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

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SCHOOL CONNECTIONS WORKSHOPS

By Lon Woodbury



I just finished another successful School Connections Workshop which this time was at Ventana Canyon Resort in Tucson Arizona last Monday, March 18th. School Connections is a way for many schools and programs to make meaningful interaction with Independent Educational Consultants in one day.

Sometimes referred to jokingly as similar to "speed-dating," it is a round-robin event where every Consultant and School or Program representative attending has 25 minutes to talk and answer questions of each other. The numbers of consultants are matched to the number of schools and programs, so at any time during the day, each have someone to meet with to ask and answer questions. This year a couple of consultants had to cancel at the last minute giving a few extra breaks to the representatives of schools and programs, but although the cancels were disappointing, it resulted in minimum disruption to the rest.

This day was very beneficial for me, and many other participants were saying the same thing at the end of the day. I had met representatives from some schools and programs new to me that are well worth knowing about, and managed to get updates from several programs I've know well for several years. Developing a personal network like this is vital for those working in and with private schools and programs for struggling teens.

In the private parent-choice network of residential schools and programs for struggling teens, referrals are largely based on personal contact. This is contrary to the systems practiced by mass education and mass mental health systems where credentials, demographics and centralized decision making are the order of the day. In this private parent choice system, the personal touch and individualization is the foundation through and through. Each school and program has its own unique strengths and personality. For the most part, each student gets individualized attention and an individualized program based on his/her unique needs. In many schools and programs, each graduating student is given the spotlight for at least a few minutes so everybody present can celebrate their personal achievement with them. Schools and programs frequently form a working team with the parents to collaborate on helping the parents' child.

This private network has expanded every year since I started in it in 1984, and parents now have an ever widening and confusing universe of choices when they find themselves deciding they need some kind of residential intervention for their child. The job of an Independent Educational Consultant is to be aware of this wide universe of choices so they can give knowledgeable referral advice to parents based on the Consultant's personal knowledge of the people and curriculum in each of these schools and programs.

School Connections has developed a system to help Consultants gain this important personal knowledge in a quick, efficient and effective manner. This workshop was one of several they conduct throughout the year. The only thing that might provide better results of this kind of interchange of knowledge would be for a Consultant to visit the school or program physically.

CONTINUED: **SCHOOL CONNECTIONS/ 2**

SCHOOL CONNECTIONS

Another thing that I noticed was that the majority of the schools and programs I met with in this workshop were ones that did very well in my annual survey. I conduct a survey every year that does a simple measurement of the reputation among Consultants of the 400 to 500 schools and programs around the country we are trying to track. Maybe one of the reasons these schools and programs did well in the survey was they have been aggressively developing personal relationships

through participating in these workshops and through other means.

Again, I highly recommend these School Connections workshops to Schools and Programs, as well as Consultants as this is a good way to expand the personal business relationships that are the foundation of quality and appropriate referral recommendations.

WHY IS WILDERNESS SO... YUCKY?

By: Cliff Stockton

After being involved in Wilderness therapy for 20 years I get asked a lot of questions. By far the biggest group of questions involve...well... (insert squeamish face)... just how “yucky” it is.

“Why does it have to be so dirty?”

“Can’t they shower every day?”

“How do they stay clean?”

“What about clean clothes?”

“What about brushing their teeth?”

And the ultimate question: “How do you go to the bathroom outside?”

When I first started in wilderness therapy, 20 years ago, most of the parents who enrolled their children were themselves experienced in the etiquette of the wild. They not only were aware of the difficulties of living outside, but saw their child’s experience coping with those difficulties as a positive. Specifically, they sought a therapeutic experience that included those elements, because they knew from their own experiences how valuable they are.

Currently many, even a majority, of parents who are contemplating a wilderness intervention for their child have limited wilderness experience; many have never even been camping. Trying to describe current practices in outdoor hygiene is little like trying to describe a strawberry to someone who has never eaten one. I will do my best, but, the best explanation for a strawberry is eating one, and the best explanation of current outdoor hygienic practices is to experience it.

All wilderness programs that I am aware of operate partially on public land, either BLM or National Forrest Service. As part of the programs operating procedures they require that LNT (Leave No Trace) camping techniques be used. These procedures are different for different environments. What is an acceptable procedure in deciduous forests does not work in deserts, and inside those environments other factors also come into play.

For example let us consider a family vacation of a lifetime rafting down the Grand Canyon. This would be a big deal for any family and the opportunity would not be squandered due to some unease about the bathroom facilities, or lack thereof. The rafting company would explain the rules very carefully to you. When you urinate, pee into the river, not on the sand,

and definitely not on the canyon walls, rocks or any vegetation. They also will introduce you to a device for transporting solid human waste such as a “Groover” or another funny sounding name.

Now depending on how much you spent on your dream vacation they might (“might” mind you), have a nice enclosure surrounding said poop packer, normally it is just set off to a side, sorta-outa sight. Polite etiquette on these trips is not to look at people sitting on the portable human waste device. Any paper you use must go into the trash, not into the scat packer.

Following your time on the portable throne, others will watch you carry your soiled paper, hopefully in a nice tight little wad, back to the campsite to be properly placed in the trash, which is also carried with you. Should you return to camp without this bundle of joy, they would politely (or not so politely) instruct you to go back and get it. Because it cannot be in the device at the take out, and someone, in fact probably the guide would have to stir the pot to get out any contraband in the poop. Nasty, so don’t drop it in there, period, or leave an outlandish tip to the guide for having to go through a stinking container of poo from a two-week camping trip for your carelessly discarded paper.

After the first couple of days on the river, you would begin to notice that others, even yourself began to smell a little different than you are used to. Wearing scented deodorant and other scented products is discouraged. If you were taking this trip into Bear country the guides would search your gear and confiscate any scented products as bears love perfume, and really like people who wear it. So, no one uses it and everyone begins to smell the same. Initially, you may try and wash daily which is not that practical and really not that effective in the dirty water and it most likely not be that warm either. There are lots of reasons not to bath every day, in fact most wear the same set of clothes, every day from beginning to end, for as long as two weeks.

Within about 4-5 days you don’t even notice how others smell, and you don’t really notice how you smell either. It just seems to go away. At several points along the river there are places to bathe, typically a side stream that has clean water. The guides will prepare you for a trip to the baths.

Now, you can’t put soap into the water of these streams so you get buckets of water, walk away from the stream and take a sponge bath with a little bit of Campsuds or Dr. Bronner’s peppermint soap and rinse. After you are clean and

rinsed then you can do a final rinse in the clean water of the stream and based on how cold the water is will determine how long you “rinse”, typically not long at all.

After getting off the river you and your family are usually so hungry that the first priority is food not a bath. So off the nearest eatery and a plate of the biggest cheeseburgers you can handle you go. While you are eating it you might notice that others around you are beginning to comment about the aroma that you have. “Aha” you say, “I stink” and then off to a shower and some fresh, or mostly fresh, clothes. The grimy, stained and odiferous clothes that you have been living in for a couple of weeks go into a plastic bag for the trip back home. After you launder the clothing you will still be reminded of the trip by the vague odor that remains on them.

The process is not much different when your child is in a wilderness program. The program would have procedures that meet BLM or NFS guidelines for human waste, be it cat holes, common latrines, “Wag bags” or even “Smearing”. Toilet paper may be provided, but the same process of carrying it out will be in place. Some environments permit the burning of the “poo paper” in the fire after food preparations are done. Most programs will allow the use of natural materials in lieu of paper which do not have to brought back to camp, other require that natural materials be used.

Opportunities to bathe would be limited, and can be at times inconvenient. It is not uncommon for students to be dismissive of taking a bath, because it doesn’t seem important, or they are cold, or busy or a hundred other reasons. They just don’t think it’s that important. Clothing changes are limited to underwear because you really don’t want to carry more clothes than you have to. Really, the daily task of cleanliness gets down to brushing your teeth regularly (strongly suggested), washing your face daily (preferred) and washing your hands prior to preparing or eating food (required).

If these conditions bother you, you should probably not consider a wilderness option for your child. They would become a distraction for you and your child, limiting yours and their ability to benefit from being truly engaged in wilderness living. If the wilderness program promises more, say daily shower opportunities, then they are really not engaged, it is more of a summer camp setting and will limit your child’s ability to benefit be being truly “out there”.

Take a deep breath and understand that being dirty is not the same as being unhygienic, that humans naturally have an odor about them and showers and laundries do magic on people and clothes. With time you will realize that the benefits of being truly engaged in a wilderness program overwhelming outweigh the temporary inconvenience of being a little dirty and smelly.

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.*



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Mary Jo DeGrandi, Admissions Director

mdegrandi@swiftriver.com

www.swiftriver.com

Visit by: Judith E. Bessette, EdD, December 6, 2012

Tucked in the foothills of the Berkshires in Massachusetts, sitting on over six hundred acres of mixed forest, meadow, beaver ponds and mountain springs, you'll find the rambling white clapboard buildings of the Academy at Swift River (ASR). A college-prep, co-ed therapeutic boarding school, ASR serves high school students 14 – 18 years old with average to above average aptitude.

ASR students all have some combination of behavioral, emotional and learning issues, including moderate mood disorders, academic underachievement, school avoidance, attention disorders, low self-esteem, adoption issues, unresolved grief and substance abuse. Through clinically intense individual, group and family therapy; an academic program that offers both college prep classes as well as support for moderate learning differences; and a strong residential program that incorporates both community service and a vigorous outdoor recreation program, students are able to rediscover themselves and the infinite possibilities of their lives.

ASR was opened by Aspen Education Group in 1997. I've visited several times...and over the years, there have been many changes. From its original emotional growth model and its own wilderness program to the more clinically sophisticated therapeutic boarding school it is today, its core values remain intact. ASR remains a safe and nurturing environment – a place where adolescents can get back on track and discover their true potential.

Bar Clarke joined ASR about six months ago as Executive Director. He is uniquely positioned to lead the school. Bar has spent nearly 25 years working with adolescents and young adults. He has worked in and led private high schools – one in the US and one in Botswana. In 2004, Bar joined an educational consulting firm, serving as the Director of Special Needs Services, placing students in therapeutic school like ASR, residential treatment centers, drug and alcohol rehab facilities and young adult programs. In 2009, he opened his own consulting firm.

ASR's current outreach materials are organized around several key words...all starting with "R"... including rebuild, reinvent and rekindle...words that capture what can happen for a student there. It seems to me that these words also describe the new (or renewed) ASR...something Bar Clarke has been integral in creating.

I felt a wonderful sense of caring and community during my visit...a feeling that was validated by the students with whom I met...reflecting the school's commitment to hard work, academics, education and clinical integrity. One of the boys who toured me around had been at the school for nearly a year – so had about equal amounts of time with the current administration



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and the former. He was quite animated and excited as he told me how Bar interacts with all of the kids and that he has an open-door policy that this young man (and many others) use and appreciate.

The integrated clinical program, under the auspices of Sharon Hartunian, LICSW, utilizes evidenced-based Stages of Change and Dialectical Behavioral Therapy (DBT) as well as Motivational Interviewing and Psychodrama. ASR also offers Equine Therapy. All therapists on the clinical team have completed Intensive DBT training. DBT skills and protocols are incorporated into individual, family and group work, as well as in the residential and academic milieus.

The students advance through a four stage Journey which includes Awareness, Acceptance, Balance and Compassion. Each stage delineates behavioral expectations and builds in progressive, earned opportunities in preparation for transition to the next stage. Family work is fully integrated into the clinical programming through family therapy sessions and regularly scheduled family workshops, which engage both parents and students.

Recovery services are available for students diagnosed with substance abuse. As therapeutically recommended by the Licensed Alcohol and Drug counselor, there is a weekly Recovery Theme Group as well as on-campus and off-campus AA and NA meetings.

The academic program at ASR, with Peter Stevens, MA, serving as Interim Academic Director, is designed to develop confidence, self-advocacy and leadership skills along with critical thinking skills, curiosity and a global perspective. Accredited teachers lead small classes designed to prepare students for college. In addition to English, math, science, history and social sciences, ASR offers a large array of electives and independent studies. Physical education is required and includes individual and team sports as well as many activities in the rich outdoor environment.

Ann-Mary Cloutier, MA, is the full-time Learning Specialist and assists students with issues, including ADD, ADHD, executive functioning challenges, low processing speed, NLD, dyslexia and dysgraphia. The school serves as a test site for the PSAT, SAT and ACT. Individual tutoring can be arranged as needed.

Proud of their visual arts program, ASR offers photography, studio art, painting and print making. Local artists come to campus frequently to present workshops to interested students.

There is an ever-expanding list of clubs to join, including fly-fishing, summer sports, ceramics, anime, dance, yoga and martial arts. Over the past several years, students have begun to take advantage of the 27 cross-country ski trails on campus by running and biking which has led to participating in local 5K and 10K runs.

The residential program, headed by Cindy Efinger, is designed to promote positive social health, support safety, and reflect the values of ASR. Beyond dorm life, the residential staff works with students several times each week on community service projects, such as working with seniors and the homeless in the community as well as engaging in gardening and other campus improvements.

An exciting aspect of residential life that ASR has really expanded in recent months is their outdoor adventure program. Jamie Bishop, a full-time, certified outdoor instructor, offers quite an array of activities, including kayaking, white water rafting, rock climbing, cross-country and downhill skiing, hiking, mountain biking and overnight camping.

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I found a safe and nurturing environment at ASR with an overall “positive vibe”. If you haven’t reconnected with the school recently, I encourage you to return. Just call Mary Jo DeGrandi, MA, in Admissions to set up a tour.

ASR is accredited by The Department of Education of the Commonwealth of Massachusetts, is SEVIS approved and a member of both CITA and NATSAP. ASR is a program of Aspen Education Group – now a member of CRC Health Care, a comprehensive network of specialized behavior health care services.

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Neil Berger, PhD, MS, Executive Director
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nberger@kolburne.net
www.kolburne.net

The Kolburne School works with children ages 8 – 22 that have a variety of psychiatric disorders with varying degrees of severity. Some of the problems that they have are Autism, Asperger's, Tourette's syndrome, Anxiety disorders. Some may have been dually diagnosed with developmental disorders and mental illness, or have social/emotional disorders. Many of the children have some type of learning disability.

In 1947, Luma Kolburne and his wife Stella and their daughter Jeane (and later, her husband Sydney L. Weinstein) founded The Kolburne School in Norwalk, Connecticut. By the 1960's, ever-increasing student enrollment and the need for a more comprehensive physical plant led Kolburne to relocate. A state-of-the-art treatment center was built in Berkshire County, Massachusetts, on eight hundred acres of meadows, forests, and streams. Parents, funding sources, and regulatory agencies were equally supportive of Kolburne's move and the later acquisition of community-based group homes designed to further promote positive student growth.

Kolburne has a clinical service program designed to address the needs of students with emotional and learning difficulties and

maladaptive behaviors. The staff that provide Clinical services include Psychiatrists, and masters-level licensed or licensed-eligible Clinical Specialists with backgrounds in Clinical Social Work, Psychology, Guidance, Counseling, and Psychiatric Nursing. Comprehensive Nursing and Medical services are provided for the students.

Kolburne provides a pre-vocational program that assists students in developing appropriate work skills and appropriate work behavior. The school is able to provide speech, language, physical, and occupational therapy to any student that needs it. Living, social skills training and character development is available. The mission of the Kolburne School is to provide a safe, caring, therapeutic environment where students with psychiatric, educational, and social challenges can best develop the skills and character necessary to rejoin their communities with success.

[This information came from the Kolburne School website]

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an individual in crisis. It provides a full continuum of intervention services, which include, initial case assessment, pre-intervention counseling and training, the intervention, therapeutic escort to treatment and post intervention counseling referrals to independent therapists for the families of the addicted individual. RIS provides intervention and treatment consultation services to families, individuals, professionals, clinicians and institutions concerned with individuals affected by acute addiction and behavioral issues. Follow-up services and aftercare consultations are also available to their clients.

Realife Intervention Solutions was founded in August 2005, by Jane Eigner Mintz, MA, LPC, BRI-II, CAI. She is the principle owner and clinician of RIS and is a licensed Professional Counselor in the State of Ohio. She holds a Master's Degree in Community Counseling from John Carroll University in Cleveland, Ohio. Jane is a member of the American Psychotherapy Association (APA), a Board Registered Interventionist (BRI-II), a full member of the Association for Intervention Specialists (AIS) and is a member of the National Association for Addiction Professionals (NAADAC). She is a member of Chi Sigma Iota, an International Honors Society for Counselors.

Jane is prepared to fly anywhere in the world to help families in crisis. She provides on-site crisis management services, brief case workups and collects collateral information about the client, treatment provider selection, arrangements and admissions, also providing therapeutic transport of client to the treatment facility. She is an internationally known speaker and trainer on the topic of Crisis Intervention and the Complex and Co-Morbid Client.

[This information came from the Realife Interventions Solutions website.]

SEEN N HEARD...

ADHD SPECIALIST DISPUTES NEW STUDY: Dr. Robert Melillo says ADHD can be cured. A new study in Pediatrics revealed that nearly one third of kids diagnosed with attention-deficit hyperactivity disorder (ADHD) still had the disorder as adults. With the number of ADHD diagnoses toppling 10.4 million in 2010, this study exemplifies the need for doctors to work towards a cure for the childhood epidemic. However, according to Dr. Robert Melillo of the Brain Balance Achievement Centers, there already is an effective program parents and doctors can implement to eliminate the symptoms and cure ADHD. According to Dr. Melillo, there are ways to help eliminate the symptoms of ADHD and the chances of having related issues later in life are greatly minimized. 312-854-8813

FFS PRESENTS AT SBSA: Jeff Brain, MA, CTS, CEP, Dean of Admissions at The Bridge at The Family Foundation School, focused on the plight of many college freshmen in a presentation at the Small Boarding School Association annual conference held in March at the Purnell School in Pottersville, NJ. Brain, along with Mike Kowlchick, MA of The Forman School, and educational consultant Jeff Dvorak, MEd, conducted a break-out session on the challenges and opportunities for at-risk and special needs college-bound high school seniors. Noting that an increasing number of college freshmen are leaving campus prematurely due to the academic and social pressures of campus life, the presentation discussed proactive efforts to help at-risk graduating seniors, and post-graduate supports for struggling college freshmen. Brain sited the Bridge as a program that does both: helps seniors prepare academically and emotionally for college, and helps freshman balance the demands of classes and social life once they are part of the campus community. 845-887-5213 ext. 265

CONTINUED: SEEN N HEARD/9

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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.



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SEEN N HEARD

STAFF CHANGES AT SIERRA TUCSON: In the last few months, some leadership changes have occurred. Dr. Robert Johnson left Sierra Tucson at the end of December after four and a half years of service and many contributions to the organization. Jerry Lerner, MD has been appointed Interim Medical Director. Additional staff recently joining Sierra Tucson include Mayday Levine-Mata, PsyD as the new program director in November and Dr. Nia Sipp joined the medical team in December 2012. Sierra Tucson also announced their partnership with Somatic Experiencing Trauma Institute and the completion of a \$1.7 million capital improvement project. 800-842-4487

HAYCRAFT OF NW COLLEGE SUPPORT VISITS WOODBURY REPORTS: Kaela Haycraft, Admissions Director for Northwest College Support, drove up to visit Lon Woodbury at Woodbury Reports recently. During her visit, she introduced her program, Northwest College Support. This program exists to help young adults transitioning from treatment programs, wilderness programs, and leaving their home environment. 877-485-2776

HOLLOWAY JOINS SKYLAND TRAIL ADMISSIONS TEAM: Skyland Trail recently welcomed Jeffrey S. Holloway to the admissions team. As a member of the admissions team, Holloway provides information about the integrated treatment program at Skyland Trail to potential clients and their families and conducts admissions assessments. In addition, Holloway employs his extensive background with the independent education community to build connections between Skyland Trail and educational consultants, school counselors and other professionals who may work with teens and young adults in need of residential or non-residential psychiatric treatment. 404-273-6054

MOUNTAIN SPRINGS PREPARATORY ACADEMY IS GROWING: Mountain Springs Preparatory is excited to announce our new 4,900 square foot Academic and Administrative building, conveniently located only a minute away from our main campus. With this change, Mountain Springs is able to expand the number of students we can currently enroll. 435-691-0245

CENSUS UP AT JOHN DEWEY ACADEMY: Ken Steiner, Head of School, and Andrea Esperat, Dean of Students, oversee the day to day operation of John Dewey Academy. Under this leadership, the mission of serving bright but alienated and underperforming adolescents remains unchanged. Caring confrontation and a positive peer culture continue to be cornerstones of the program. The census continues to strengthen; headcount today is 42% higher than two years ago. In fact, due to an influx of male students, we were forced to stop taking new male students for a period of time in the latter half of 2012. As we anticipate the graduation of the Class of 2013 this June, we have been able to re-open admissions to male students. Another exciting development has been the hiring of a new History and Politics teacher, Evan Hutchison, a 1996 graduate of John Dewey. 917-597-7814

FFS EXPLORES SPIRITUAL OPTIONS FOR STUDENTS: For years, students at The Family Foundation School attended morning chapel services conducted by a diverse group of dedicated local clergy. But we recognize there are other ways to engage with one's spiritual self and get in touch with a Higher Power. So we recently replaced mandatory morning chapel with a period of daily spiritual exploration for all students, giving them a choice of chapel service, quiet meditation, guided meditation, or service activity. 845-887-5213 ext. 265

WILLOW CREEK LODGE FEATURES MINDFULNESS WITH DR. LARRY CAMMARATA: Willow Creek features mindfulness workshops as one of our tools in helping our clients achieve emotional regulation and to support what our clients are gaining in the neurofeedback sessions. With the inclusion of a mindful movement component, the mindfulness workshops provide a platform for somatic education, which is being increasingly researched by academic institutions, and applied in the context of coping with stress and healing from trauma. Mindful movement education also provides an opportunity for our clients to develop a sense of competency and self-mastery. The mindfulness workshops at Willow Creek Lodge offer our clients an inspiring opportunity to learn skills related to the balancing and healing of the mind, body, emotions, and relationships, nothing short of the whole person. 207-356-0930



LEGACY OUTDOOR ADVENTURES ANNOUNCES LEGACY PROTÉGÉ: In order to help differentiate its young adult program from its adolescent program, Legacy Outdoor Adventures has named its adolescent program Legacy Protégé. Since Fall 2012, Legacy Protégé has been treating 16-17 year old boys who are dealing with substance abuse and co-occurring mental health issues, using the same basic model that has proven to be effective with our young adult clients. 435-836-2272

UPDATES FROM SKYLAND TRAIL: Client and family participation in all of our services increased in 2012, and we welcomed more clients to our campuses than ever before. Skyland Trail expanded treatment hours for individual and group psychotherapy at the main campus, which helped accommodate the growing client community and allowed more advanced and specialized groups. Carlyle Bruce, PhD, joined Skyland Trail as a full-time psychologist, increasing the capacity for family therapy and psychological testing. In addition, Skyland Trail added 24-hour nursing to the north campus. Now both South and North residential campuses have a registered nurse onsite 24 hours a day. 404-315-8333

WHO IS LEADING ASPIRO: In our continuing efforts to offer the best services to our clients we have restructured our Leadership Team. Brian Church is President of the Aspiro Group. Gordon Day is Executive Director, Josh Watson is Director of Admissions & Marketing and Woody Crowell is Program Director. 801-819-2353

BROWNING CLINICAL SUPERVISOR AT LAKEVIEW GIRLS ACADEMY: Youth Health Associates would like to introduce our new Clinical Supervisor at Lakeview Girl's Academy. We are very pleased and fortunate to welcome Nick Browning as the new therapist for our young women. Nick received a Masters degree in Social Work from the University of Utah with an emphasis in substance abuse. In his last year of the Masters program he chose the forensic social work domain of study. During this final year of study he developed an interest in working with at risk youth involved in the criminal justice system. 801-628-6160

MLINARIK'S REPORT OF TREKKING ABROAD AT NEW YEAR: Kimberly Mlinarik and Eric Fulgenzi guided the first trip for their yet-to-be-named company to Costa Rica. The itinerary included four days in La Tigra and La Fortuna on the eastern slopes of the Cordillera de Tilaran and four days in the beautiful beach paradise of Montezuma. 208-352-2242

CONTINUED: SEEN N HEARD/10

SEEN N HEARD

FFS ADDS VARSITY BASEBALL: Carlton Williams, Athletic Director at The Family Foundation School, Hancock, New York, has announced the addition of varsity boys' baseball to the school's lineup of interscholastic spring sports. The team is comprised of students from FFS and nearby Hancock Central School in a unique joint venture, and will compete through its membership in the (NY) Mid State Athletic Conference. FFS also offers varsity boys' and girls' soccer and basketball, girls' softball and boys' golf. 845-887-5213 ext. 265

WOMEN'S TREKKING ADVENTURE IN TUSCANY: Kim Mlinarik, LMHC, CDP and Colleen Russell present the Women's Trekking Adventure in Tuscany, May 11-18, 2013. The trip is an empowering experience for women that is fun and adventurous, with a healthy dose of trekking. Our goal to utilize the vibrant culture and beautiful scenery of Italy to create a nurturing experience that will support these women in stepping into possibilities and dreams for their life. 208-352-2242

TRAILS CAROLINA EXPANDS CLINICAL TEAM WITH UHLENKOTT: Trails Carolina is excited to welcome Leigh Uhlenkott back to her Wilderness Therapy roots. Leigh has expanded Trails' clinical services by adding a group for adolescent males. Her 15 years of experience includes: work at a therapeutic boarding school for boys specializing in learning disabilities; wilderness therapy, school counseling, prevention work, and substance abuse groups; a hospital setting, private practice and counseling victims of domestic violence, and family systems work, Person centered, and psychodynamic therapy. 828-885-5920

GREEN NAMED MEDICAL DIRECTOR OF SMOKY MOUNTAIN LODGE: Pasadena Villa would like to welcome Kelli Green - MD, FAPA to Pasadena Villa's Smoky Mountain Lodge! Dr. Green brings over 16 years practicing Psychiatry and 8 years of Medical Practice before that. She has worked with the chronically mentally ill adult population, with a wide range of pathology. Dr. Green also has experience in working with interdisciplinary teams such as PATH (positive alternatives to hospitalization), partial hospitalization and intensive outpatient, addiction treatment service, group homes and community supportive living teams. 407-982-0099

SQUAW VALLEY ACADEMY ANNOUNCES 2013 SUMMER SCHOOL: Squaw Valley Academy at Lake Tahoe has announced their 2013 summer school program. Summer school will run in two three week sessions from June 30 to August 9. 530-583-9393

TRAILS CAROLINA WELCOMES SHORTS: Trails Carolina is excited to welcome Carla Shorts to our expanding clinical team. Carla will lead Trails Carolina's "Journeys" group for 10-13 year old students. 828-885-5920

STUDENTS PROMOTE BRIDGE PROGRAM AT TEEN LIFE CONFERENCE: The Bridge at The Family Foundation School received the personal endorsements of two program participants during a Teen Life Conference in Boston in March. The annual conference provides teens and their families with information on relevant health care issues and post-high school career options. The at-risk teens were able to speak to attendees about how the program is helping them transition from therapeutic high school to college by providing academic supports, therapeutic counseling, and both on- and off-campus activities to help them succeed. According to Jeff Brain, MA, CTS, CEP, Dean of Admissions for The Bridge at The Family Foundation School, the students' enthusiasm for the program caught the attention of the Boston Neighborhood Network, which was covering the event and interviewed them for a news segment. 845-887-5213 ext. 265

GOULD FARM ANNOUNCES CENTENNIAL SYMPOSIUM: In celebration of its

100th anniversary, Gould Farm and Berkshire AHEC are honored to be able to bring experts to the Berkshires to share their knowledge and insights with everyone touched by mental illness. This unique one-day, interdisciplinary symposium brings together experts whose work informs cutting-edge approaches to recovery. In addition to presentations, the day includes a moderated conversation among the experts and a panel of consumers/ family members. We expect all perspectives and audience participation to inform a dialogue and enhance learning. The symposium will be held Friday, April 26, 2013 at Cranwell Resort, Lenox, MA. 413-528-1804 ext. 34

KLEIN TO LEAD SMOKY MOUNTAIN LODGE: Pasadena Villa Smoky Mountain Lodge would like to welcome Perry Klein to the Lodge! Perry moved from Pasadena Villa Orlando to Pasadena Villa's Smoky Mountain Lodge after being promoted to Clinical Services Manager. Perry brings over 24 years experience in the field of mental health treatment and has worked Inpatient, Outpatient, Substance Abuse, Residential Treatment and Crisis Assessment. Perry is Double Board Certified in General Counseling Practice and in Clinical Mental Health Counseling. 407-982-0099

TUCKER JOINS SHADOW MOUNTAIN RECOVERY: John Tucker has joined the Shadow Mountain team as Director of Admissions. John comes to Shadow Mountain Recovery with eighteen years of experience. Serving in positions such as Field Director, Academic Director, and Admissions Director, John has shown his dedication to work with families through out his career. In addition, Shadow Mountain Recovery is proud to announce the opening of our new Sober Living Home for men in Denver, Colorado. Our five-bedroom home will offer a step-down recovery program for men transitioning from primary care. 800-764-7250

MANSFIELD HALL TO OPEN JUNE 2013: Mansfield Hall will open its doors for the first time in June 2013. Mansfield Hall is a college assistance and residential program for students with learning disabilities, mild autism, and other conditions. The program provides individualized training and skills development to help students not only flourish academically at the many nearby colleges in Burlington, Vermont, but also to adapt and thrive socially, emotionally, vocationally, and ultimately, independently. 802-870-0862

GRAND RIVER ACADEMY WELCOMES NEW STAFF: Grand River Academy would like to welcome three new staff members to their team. Mrs. Kristen Kitchen has begun her role as Director of Advancement. Mrs. Kitchen will also be coordinating the Parents Association from Grand River Academy's end. Mr. Sean Kaschak is the new Director of Residential Life and has assumed all residential life responsibilities. Mr. Mark Kaschak also joined the Faculty at Grand River Academy. While Sean has transitioned into residential life (although he will still be teaching), his brother has joined our community and is teaching Web Design, Graphic Design, Photoshop and Introduction to Videography. 440-275-2811

ALPINE ACADEMY FEATURED IN PSYCHOLOGY TODAY: Alpine Academy is thrilled and honored to have been featured in the February edition of Psychology Today. 800-244-1113

BLUEPRINT EDUCATION UPDATES: Blueprint Education has many updates listed on StrugglingTeens.com, among them a few staff changes. Steve Gilbert has left Blueprint, but continues to sit on the Advisory Board. Allison Fischer and Krissy Sumare are new teachers with the school. Allison has a BS in Science and Education, and a Master's of Education in Curriculum and Instruction. Krissy graduated with a BS in Secondary Education and a Master's in Administration and Supervision in Education, with a second Master's in Curriculum and Instruction. 800-426-4952 ext. 4840

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NEW LEAF EXPANDS EQUINE THERAPY OPTIONS: New Leaf Academy is pleased to announce the expansion of our existing equine therapy program. Beginning in February 2013, New Leaf students will, in addition to our highly-regarded equine therapy program, have the opportunity to participate in our new Freestyle Therapeutic Vaulting experience. 541-617-8989

EXCITING CHANGES AT WINGATE: It is with great pleasure that I announce John Cohen as Clinical Director of WinGate Wilderness Therapy. Scott Hess will remain as a Partner, Primary Therapist, and will now take a more active role in Business Development. We have also added a great therapist to the WinGate and WayPoints team! WinGate Wilderness Therapy welcomes Greg Burnham, LMFT as a Primary Wilderness Therapist. 435-817-1520

OAKLEY SCHOOL WELCOMES NEW STAFF: The Oakley School is excited to welcome the newest members of our team! Jack Ledbetter, Assistant House Coach comes to us from working the past 4 years at Second Nature. Kyle Oberly, Assistant House Coach, recently relocated to Park City from Pennsylvania. Renee McLane, Assistant House Coach, comes to us from Elements Wilderness Program. Alejandra Alvarez, Food Services Assistant, will be working part-time in the kitchen. Amber Margolis, Assistant House Coach, comes to us with experience working in wilderness therapy at both Aspen Achievement Academy and Passages To Recovery. And finally, Joanne Duffy, English Teacher, moved to Park City and has taught English at The Winter Sports School for the past 10 years. 435-783-5001

OAKLEY STUDENTS MAP THE POND DEPTH IN SCIENCE EXPERIMENT: The Environmental Science class at Oakley School took on the enormous task of mapping the depth of the Oakley School pond. Fall semester of 2012, the Environmental Science class at Oakley School took on the enormous task of mapping the depth of the

CONTINUED: SEEN N HEARD/12



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SEEN N HEARD

Oakley School pond. Students designed the lab procedure for setting up a grid of data points, collecting depth readings, organizing the data on a spreadsheet, drawing contour lines of the depth, and finally creating an accurate map of the pond. Oakley School is very proud of the professional work done by the students in this class. 435-783-5001

INNERPATHWORKS DEFINES THEIR PROGRAM: InnerPathWorks is a college-level leadership training program that inspires and redirects young adults who are currently struggling with finding direction and purpose. Our intensive and individualized residential training, located on the shores of beautiful Lake Pend Oreille in Sandpoint, Idaho, welcomes students who actively want to improve their lives but are not sure how or where to start. 509-671-1598

VIVE HAS A NEW ADMISSIONS COUNSELOR: Vive Family Support Program is excited to announce the addition of our new Admissions Counselor, Lydia Paris-Bishop. Lydia has worked with Vive since December 2010, primarily with youth and young adults who struggle with substance abuse and other mental health issues in a variety of settings; including, juvenile detention facilities, private practices, and drug/alcohol treatment courts. 800-261-0127

WAGNER COUNSELOR/LEARNING SPECIALIST AT SHORTRIDGE ACADEMY: Shortridge Academy announces a change in the leadership of their Academic Department. Sarah Wagner will be pursuing her goal of starting a private consulting and coaching practice, while continuing to serve Shortridge as a consulting College Counselor/Learning Specialist on a part-time basis. Sarah was one of the founding faculty of Shortridge and has worked for the Academy for over ten years as a teacher, Academic Director, and most recently as the Director of Academic Support and Outreach. As a consulting staff, Sarah will continue to provide Shortridge students with

learning support, college application support and academic coaching. Anne Downey, PhD, Director of Studies, will assume full leadership of the Academic Department as Sarah moves to her new role. 877-903-8968

JOURNEY WV CLIENT ENROLLED IN BASIC FIREFIGHTER CLASS: We are proud and excited to announce that one of the participants in The Journey WV is completing requirements to become a certified firefighter with the Canaan Valley Volunteer Fire Department. 207-356-0930

BOULDER CREEK ACADEMY STUDENTS ON CAPITOL HILL: A number of Boulder Creek Academy students were recognized as outstanding high school students and enjoyed the honor of spending a week in the nation's capital participating in a Presidential Classroom experience. 208-267-7522 ext. 4024

ADVENT HOME CHALLENGES MISUNDERSTANDING OF ADHD TEEN BOYS: As Founder/Director of a boarding school that helps ADHD teen boys, Blondel Senior receives frequent calls about how to relate to ADHD students. Many times, callers have false perceptions about these students. 423-336-5052 ext. 223

KATEHAKIS ANNOUNCED NEW SENIOR FELLOW AT THE MEADOWS: The Meadows trauma and addiction treatment center in Wickenburg, AZ, recently announced Alexandra Katehakis as a new Meadows Senior Fellow. Katehakis is an expert in the treatment of sexual addiction and other sexual disorders. 317-344-2922

ACTS ADVENTURES TAKES YOUNG MEN THROUGH ISRAEL: Luke Jiles and Donna Short of Acts Adventures visited the Woodbury Reports office recently to discuss their upcoming bike trip to Israel. The plan was to take several young men on a trekking/ mentoring bike trip through Israel, learning biblical lessons while working on self sufficiency and leadership skills. 208-304-1080

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*.™

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