

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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PARENT CHOICES FOR STRUGGLING TEENS:

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EDUCATION: FROM SCARCITY TO ABUNDANCE

By Lon Woodbury



Author Chris Anderson published his book FREE: The Future of a Radical Price in 2009 (The book is relatively inexpensive, but the audio version is free- I guess demonstrating his point). This fascinating volume traces the history of how businesses have always used offering free goods and services as a strategy to increase business. From offering free recipes to increase the demand for the new jello product a century ago to modern Internet businesses, he concludes by describing about 50 business models that have effectively used "Free" to increase cash flow. For example, Facebook is free to the user, but as the national news is currently reporting, Facebook is still making huge profits.

His claim is that the global economy is making a significant shift through improved manufacturing, and especially digital products, from an economy based on scarcity to one based on abundance. Books are a good example. In the past, for a reader to have access to a book, it had to first go through the expensive process of set-up, printing and mailing. This process used scarce resources that are increasingly expensive thus driving the cost to the consumer up. This is the pattern in an economy based on scarcity. However, with the advent of eBooks, the costs of publication are approaching zero and we are entering into an economy that is based on abundance. In addition the audience potential is expanding to include the whole world. The primary driver of this radical change from an economy based on scarcity to an economy based on abundance is sophisticated computers and the Internet. Not only can everybody afford to become a book publisher, but established publishing firms can cut costs and expand their market at the same time. The reader benefits from increased choices at reduced costs. This can be a win-win situation that is at the heart of a free market.

Education is being hugely impacted by this sea change of economies based on abundance rather than scarcity. We see signs of that shift all around us. Although the shift is just beginning, it could be that our concept of how to educate our young will be turned upside down in the next few years due to the increased potential of this new economic reality.

Our education establishment was founded in its present form about a century ago. The model was based on the organization of a factory which for its time was a brilliant system of organization to most effectively use scarce resources. Schools became learning centers and if a person wanted to learn something or to get an education, he/she had to go to a school to obtain it. Teachers and school administrators were the gatekeepers of knowledge. The only other practical way of obtaining knowledge was the library and through that the more difficult approach of self education. The knowledge schools dispensed was a scarce commodity and the whole system was based on that basic fact of scarcity.

The digital revolution has changed all that significantly. On the Internet there are many sources of that knowledge that used to be almost monopolized by the education gatekeepers. This knowledge is now available to anyone with an inexpensive computer and a connection to the Internet. The abundance of sources is increasing so rapidly that we are often overwhelmed by the

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HELPING TEENS

multitude of choices. There are many examples of people who are already taking advantage of this educational shift from scarcity to abundance.

Homeschooling parents have traditionally home-schooled their children through the primary grades, but not feeling competent to teach high school level subjects have transferred their children to a public or private school to complete their work toward graduation. However, with the availability of free or inexpensive lesson plans and video lectures by some of the greatest teachers in the world, and credit granting online schools, more are deciding to continue homeschooling their children through graduation, often learning or re-learning the subject matter along with their children.

Struggling teens flounder in mainstream schools for a variety of reasons. Some have a learning difference that is not compatible with the approach in the local school. Some are bright and bored, thus do not do the work and the result is falling grades, discouragement and anger. Some take more time than others to learn a subject and fall hopelessly behind their peers. Some have emotional or behavioral problems that are not addressed well in a typical school. The existence of an abundance of educational resources allow parents and the child to tap into a greater amount of individualized instruction. What is happening from an economy based on abundance is exactly what many of them need but are missing out in the old system of education thinking based on scarcity.

Some have lifestyles that do not allow the consistency of physical attendance required by most schools, like child actors, families who travel a lot or those who live in remote locations. The Internet, through online schools, allows at least the academic consistency and academic success these children need.

I think these solutions, and many more education needs, will grow into significant options all people will become aware of and many more will take advantage of as we shift our understanding of education from a base of scarcity to a base of abundance.

Education abundance can in the future meet the basic needs in an increased multitude of ways. These are the needs our school systems has always worked to meet in the past. But, there still will be scarcity. Instead of the scarcity of the past based on scarcity of the gatekeepers of basic education resources, out of the abundance of choices, quality will become the new scarcity. One hopeful possibility is the children and the parents will choose who is the best for their individual needs, instead of education gatekeepers choosing who is best based on sometimes questionable criteria such as tenure, number of college credits, seniority or a number of other criteria that might or might not relate to teaching quality.

If it evolves the way it seems to be developing, this sure sounds more like democratic values than what we've had in the past.

A WILDERNESS GUIDE'S ADVICE TO STUDENTS

By: Cliff Stockton

I am often asked, by students, and their parents, what advice I have to newly enrolled students in a wilderness program. Over the course of 16 years I have had this conversation many times. They often take as many different courses as there are students who have asked, but the gist is the same. I have broken them down into a couple of categories.

- Just what do I have to do to get out of here?
- Really? Because that just ain't gonna happen!
- What if I don't want to do that?
- Can't I just escape?
- One last thing!

"Just what do I have to do to get out of here?"

Most programs are going to have you go through some steps. Some of those steps may or may not involve levels; they might call them phases or steps. Whatever, they are all essentially the same thing. Some will be therapeutic. Some will be programmatic i.e.: eating your food, doing curriculum, etc. Others may growth steps or rites of passage. You will probably have a treatment plan that you will work on with your therapist, case manager, etc.

First find out what is on that plan. Then go ahead and do what they ask.

Honestly, the work you do will probably benefit you in the long run. My experience is that it will, even if it seems like B.S. at the moment.

Here's the trick.

How long you are enrolled there will depend on many factors. Two of which will likely be:

- Your parent/guardian's goals for you
- Your progress through the program

The situation you do not want to be in is: Your parent/guardian's goals having been met and they are waiting, for your progress to be at an acceptable stage. My advice is get your stuff done quickly and thoroughly so that the pressure is on your parents, not you!

Really!? Because that just ain't gonna happen!

Yes really. Keep in mind that every choice you had prior to going to a wilderness program you will have again. The reality is that for students who are resistant to the program two rather disagreeable things tend to happen.

The first is that the defiance, or resistance, reinforces your parents' decision to place you in a wilderness program, and

validates any decision they may make to choose an out-of-home placement for aftercare.

The second is that the defiance, or resistance, indicates that more time is required in the wilderness program for you to "Get it". Whatever that "it" is.

Either way, it is not what you want to have happen. I have watched students over the years try different "tricks" to get out of programs. Not only do the "tricks" not work, they almost always only postpone the inevitable. One of the most common ones is:

"I will just wait here and not do anything until my parents take me out."

I have watched kids wait 28-60 days, only to finally realize that their parents were serious, and then start doing what is asked. Ouch!

The other path, embracing what is going on can only have a positive effect; i.e. shortening the amount of time you spend in the program and/or creating the possibility of an at-home aftercare placement, when that might not have been a possibility at the beginning.

The choice will be yours. So, given these choices my advice is to choose to create some opportunities and possibilities for yourself.

What if I don't want to do that?

Then don't do it. If your ego, pride, honor or street "cred" are at stake, then honor those things, and accept that there will be consequences for them. If you are determined to not let your parents "win" and define them "winning" as cooperating with the program, then don't cooperate and accept that there are always consequences. You can win every battle of wills you engage in. That does not mean that the outcome will be what you want.

I think this path is silly, pointless and ultimately futile. But for some young people these very important issues. If you decide to go this route I encourage you to be honest with the people, your therapist and field guides, at the program. Tell them exactly what kind of B.S. you think their program is, and explain to them how extremely unfair it is for your parents to put you there. My experience is that they will respect the honesty.

If you do nothing else, eat the food, drink plenty of water. Keep yourself healthy.

Can't I just escape?

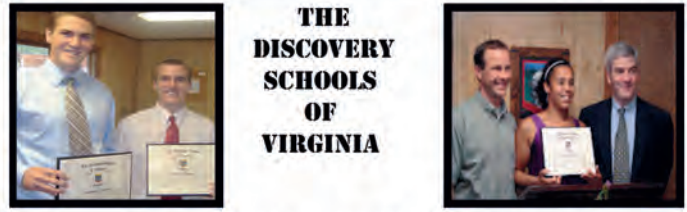
Depends on what you mean by "Escape"? If you mean: Can I get away from the program operators for a little bit. Then yes, you can. If you mean: Can I get away and resume the activities I was previously engaged in, without any consequences. Then no, not really. It may even put your friends in danger, harboring a runaway, etc and create legal problems for them.

I have read accounts on-line of students who say they have

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WILDERNESS

escaped, and that may be true. In my 16 years doing this several students did manage to leave the programs I was working at. In all the cases I am aware of there were consequences. Most were eventually returned to the program they started from. Some wound up in a more secure (read locked) facility, where they had little chance to escape again. Following the program in many of these cases involved completing the initial program, so back to the wilderness. Several incurred legal charges during the "escape" and wound up under court jurisdiction, which required other steps as well. In the end, for every student who has done this these factors made getting home take even longer.

What I suggest to you is this. Be honest, tell your therapist that you think this is a pile of fresh smelly horse dung, but also say you are willing to do something to get out of here. And do what they ask you to do, even if you think it is stupid. It might not hurt that much, and it might help.

Stranger things have been known to happen.

One last thing!

I am still in contact with several students who had gone through programs I was at. Some even came back and worked with me. They all remember their time as the most impactful, inspiring time in their lives. One even volunteered to come back and re-experience the program because after reflecting on it, realized that he did not open himself up the process and regretted that decision. So, while you might think this sucks right now, I can pretty well guarantee that you will look back at this experience as the one of the best times of your life. Sorry.

About The Author: *Cliff Stockton has extensive experience working in wilderness based therapy in many different capacities. For more information, visit www.cliffstockton.com, or contact him at cliff@cliffstockton.com or 208-308-3166.*

VISIT REPORTS...

PACIFIC QUEST

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Erin Levine - Clinical Admissions Director

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suzanne@pacificquest.org

www.pacificquest.org

Visit By: Jessica Romeyn, PsyD, January 7-9, 2013

I had the opportunity to visit Pacific Quest in lovely Hawaii. Located on the Big Island in Hilo, Pacific Quest (PQ) is not your average wilderness program. Created by Mike and Suzanne McKinney, PQ has 2 programs; one for adolescents and the other, young adults. The model for the programs is "Sustainable Growth", a focus on the mind, body, and emotions.

The moment I stepped foot onto the adolescent campus I felt an overwhelming sense of peace and stillness. I was welcomed through the passage by a young man who was graduating in a couple of days. As a group we then, were introduced to the beloved "Land Man", Travis Slagle, Horticultural Therapist. He walked us through the process by which the adolescents and young adults explore their emotions, learn emotional regulation, and grow as a result of planting and harvesting produce. Once we had a general

understanding of Horticultural Therapy we were put to work. Alongside the adolescents, we shoveled, sifted, and planted beans. The activity gave us an opportunity to connect with the adolescents and gain a better understanding of the therapeutic process. Last Thanksgiving PQ donated close to 80 lbs of beans to the local community to be served at thanksgiving dinner. Additionally they take the weeks harvest and sell at the local farmers market and donate the proceeds to a chosen island organization.

I was then treated to lunch made by the kids; fresh avocado and veggie soup, green salad with homemade dressing, fresh fruit, guacamole, and pineapple tea. The food was fantastic! Most of the meals served at PQ come from the garden with



protein additions. The adolescents joined us for the meal. Throughout the meal we discussed the phase system, rites of passage concepts, and the overall sense of the program. All of the adolescents commented on their love for the treatment team, the food, and the atmosphere. This was the first placement for some of the adolescents and they appreciated the opportunity to attend PQ. For most of the day (6a-6p) the participants; adolescents and young adults, spend time in their prospective areas, harvesting, participating in therapeutic sessions and groups, cooking meals, learning life skills, and reflecting in their "Hale's". "Hale" pronounced HA-LAY is Hawaiian for simple thatched roof dwelling. Every participant is assigned a

PACIFIC QUEST

Hale and has the opportunity to utilize it for shelter throughout the day. At the end of the day all of the participants retire to the dormitory area. The dorms are very simple, clean, and have working showers and bathrooms. There the participants are encouraged to complete daily hygiene including showering, teeth brushing, etc. They are also required to complete laundry tasks several times a week.

The young adult program is located in Reeds Bay, in the town of Hilo and is right on the water. Water activities include but are not limited to canoeing, stand up paddle boarding, swimming, and fishing. All participants, adolescents and young adults have opportunities for outings including hiking the volcano's, fishing, swimming, and community service. They also have opportunities to participate in Yoga, Strength Training, and Qi Gong.

The clinical team spearheaded by Hilary Moses is an impressive one. The focus on Rights of Passage, Mindfulness, and Horticultural Therapy provides a well-rounded treatment approach. Additionally they have Dr. Britta Zimmer, Naturopathic Physician. She works with the psychiatrist, participant, family, and PQ team members to provide a well-rounded nutritional program and integrated medical treatments as necessary including the use of supplements. All of the participants I spoke to love Dr. Britta and commented on how since they arrived at PQ their sleeping, eating, and overall health have vastly improved. Once participant had lost close to 30 lbs. just by living a more mindful and healthier lifestyle.

The pure and true healing power of nature is incredible. You can feel the sense of pride and accomplishment from all of the participants. It was a pleasure visiting the program and I look forward to referring families.



Some References:

Gardening for Children with Autism Spectrum Disorders and Special Educational Needs: Engaging with Nature to Combat Anxiety, Promote Sensory Integration and Build Social Skills. Natasha Etherington (2012) Buy it on Amazon.

Green Nature/Human Nature. Charles Lewis (1996)

About The Author: *Jessica Romeyn, PsyD, is an Independent Educational Consultant from Los Angeles, CA. She has over a decade of expertise in education for individuals of all ages and specializes in the treatment of those with special needs. For more than five years, Dr. Romeyn served as Director of a prominent residential treatment facility where she worked closely with psychologists and psychiatrists to assess clients and develop individualized treatment plans addressing psychological, educational, and psychosocial needs for at-risk adolescents and their families. For more information, contact Jessica via email at drjromeyn@gmail.com, 323-362-2934, www.drjromeyn.com.*

EXTENDED INSIGHTS...

CELL PHONE RULES FROM PARENT TO CHILD

Revised and Edited by:

Janyce Lastman, LL B, Educational Consultant

Original Concept and Contract: Janell Hoffman

www.janellburleyhofmann.com

Greg Hoffman is a very lucky 13-year-old. But not because he got the brand –spanking-new iPhone from his parents this Christmas that he really, really wanted. Young Greg is lucky because his mom, Janell Hoffman, a Cape Cod-area blogger and mom to five cared enough to provide him with a set of rules in the form of a contract that he was asked to sign before she activated his new phone.

Given the “hot button” parent-child issues relating to cell phone use and abuse that I’ve encountered of late in my education consulting and case management practice, I’ve taken the liberty of expanding upon Ms Hoffman’s original rules. My hope is that by so doing, more parents may be empowered by the spirit, not just the process of her actions.

Our Rules for the new Cell Phone: (designed for use with younger teens whether “younger” by age, by stage, or both!)

- It is actually our phone, not yours. We bought it. We pay for its

usage plan. Consider it on loan to you. If you incur any unexpected charges on it, we will help you out the first time, assuming it was a genuine error. After that, you will reimburse us for any extra costs you incur.

- Until you can pay for your own phone costs, we must know your password. We also set the phone rules and will confiscate your phone if you break them.
- Just like your curfew and your allowance have been increased with age, the phone rules can be upgraded or expanded as you get older and your needs change. Just not right now. But it will not matter now or later, whether your friends have a better deal or an easier time with their phone use, so please don’t tell us how it works for them. While we wish them well, we are not their parents.
- If your phone rings, you answer it. Say hello and goodbye; use your manners. If you are not in a position to answer, it should be off and accepting messages. Set up your voice mail today, learn how it works, check and respond to messages (whether to us or anyone else) regularly and promptly.
- One of the main reasons you gave for you “needing” this phone was so we could reach each other easily. That means you do not avoid our calls. Not ever. If the screen flashes with our names, we expect you to answer.

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PHONE RULES

- In turn, we promise to give you the same respect and will answer whenever we see you trying to contact us, though we may not always be available for lengthy discussions at that particular moment.
- On a similar note, never run your battery down so low that the phone couldn't be used if there was a genuine emergency. Things that run the battery down most usually involve downloading data, playing games etc. Limit these activities as the phone is an important safety device that you never know when you will need.
- If you do text to us, to adult relatives, teachers, coaches, future employers etc., use proper spelling, punctuation and capitalization if you want to be taken seriously. Don't use excessive abbreviations just to sound cool – these folks aren't impressed by that, just annoyed.
- You will hand the phone over to us promptly at <insert pre-set time> every school night and <slightly later pre-set time> every weekend night unless you are still out. It will then be shut off and returned to you the following morning. There is no need to make or receive calls or send texts in the middle of the night. If you are unsure whether it's too late or too early to call someone on a land line, you should not be calling their cell or texting either.
- The phone does not need to go to school with you at this stage of your education. Have conversations face to face with friends at school instead of texting. Use your agenda to record your homework, not your phone. Tell time from your wristwatch. If you need the internet, use a computer at school, not your phone connection. These are all important life skills to learn now.
- If it falls into the toilet, smashes on the ground, vanishes into thin air or anything else, you are responsible to us for replacement costs or repairs. Same goes for accessories including chargers. Only after the debt is cleared will we discuss terms for a replacement. (But first, take a moment to learn how uncooked rice in a plastic baggie sometimes brings drowned phones back to life. Now THAT is something you can Google!)
- Do not use this technology to lie, fool, humiliate, bully or deceive another human being. Ever. Remove yourself from any exchanges that turn hurtful to others. And though we hope you can muster the courage to stand up for the underdog, if you struggle with this at times, at least learn to stay out of the crossfire.
- In general, do not text, email, attach, forward or say anything through this device you would not say, share with or show to grandparent without embarrassment.
- That leads nicely into our next rule: no cruising porn on the phone. The same rules apply for information searching on the phone as on home computers: use the web to find information you would openly share. If you have questions about more personal or controversial issues, ask someone whose opinion and experience you trust – hopefully your parents, and not Jeeves, Yahoo or Google.
- In public, the phone gets turned off, put on silent, or tucked away. That rule goes double for restaurants, movies and live theatre, and especially while conversing face to face with others. You are not an otherwise rude person; do not allow having a phone to change your true personality.
- Do not send, save or forward naked or partly naked pictures of yourself or of anyone else. (See "grandparent" rule above.) Don't laugh! Smarter and more mature people who should know better have fallen into this trap. It is always a bad idea, and can ruin someone's life regardless of age or status. Cyberspace is vast, unregulated and more powerful than any of us, and it is downright impossible to make anything disappear. Especially a bad reputation, regardless of whether it is deserved.
- Don't take a zillion pictures and videos with the new phone (see "don't run down the battery" rule above), and if you overdo it sometimes, don't immediately upload the lot without editing onto Facebook. No-one really wants to see every moment of your life documented. If you live your life experiences in person rather than capturing every moment digitally, they can remain stored in your memory for eternity.
- Leave your phone at home sometimes on purpose, and feel safe and secure in that decision. It is not alive nor is it an extension of you. You can manage quite well without it. Learn that sooner, not later. Be bigger and more powerful than the destructive FOMO (fear of missing out). Take time to consider debate or just wonder about the marvels and mysteries of the world around you, without googling the answer first.
- Do download music that is new, classic or just plain different from the exact songs your peers are listening to right now. You have access to music like never before in history. Take advantage of that gift. Expand your horizons. Tip: much of the music for today's most popular video games is actually written as full orchestral scores, often classically based. If you don't think classical is your thing, start listening to video game soundtracks. You might be surprised!
- Do play games on your phone sometimes – not just video games, but those with words, puzzles or brain teasers. Challenge friends and relatives to join you. These types of games are surprisingly addictive in a good way, and often much more fun than what your friends all play right now.
- Don't text or surf as you walk. Ever. It's a good way to trip over curbs, walk into poles, or get your phone snatched. Keep your eyes up and shoulders high instead. Observe the world that is happening around you and keep safe. And when you start to drive, same rule – even if it's not illegal where we live at the time.
- If you need to leave your phone turned on for long periods, don't carry it too close to your body. Don't jam your cell into a pants pocket (front or back). For girls, never tuck your cell phone into your bra. Get a backpack, messenger bag or purse - and stash the phone there. The health risks from long-term exposure to cell phone emissions especially for young people are not yet fully understood – don't take a chance with your future health.
- Expect that you will mess these rules up sometimes. When that happens, we will take away your phone for a while, but likely not forever. We know you might get angry or upset, but when you calm down, we will sit down and talk about it. And eventually we will start the whole thing over again. As family members, we must keep communication open and learn from each other. Remember that we are actually on the same team, even though it may not always seem that way.
- Know that you have awesome parents who have not only generously loaned this phone to you, but care enough to also give you a long list of rules to go with it and who trust you to keep your word in a signed contract. Enjoy the new phone!

Love,
The Folks

About the Author: *Janyce Lastman, LL B, is an Educational Consultant and founder of The Tutor Group in Toronto ON Canada. For more information or tips, contact Janyce via phone at 416-221-0018, or via email at janycelastman@hotmail.com, www.thetorgroup.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.lataalkradio.com.

WHAT BRAIN RESEARCH IS TEACHING US

Dr. Robert Melillo spoke with Lon covering a wide range of topics concerning various disorders such as Autism, ADHD, Asperger's and how recent research findings are helping to develop understandings that allow for better treatment.

FAMILY COMMUNICATION IN THE DIGITAL AGE

When Lon asked his guest Kevin Strauss, the creator of Family eJournal, what has changed and why the breakdown in family communication, Kevin was quick to reply, "Everyone is just so busy!" Kevin explained that in the past, families stayed connected with each other by having family dinners. Conversations around the dining table set the stage for open communication, touching

base on how family members spent their day and questions and concerns that may be going on. Now, the average family sits down together for dinner only once a week.

WHERE HAVE ALL THE FATHERS GONE?

According to the US Census Bureau, over 24 million American children are living in households where no father or male role model is present. Jack Thurston joined Lon Woodbury to discuss the devastating effects of this social issue.

WHAT'S HAPPENING TO OUR DAUGHTERS?

According to Dustin Tibbits, President of Innerchange, there are a rising number of girls participating in crimes in our society today. Even though females today are feeling more empowered, with a greater sense of self and having more opportunities in leadership and business, there are increasing numbers of girls with self harm issues and suicidal thoughts and eating disorders.

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

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.]

SKYLAND TRAIL

Atlanta, Georgia
404-315-8333

LaQuisha White, MS, LPC, Admissions Manager
lwhite@skylandtrail.org | www.skylandtrail.org

Skyland Trail offers hope to young adults seeking recovery from serious mental illness. The primary diagnosis for clients entering Skyland Trails includes Bipolar disorder, schizophrenia, and major depression and anxiety disorders. This non-profit residential and day treatment facility provides clients with psychiatric services, counseling, medical services and education, social environment and vocational services. Family involvement is encouraged.

Beth Finnerty, MBA, MHA, is the President of Skyland Trail and has worked with the facility since 1989 as the Executive Director. Dr. Ray Kotwicki, MD, MPH, is the Chief Medical Officer and has worked at Skyland since 2007. LaQuisha White, MS, LPC, is the Admissions Manager and recently, Jeff Holloway joined the Admissions Team. Skyland Trail is a member of NATSAP and accredited with the Gold Seal of Approval by the Joint Commission, is a recipient of the Gold Achievement Award from the American Psychiatric Association, in addition to several awards and recognitions.

This three to six month program works with clients to acquire practical skills through vocational services and therapies in order to gain confidence to return to school, to get a job and hold it or to contribute to the community as a volunteer. In addition to psychiatric services, clients participate in various therapies such as art, music and horticulture. Residential housing includes Skyland Trail North and Skyland Trail South, which can accommodate up to 40 clients. When not in therapy or attending skills trainings, clients participate in LEAP, the Life Enrichment Adult Program to learn social interaction and community involvement.

[This information came from the Skyland Trail website.]

TWO DREAMS OUTER BANKS

Corolla, North Carolina
877-355-3732

Jenna Marson, Media Contact
jmarson@emglobal.com | www.twodreamsouterbanks.com

Two Dreams Outer Banks is a comprehensive wellness program providing individualized care for those who dream of recovering a healthy lifestyle. Located on the shoreline of the Outer Banks of North Carolina, Two Dreams customizes an array of treatment components, therapeutic services, and recreational activities to help its guests achieve emotional peace, physical health, and personal productivity. They work with ages eighteen and over.

Andrea Grubb Barthwell, MD, FASAM, is the Director at Two Dreams Outer Banks Treatment Center. She was nominated by President George W. Bush in December 2001 to serve as Deputy Director for Demand Reduction in the Office of National Drug Control Policy (ONDCP). Their multi-disciplinary team of physician advisors, clinicians, and other wellness professionals conducts intensive client assessments on an ongoing basis, resulting in an extraordinarily individualized and dynamic care plan. Two Dreams customizes an array of treatment components, therapeutic services, and recreational activities to help its clients achieve emotional peace, physical health, and personal productivity.

Two Dreams Outer Banks is different from other addiction treatment centers because of their philosophy, which combines unparalleled experience in addiction medicine and an adherence to whole-person wellness. Two Dreams not only helps participants recover from addiction but also assists with the transition into a healthy, life-long trend of well being. Their clients benefit from regular physician consultations, a customized nutrition plan and detoxification diet, personal training, spa treatments, and coaching for personal success.

[This information came from the Two Dreams Outer Banks website.]

CAPSTONE TREATMENT CENTER

Searcy, Arkansas

Adrian Hickman, Executive Director

866-729-4479

info@capstonetreatmentcenter.com | www.capstonetreatmentcenter.com

Since 2001, Capstone Treatment Center, a licensed Christian, residential treatment program has worked with young men ages 14-24, who struggle with substance and alcohol addictions, gaming and internet addictions, dual diagnosis, physical and emotional traumas, negative behaviors and attitudes, family conflict and poor self-esteem. Capstone's program requires an average length of stay of 3-1/2 months.

Capstone is licensed by the Arkansas Department of Human Services-Division of Child and Family Services and Division of Behavioral Health Services and is a member of the National Association of Addiction Treatment Providers. Adrian Hickman, LPC, PhD, LMFT, MS, CSAT, EMDR 1, is the founder and Executive Director; Bonnie Phillips, LPC, PhD, CSAT, MS, EMDR-1, Clinical Director and Jim Ward, LPC, MS, BS, CSAT, EMDR-1 is the Director of Admissions and Marketing.

Therapy for these young men includes a variety of intensives; individual and group therapies, EMDR for those with intense trauma, ropes course therapy once a week,

canine therapy every day and outdoor adventure therapy. Activities include fishing, rock climbing, caving, canoeing, hiking or kayaking, in addition to family therapy and a family retreat.

A unique aspect to Capstone Treatment Center is the addition of free intensive aftercare which residents receive at the end of their stay. Residents have weekly phone sessions for three months with their personal therapist, email contact with their therapist for family and graduate resident, monthly for up to two years, two family reunion weekends during the first year, a one day family therapy intensive-three months after discharge, which runs back to back with a relapse prevention tune-up day for the graduate and his graduate peers. Graduates have access to the alumni page on the web site and parents will receive a drug testing kit which offers a one year supply of urine screens, breathalyzers and stamped result cards to be sent to Capstone.

[The information came from their website.]

SEEN N HEARD...

WISDOM RANCH SCHOOL OPENS NEW LODGE: January has been an exciting month at the Ranch! We are proud to announce that our students have now moved into the new Lodge! The Lodge is a 4000 square-foot log structure that houses ten students and 2-3 mentors. Complete with a state-of-the-art commercial kitchen, wrap-around wooden deck and entertainment and game rooms, the Lodge serves as the new center of Wisdom Ranch. 207-356-0930

SWEDISHAMERICAN AND ROSECRANCE HEALTH NETWORK PARTNER: Rosecrance Health Network and SwedishAmerican Health System have announced a new partnership to improve the continuum of mental health care services in northern Illinois. The partnership involves improvements in the delivery of both inpatient psychiatric care and outpatient behavioral health services. 815-262-4685

OPEN SKY WELCOMES TRACY HOPKINS: Open Sky is thrilled to announce the addition of Tracy Hopkins as Admissions and Outreach Director. Tracy earned her Bachelor of Science at Southern Illinois University in Recreation Management with an emphasis in outdoor recreation. She brings with her over 15 years of experience in therapeutic programs, having worked as an assistant dorm parent, environmental education instructor, wilderness field instructor, program manager, operations director and admissions director. Tracy will be based in Asheville, NC, enhancing Open Sky's ability to better serve families, Educational Consultants and other industry professionals. 970-382-8181

WILDERNESS TREATMENT CENTER WELCOMES SEWELL: Wilderness Treatment Center is excited to announce the addition of Chase Sewell as Manager of Business Development. Chase has always had a passion for helping others, but his interest in the field of chemical dependency began when he attended Wilderness Treatment

Center in 2005. Chase Sewell will be based in Atlanta, GA. He will focus his marketing efforts in Atlanta and the South East. Ben Dorrington: 406-854-2832 | Chase Sewell: 404-437-4055

NEW VISION WEST COAST CELEBRATES FIRST CLIENT: After an electrifying start to 2013, we are excited to announce the enrollment of our first young adult into New Vision West Coast! Our doors are open. NVW West Coast is located in Oakridge, Oregon. All programming is based out of the abundant Cascade Mountains in Western Oregon. New Vision Wilderness specializes in trauma, adoption, attachment, anxiety, depression, dual diagnosis, and family dynamics. 414-801-9791

NEW LEARNING SUPPORT AT THE ACADEMY AT SWIFT RIVER: Academy at Swift River is pleased to welcome Ann-Mary Cloutier who joined our team in November. Ann-Mary Cloutier has been a resident of the Pioneer Valley for 25 years. She has a bachelor's degree in Psychology from the University of Massachusetts, and a Master's degree in Education from Cambridge College. She is a Mass. certified special education teacher who has taught in public schools, independent schools and internationally. 860-227-3316

ISRAEL BIKE MISSION WITH ACTS ADVENTURES: Acts Adventures, an International Missionary Camp for young men, ages 18 and over, has paired up with Compass International, a non-profit, and non-denominational ministry, to lead groups of seven young men on month long, International Bike Missions to Israel. The group will be chaperoned by an Israeli guide the entire trip, along with support staff and production crew. These trips will be an opportunity for young men needing mentorship to experience leadership and learn life skills rooted in the Word. 208-304-1080

Continued: **SEEN N HEARD/ 12**

SEEN N HEARD

CROWELL PROGRAM DIRECTOR OF ASPIRO: It is with great excitement that we announce Woody Crowell as our new Program Director. Woody has been a part of the therapeutic wilderness community for over 15 years, and has a tremendous amount of experience working with families and adolescents in crisis. Having spent numerous hours in the field working directly with guides and students, Woody is very proficient in the hard and soft skills necessary to make the experience as effective as possible. Woody will work closely with our Clinical Director, Dr. Gordon Day, as well as the Aspiro field and clinical teams, to enhance our current experiential models, and to develop new experiential tracks that are rooted in the overall clinical philosophies and practices of Aspiro. 801-349-2740 ext. 1

STAFF UPDATES FROM MERIDELL: In January 2013, Mark Richards was appointed Chief Executive Officer of Meridell Achievement Center. Mark graduated with his Masters in Clinical Psychology in 1988. He joined Universal Health Services in 2012. Meridell also welcomes Jennifer Young, LPC-I, to her new role as an admissions clinician. Jennifer began working at Meridell in 2008 as a youth care counselor, a life guard in the summer months as the residents enjoyed the pool and tried to beat the Texas heat, and then moved in to testing as a psychometrist. She then attended graduate school at Texas State University and received her Master's In Counseling. Finally, Meridell congrats Marsha Whited for her promotion to Health Information Manager. In this capacity, Marsha will handle all the medical records requests. 512-517-2019

FFCC THANKS PARENTS, FRIENDS AND COLLEAGUES: It is with heavy hearts and bittersweet gratitude that the Trustees/Founders of the Friends of Families with Children in Crisis Foundation say "Thank you" to the many family members, friends and colleagues who generously

donated to our foundation in memory of Charlie Bessette. For questions regarding the Foundation: 951-315-8320

NEW SINGLE-SEX HOUSES AT FFS: A recent restructuring of the co-ed campus families at The Family Foundation School has resulted in three all-boy and one all-girl houses. According the Dean of Students, Ann Janauer, PhD, single-sex houses will enable students to more comfortably explore and discuss sensitive issues with their campus families, and eliminate the distractions of the opposite sex as they pursue their personal goals. The school will remain co-ed in its classes and its extracurricular and recreational activities to help foster healthy social interaction and development between the sexes. 845-887-5213 ext. 465

DUDLEY CLOSES SPECIAL NEEDS PRACTICE: Brooke F Dudley, Educational Consultant from San Antonio, TX, has closed his special needs practice to become the President and CEO of The Education Group, a Dallas based firm that does Head and administrative searches, teacher placement and management consulting for independent schools nationally. 210-804-1700

ADMISSIONS UPDATE AT LAKEHOUSE ACADEMY: Tracy Hopkins is no longer the Director of Admissions for LHA. During her time at Lakehouse Academy, Tracy contributed significantly to our success. We wish her the best. In the interim, Fotu and Sharon will share Admissions duties. 828-355-4595 ext. 8001

OSTRUM JOINS SONIA SHANKMAN ORTHOGENIC SCHOOL: The Sonia Shankman Orthogenic School at the University of Chicago would like to announce the hiring of Norm Ostrum as a Business Development Associate. Norm is excited to have an opportunity to work with a program that is fresh, vibrant, and full of energy. 773-834-7694

PLACES FOR STRUGGLING TEENS™

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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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