouraged.

Approaching the school is a memorable experience. A few miles from Sedona you leave the pavement for a dirt road across a landscape of sand and sagebrush. After passing a couple of lonely ranch houses, going down into a ravine and crossing a stream with flash flood warnings prominently posted, you arrive at an oasis of trees, lawns and buildings which is the school. The sense of a cozy tucked in isolation is strong.

After meeting the staff and being briefed on the history and current mission of the school, it was lunchtime and I was connected with about a half dozen students to talk with while we were having lunch. One of the students had been asked to join me, but the others volunteered to tag along and meet the "visitor" also. All of them were open about their experience, seemed to be enjoying themselves at the school and were quite positive about the school. To me, one girl's story stood out. She had been floundering back home and her parents had enrolled her there hoping it would help her get her life back on track. What impressed me was she had been there only three days and already had a "best friend," talked about how she felt she was a part of a big family and was excited about the upcoming school year. Although the school has open enrollment, most students arrive just before the start of the Fall Semester of classes.

Their arrival is scheduled for just before "Orientation" which is organized so that as soon as a student arrives they are involved in various activities and fun things to do that gives all the students the chance to meet each other, the staff and get an idea of expectations. For the new student especially, this avoids the "lonely in a crowd" feeling when arriving at a new place, and gives the new school year a great start. I had arrived during the "afterglow" of Orientation and

CONTINUED: OAK CREEK RANCH/8



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



OAK CREEK RANCH

its effectiveness and feeling of safety was apparent.

The school does have a therapist on-call, but that is pretty much the extent of their clinical focus. They have a strict anti-drug policy and for the few students that need it, there are Narcotics Anonymous meetings available on campus. The program is more an emotional growth school, with a solid structure and an emphasis on being firm, fair, and consistent. They start with an attitude of trusting the kids and telling them they believe in them. With this population, the staff say the students respond well to this and with the staff support given the students, most of the time the students do the right thing. It was reported to me they also respond well to being given responsibilities. The students I talked with seemed to have a sense of ownership, in that this was their school, so their approach seems to be working.

Their primary function of course is as an academic school. They have a large campus with buildings spread around a quad somewhat bigger than a football field. The administration building, cafeteria and many classrooms were on a side of a hill, and the other side of the campus is bounded by a river. Dedicated classroom buildings were scattered all around the quad, with the horses and stables at one end. In my tour of the classrooms, I was impressed at indications of innovative academics. For example, the English classroom had a periodic table of literature, and another with the periodic table of poets - intriguing concepts. The library had an array of world maps, each demonstrating a different technique in solving the problem of mapping the world. That was the first time I had seen in one place all the various attempts to accurately map on a flat surface a three dimensional world.

The existence of creative innovation in the classroom was specifically encouraged as became very clear after a discussion with

the principle Nadine O'Brien. She explained several principles that guide the academics. First, the goal is to encourage the students to not focus on assignments, but to focus on learning. The classroom innovations I saw certainly would encourage that by making education interesting. Another rule of thumb Nadine explained brought a smile to me - that is her instructions to the teachers were if a teacher talks more than ten minutes, they need to shut up! In addition they emphasize helping the students find electives that are based on student interest. They are open to creating new elective classes if there is enough student interest and an available teacher willing and able to teach that subject.

Perhaps one of the secrets to the safety I felt at the school was a hidden agenda of using every classroom opportunity to teach life skills. There was no indication that it ever got to "preaching" but rather referred to when anything touched on life skills or ethics it was discussed in that vein. They also encourage the teachers to develop community involvement for the students associated with the class. For example, the water science class has a working arrangement to help the Verde River Association.

This is definitely a different school from what I visited several years ago and should be judged on its current merits rather than on problems from the past.

The reason teaching has got to go is
that children are not born human;
they are made so.

~ Jacques Barzun



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 432-364-2241
Fort Davis, Texas Fax: 432-364-2261

high.frontier@sleschools.org



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

BOYS TOWN

EDUCATIONAL PATHWAYS

Boulder, Colorado
Melissa Shanahan, MA, Founder/Director
303-588-9851
melissa@EducationalPathways.com
www.educationalpathways.com

Educational Pathways specializes in assisting students and families to find alternative educational and therapeutic environments, which provide safe, supportive care and academic success while nurturing growth and change.

Melissa Shanahan earned her Master's in Counseling Psychology from the University of Denver and lives in Boulder, Colorado with her husband and two children. With over twenty years of experience working with adolescents and their families, Melissa offers a personal approach helping; you navigate the best possible educational pathway for your child. As a counselor in drug and alcohol programs, residential treatment facilities, public high schools and outdoor education programs, she understands the turmoil that students face today and the need for parents to stay committed to keeping their children on track.

Centering on the student and his/her individual needs, the placement process begins with a phone call to determine whether an alternative placement is appropriate for your child. If we chose to work together, an in-depth assessment will promptly follow where we bring together the family to better understand their environment. The overall placement process can take from a few days to a few weeks. With Educational Pathways, you will receive complete individualized attention, guidance, and support as we match students with high quality schools and therapeutic programs offering clear boundaries, consistent structure while also encouraging students to grow emotionally and academically.

After your child's admittance, Educational Pathways remain engaged as an advocate for the family and student throughout their stay. The last thing that is done and the most important as placement, will be work with you safely to transition you back together or towards your child's next educational opportunity.

[This information came from the Educational Pathways website]

Second Chances for troubled teens



A second chance at a first class education

- Rigorous college prep curriculum
- Individualized academic supports
- Individual, group, and family counseling
- Character-building 12-Step lifestyle
- Nurturing family environment



A better chance to succeed in college

... through *The Bridge* program for high school graduates or fifth-year seniors ages 18–20.

- Complete transition support for those entering or re-entering college
- Academic advising, transcript repair and admissions guidance
- Therapeutic counseling and recovery support
- Help with social and independent living skills
- Class options including on-site college courses
- Option of luxury student housing off campus

For more information, contact:

Jeff Brain, MA, CTS, CEP
Dean of Admissions and
Director of External Relations
431 Chapel Hill Road, Hancock, NY 13783
Phone: 845-887-5213, x499
Cell 845-341-7403
jbrain@thefamilyschool.com
www.thefamilyschool.com

Accredited by The Joint Commission and the Middle States Association of Colleges and Schools. Charter member: National Association of Therapeutic Schools and Programs. Member: Association of Recovery Schools. The Family Foundation School is a private, New York State registered boarding school situated on a scenic 150-acre campus in the western Catskills.



Accredited by
The Joint Commission

SEEN N HEARD...

THE TOP 110 SCHOOLS AND PROGRAMS ANNOUNCED: The list of top schools and programs in the private, parent choice network has been released. These programs are those that have the best reputation among Independent Educational Consultants who make a living helping parents find the best school or program for their children needing that kind of residential help. Information on how to obtain copies and information will be released shortly.

WILLOW CREEK LODGE WELCOMES FIRST CLIENTS: We are proud and excited to announce that Willow Creek Lodge welcomed our first clients this month and are looking forward to building our enrollment over the coming weeks. Willow Creek Lodge, a Q&A Associates program, is a retreat style program for young adults (18-26 years old) just west of Asheville, NC. 207-356-0930

LIVE OAK NOW ONE OAK: Live Oak Educational Consulting, announced today that it has renamed itself One Oak Educational Consulting. One Oak provides therapeutic or academic placement services for adolescent and young adults nationwide. 773-288-9156

SUMMIT PREP PRESENTS AT NATSAP: Summit Prep's Jason Calder LCPC and Barb Cunningham EdD, presented at NATSAP. The presentation focused on the use of experiential activities in a therapeutic setting. 406-261-9437

CARE ANNOUNCES THE OPENING OF LAVA HEIGHTS ACADEMY: For the past 10 Years C.A.R.E. has been dedicated to a standard of excellence in adolescent care. We are built on a team of professionals who advocate a culture of responsibility, values, and education. To continue in our mission to heal the troubled child as well as to reunite the family, we are pleased to announce the opening of Lava Heights Academy. Lava Heights Academy is an adolescent treatment center exclusively designed and built to assist students

on their therapeutic journey to self-discovery. Our dedicated and highly professional team of therapists and educators promote healing by awakening hearts and minds and capturing the essence of each individual through the spirit of performing arts.
435-862-8068

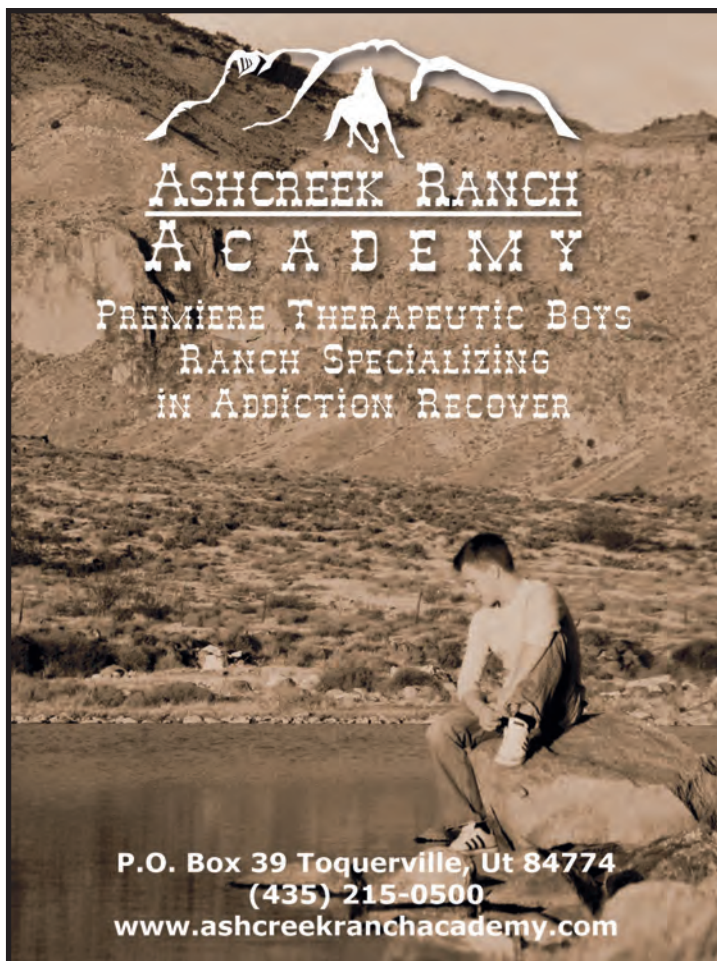
SHORTRIDGE ACADEMY WELCOMES DECKER: Shortridge Academy is pleased to welcome a new counselor to its clinically oriented counseling and strengths-based residential program. Morgan Decker joined the team in December and is hitting the ground running, partnering with Clinical Director, Christina Smalley on new student case management, family and EC communication. Morgan comes to Shortridge with a background in Adventure Based Counseling, specifically experience working in a therapeutic wilderness program and therapeutic ropes course instructor-ship. She has a unique combination of an outdoor education oriented Bachelor's degree and employment experience as well as a clinically integrated graduate program and degree in Social Work.
877-903-8968

ASPIRO WELCOMES RUSH TO ADMISSIONS: Aspiro is thrilled to welcome Sarah Casson Rush as she joins the admissions team. With over eight years of service helping parents in crisis while working in Residential and Outdoor programs, she will bring passion, enthusiasm and strong parent support to the program. 801-349-2740

EVOLVING WOMEN PRESENTS AT NATSAP IN IRVINE: Evolving Women held a Panel Discussion at the recent NATSAP conference. This discussion emphasized the mission of EW in encouraging professional development and mentorship of women in the therapeutic network. 520-722-9631

STAFF UPDATES AT IN BALANCE RANCH ACADEMY: In Balance has a couple of announcements to make. Lynda Hendricks is no longer employed by In Balance Continuum of Care. We are grateful for Lynda's years of service and she will be missed. Until the new director, Wendy Morgando, MAT, is able to take over the helm at San Pedro Valley Academy, Anthony Barrasso, MPS, M.L.S., will be stepping in to ensure that the school program continues to run seamlessly. Finally, Daniel Barrasso, the youngest son of Patrick and Betsy, will be joining In Balance with a Bachelor's in Psychology from the University of Arizona and is currently in the process of completing his Masters in Social Work through Arizona State University. 520-722-9631

PROMISES MALIBU OPENS: Promises Malibu opens its doors to a brand new drug addiction treatment program specifically designed to treat men (Gay, Straight and Bisexual), who suffer from stimulant drug addictions that co-occur with related patterns of sexual



**ASHCREEK RANCH
ACADEMY**
PREMIERE THERAPEUTIC BOYS
RANCH SPECIALIZING
IN ADDICTION RECOVERY

P.O. Box 39 Toquerville, Ut 84774
(435) 215-0500
www.ashcreekranchacademy.com



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.

**FOUR CIRCLES
RECOVERY CENTER**

877-893-2221 **www.fourcirclesrecovery.com**

behavior. Their press release states, "As such it will be the only drug addiction treatment program in the United States with a dedicated focus on the interplay and underlying (often shameful and hidden) concerns, in those men who combine GHB, Ketamine Crystal Meth and/or Cocaine with sex." 800-985-4717

ROSECRANCE ANNOUNCES NEW VENTURES:

Rosecrance is now offering adolescent substance abuse treatment services through its new Waukesha County Office, located at N27 W23957 Paul Road, Suite 101, in Pewaukee, Wisconsin. In addition, Rosecrance and Connections Counseling of Madison have joined forces to create the TMS Center of Madison, which will be Madison's only provider of transcranial magnetic stimulation. TMS is a non-invasive, non-systemic medical treatment for individuals suffering from depression who have not benefited from anti-depressants or who cannot take medication. 815-387-5605

THE MEADOWS WICKENBURG ACQUIRES REMUDA RANCH: The Meadows trauma and addiction treatment center in Wickenburg, Arizona announced that it has acquired Remuda Ranch. Established in 1990, Remuda Ranch is an Arizona inpatient and residential center for women, adolescents and children who are suffering from eating disorders and related issues. 317-376-0192

HUNTINGTON LEARNING CENTER TEAMS WITH STRUGGLING HIGH SCHOOLS: Amid news that more than one million students from the class of 2012 were expected not to graduate high school, Huntington Learning Center has reaffirmed its commitment to help struggling high schools improve their academic performance. Huntington is an approved supplemental education services provider under the No Child Left Behind Act of 2001, and has provided free tutoring to thousands of students across the country through NCLB's federally funded supplemental education services program. 201-261-8400 ext. 431

KITCHEN JOINS BLUEPRINT EDUCATION: Blueprint Education is proud to announce the recent hiring of Ms. Sarah Kitchen, to the Blueprint Education family. Sarah joined the Blueprint team on December 10, 2012. Sarah's focus is on helping students find the appropriate learning environment by starting one of the academic options provided by Blueprint Education allowing them to graduate with their high school diploma. Sarah will also be coordinating some strategic partnerships with other youth related organizations to help more students and families looking for viable educational options that meet their needs. 800-426-4952 ext. 4840

ISS ANNOUNCES 2013 GAP PROGRAMS: A quick note to let you know that our GAP YEAR SEMESTER program in Paris started at the end of January. Another session is offered in the Fall, 2013. 802-558-8867

NEW WINTER CAMPUS FOR TRUE NORTH: True North is excited to announce our new base for winter operations, Teela-Wooket at Windridge Camp, a beautiful established summer tennis camp property in Roxbury, Vermont. From November to April each year, our adolescent and young adult students will call Windridge home. From April to November True North will continue to use National



and Vermont State Forest to support its expedition hiking model. 215-888-1318

DEAN DOERING AND ASSOCIATES WELCOMES NEW BABY: Daryn and Brandon Reiner announce the birth of their first child, William Wilder Reiner. 208-365-6677

CCBS DESIGNATED GURIAN INSTITUTE MODEL SCHOOL: Cherokee Creek Boys School had the distinct honor of hosting best-selling author, family counselor and researcher Michael Gurian at its Fall Family Seminar. In addition to a day-long training for families and community guests, he presented Cherokee Creek Boys School with the designation of "Gurian Institute Model School." 435-215-0500

TBA ANNOUNCES 2ND ANNUAL CONFERENCE: The Second Annual Therapeutic Business Administrators' Conference is scheduled on April 18-19, 2013, at Snowbird Resort in Snowbird, UT. TBA Conference is a two-day risk management and Business Administration Seminar, specifically for the Therapeutic Industry. 866-766-0640

LEIBERSBERGER ANNOUNCES OPENING OF MANSFIELD HALL: College Support Program for Spectrum and NVLD: Mansfield Hall is a comprehensive college support program and residence for young adults who will benefit from a holistic approach to higher education and independent living. Our mission is to assist students with various disabilities to successfully earn a college degree, develop living skills, and begin a productive career and independent lifestyle. 802-870-0862

COOPERRIIS CELEBRATES 10 YEARS AND 85Z TURNS 3: CooperRiis is a Healing Community for individuals seeking to recover from mental illness and sometimes addictions. Its residents come from all over the country and most often are able to achieve full community re-integration. In June, CooperRiis will celebrate their 10th birthday. In addition, their community based program, 85Z, will celebrate three years. 85Z residents are at least 18 years old and may come directly from hospitalization or addiction treatment centers. 800-957-5155

BRYAN DEFINES TREKEPIC: TrekEpic, which currently provides walking tours in England, Scotland and Wales, is the latest project of educational consultant and social entrepreneur Andrew Bryan. Bryan has been involved in youth coaching and teaching since 1989, starting in Seattle at college prep middle/high school for students with learning disabilities, then the Crossroads Learning Center and the Wholistic Health Options for Learning Effectiveness Program, as well as numerous other endeavors. Typical reasons for using Bryan's services include Asperger's, ADD/ADHD, family conflicts, lack of self-esteem, depression, anxiety, drug/alcohol use, lack of motivation, immaturity or having a style of learning that doesn't "fit the mold." 208-484-5835

ROCK POINT ANNOUNCES SUMMER SESSION: Even though we know that the winter will be back with all its snowy force by the weekend, we cannot help but think of summer as we start to plan the Rock Point School summer session for 2013. The six week program runs from Sunday 7th July to Saturday 17th August and is split into two three week sessions. The program is open to young people who need a small, structured community based on relationships and clear consequences in order to be successful both in the class room and in the world. 802-863-1104 ext. 12

CONTINUED: SEEN N HEARD/12

SEEN N HEARD

HILEMON LEAVES SECOND NATURE ENTRADA: We are saddened to share that one of our most valued therapists, Allison Hilemon, will be leaving Second Nature Entrada. Allison has started her own young adult aftercare program in Saint George, UT for clients dealing with trauma. We know she will continue to help many young adults and their families. Although we are sad to see Allison go, we are entirely supportive of her future endeavors. 801-453-0042

ALPINE ACADEMY STUDENTS LEARN SERVICE IN DC: Alpine Academy just completed a fabulous Service Learning Trip to Washington, D.C. Twelve of our students along with the program director, government teacher, and a residential family teacher spent five days touring our nation's capital. These young ladies had the opportunity to learn more about our government by seeing and touring many of the key buildings such as the Capital Building, White House, and Supreme Court. 800-244-1113

SECOND NATURE ENTRADA ANNOUNCES NEWEST ADDICTIONS THERAPIST: Second Nature Entrada is excited to announce Tim Mullins as our newest Addictions Therapist for young adults. Tim began working in wilderness therapy as a field instructor at Entrada in 2008. He is thrilled to be returning as a Therapist and Addictions and Recovery Specialist after receiving his Masters in Counseling Psychology from Prescott College. 435-674-9310

EDUCATIONAL CONSULTANTS MERGE TO REACH MORE FAMILIES: Nancy Masland, EdS, Certified Educational Planner and founder of Nancy P. Masland & Associates (NPM & A) announces that Gail M Curran, MS, MBA founder of Kaleidoscope Consulting, LLC is joining her practice. Gail brings 25 years of clinical and administrative experience in both private schools, residential and day treatment programs. She will provide support, resources and community connections within the Phoenix, AZ area. 520-749-4220

GRADUATES EXPERIENCE SUCCESS AT NORTHWEST ACADEMY: Northwest Academy is pleased to announce that six students graduated in December. Collectively, these students brought their grade point average up from a 2.3 to a 3.1 and were accepted to 24 colleges and universities. In addition, they received more than \$100,000 in scholarship dollars. 208-267-7522

NEW TEAM MEMBER AT SECOND NATURE UINTAS: Taylor Plumb, PsyD joins Second Nature as our newest therapist for adolescent boys! Taylor earned B.A. degrees in Psychology and Exercise Science from UC-Davis. He went on to accept a postbaccalaureate research position at the National Institute of Mental Health and finally earned his doctorate in Clinical Psychology with an emphasis on health psychology from Alliant International University in San Francisco. 801-913-3733

NEW ACADEMIC DIRECTOR AT TELOS ACADEMY: Telos Academy, the team who facilitates academics at Telos Residential Treatment Center, announces a new academic director, Kevin Kuykendall. Kuykendall comes to Telos with 21 years of experience in the public school system as both a teacher and an administrator. Telos RTC began in 2004 to help teenage boys who struggle with depression, anxiety, substance abuse, addictions, social problems, and learning differences. 801-426-8808

INNERCHANGE ANNOUNCES PARTNERSHIP WITH CHRYSALIS: The Montana-based program for adolescent girls is newest member of the InnerChange family of treatment programs. Chrysalis is the fourth facility to join the InnerChange family of treatment programs, all of which currently specialize in treatment for adolescent girls or young women with emotional and behavioral problems. 877-282-4782

PLACES FOR STRUGGLING TEENS™

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*™.

WOODBURY REPORTS, INC.™

7119 2nd Street • PO Box 1107
Bonners Ferry, Idaho 83805
208-267-5550 (p) - 208-267-9127 (f)
lon@woodbury.com
www.strugglingteens.com

© Copyright 2013, 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 requested in writing.



ISSN: 1540-3718

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.



Pioneering the Referral Service for Schools & Programs

Call Today

208-267-5550
208-267-9127 fax
PO Box 1107
Bonners Ferry, ID 83805

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