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## PARENT CHOICES FOR STRUGGLING TEENS:

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## HELPING STRUGGLING TEENS

By Lon Woodbury



Raising adolescents was not considered much of a problem for ancient societies. As children, they were considered little adults and given adult responsibilities and privileges as soon as feasible (usually about the time of puberty). For the most part the girls were quickly married off and became housewives and mothers, while the boys joined the men in their work as seemed appropriate for their size and skill. Any teen angst that we know of today was absorbed into the adult culture with adult punishment if needed.

Childhood became recognized as a unique stage of life in the late middle ages in Western culture. What we now think of as the teen years was a kind of grey area. Childhood was sometimes extended but teens that acted out were dealt with as adults. Another approach was to knock arrogance out of male adolescents by enlisting them in the military which was developed partly to make men out of boys, or sent them to sea or to the colonies for the same reason.

Urban areas in this country during the late 19th and early 20th centuries had the problem of gangs of young males (and a few females) running riot in the streets. The famous novel *The Adventures of Oliver Twist* by Charles Dickens describes some of what was happening in London, which was similar to what happened in the United States. The boy problem, or what we would now call Struggling Teens, was expected to be handled by the law, which included imprisonment, severe physical punishment or perhaps commitment to a mental institution.

What we would now call a teen problem was approached in several other ways in the US during the late 19th century and the early 20th century. Reform schools were established, which were basically a prison for young people. Significant public funds were expended on punishing and locking up young people, and yet the problem showed no sign of improving. As another attempt, the mandatory school attendance movement flourished at the beginning of the 20th century to redirect that youthful energy into something that was hoped would redirect these young people into a more positive direction and prepare them for adult work and life.

A backlash to the all too common punishment mentality occurred in the early 20th century. One of the best known was Father Flannigan who founded Boys Town in Nebraska in 1917. His philosophy was based on the idea that he had never met a bad boy, just those in bad circumstances such as loss of parents. This more humane approach caught on and over the years a number of other similar residential programs, both Christian and secular, were established, including later many boys ranches around the country.

However, the punishment mentality continued strong through the 20th century and up into the early 21st century with boot camps and juvenile justice facilities, all for the most part focused on compliance through punishment. This included some private efforts influenced by the Scared Straight movement in the later middle part of the 20th century which basically took the punishment mentality in public institutions and applied it in private facilities. In addition, by the middle of the 20th century, psychological treatment was being accepted and a large number of hospitals,

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## **STRUGGLING TEENS**

residential treatment centers and drug treatment centers were established exclusively to treat teens and young people in general.

By the 1970's, in these teen oriented mental health residential programs and Scared Straight type programs, scandals erupted, outcomes were mixed, tragedies occurred and insurance abuse created a crisis and lack of confidence. By 1980, a few visionaries had concluded there were very few decent facilities for struggling young people. They decided they could do better by young people through establishing their own private school or program. They gambled on the desire of parents to do anything within their power to get help for their children, and established schools and programs on the basis of parent's right to enroll their child in any school they deemed appropriate for their child.

These new schools and programs tended to avoid the punishment mentality found all too often in public or private mental health or juvenile justice facilities. They did this by establishing highly structured private schools and programs with a goal of healing and teaching rather than simple punishment. Many early schools founded this way were called Emotional Growth schools or Whole Child Education, reacting to the abuses in mental health residential programs by specifically not using therapists. They evolved by combining therapy and emotional growth, and the common current term is Therapeutic Boarding School. As the years went on, other visionaries established wilderness therapy programs through using the wilderness as a healing tool, or established Residential Treatment Centers emphasizing licensed therapists frequently on a platform of a highly structured boarding school or what is called milieu therapy.

Starting in the 1980's there was a tremendous explosion of startups in this network experimenting with many models and approaches. Just as there are many ways for teens and young people to fail at growing up, the variety of approaches to meet this variety of needs expanded. There are schools and programs to help with serious eating disorders, there are schools and programs to help with students without serious mental disorders but are bored or just floundering and need guidance, there are schools and programs to meet the needs of young adults having trouble transitioning to adulthood, there are schools and programs specializing in chemical and other dependencies and there are schools and programs to help children with learning differences or disabilities, to just name a few categories.

Many are non-profit, and many are for profit. Each form of legal organization has its advantages and disadvantages. So far as effectiveness, every time I have done an overall comparison of these two types of organizations from the perspective of benefit to the students, I can see little difference in effectiveness, safety or tuition.

The survival of these schools and programs depends on the satisfaction of the parents and referring professionals. A school or program that does not do well, or has what might

be preventable accidents, will tend to disappear (go out of business). I think this is superior to the all too common reaction to serious problems in public programs of increasing funding or simply fire a few people and reorganize.

## **TRANSPORT PROFESSIONALS**

As this network of private parent-choice schools and programs grew in numbers, many supporting professionals established practices to meet specific needs. Since many young people, especially out of control youth, resisted enrollment in anything that would change their negative life style, transport professionals became available to parents to take the young person to the school or program selected by their parents. Several dozen currently exist, and the good ones are so skilled at quickly bonding with the young person, they rarely have to lay a hand on him or her. With good transport agents, only when the young person becomes a danger to him/her-self or to others are restraints ever used.

## **EDUCATIONAL CONSULTANTS**

There are hundreds of people calling themselves Independent Educational Consultants (IEC) whose job is to help parents find the right school or program for their child with emotional, behavior or learning problems. When parents are confused by all the conflicting claims of programs, they can engage an IEC as a person who knows the background of all these schools and programs and can steer the parents to the most appropriate ones. Independent Educational Consultants formed the Independent Educational Consultants Association (IECA) in the 1970's, a professional organization to encourage ethical practices in the profession. The early members primarily helped parents find the right boarding school to enhance their child's educational experience. By the 1980's, they started to meet young people with emotional, learning or behavior problems and many started to help parents place those children in what were called at the time special needs or emotional growth schools and programs (now more commonly called therapeutic schools and programs).

The purpose of a parent engaging an IEC is to obtain objective advice from somebody who knows the ropes of the schools and programs, how they work, what and who they are effective with, what pitfalls to avoid etc. It's similar to the reasons for hiring an attorney or a certified financial planner. You do not have to hire any of these, but avoiding expert advice might have negative consequences.

When a parent decides to engage an IEC, they will want somebody who gives them the straight honest story, both about any possibility of conflict of interest in their relationships with those schools and programs and what really is going on at the schools or programs in consideration. The IECA has been very consistent in its ethical principles throughout their existence that to maintain membership in the IECA, a consultant will not accept money directly from the

school for enrollment recommendations (some cash-for-kids scheme). The problem is when the consultant is paid by the school for an enrollment referral; the consultant's temptation is to be a recruiter for the school instead of recommending for the best needs of the child or family. Another problem is those finder's fees are usually kept hidden from the parents, or are so de-emphasized that the parent doesn't understand the implications.

If the consultant is transparent to the parents that they are being paid by the school, that's another matter, but still, the parent will never really know if the advice is for the benefit of the child and family, or for the benefit of the consultant's cash flow. The safest and easiest way to have an indication about the loyalties of any consultant is if the consultant is a member of IECA. To be fair, there are some very good and ethical consultants who are not members of IECA and several of those are included in our list of consultants in the Parent Empowerment Handbook. The next question is the fee. If the consultant tells you their service is free, or is a very low price for services given, then it's almost a certainty he/she is being paid by the school and at best loyalties will be mixed. Very few if any will spend all that time helping you without being paid by somebody. As a parent you need objective advice, not advice that might be influenced by some self-serving agenda.

*This essay is an excerpt from the  
Parent Empowerment Handbook Series – Part 1*



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Gil Hallows - Executive Director

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Visit by: Ron and Kristie Campbell, March 14, 2013

We recently had the opportunity to visit a few Utah programs, one of which was Legacy Outdoor, a therapeutic wilderness program for young adult men who are struggling with a failure to launch, overall disrespect for their parents, lack of motivation, and addiction just to name a few. The Inn we stayed at was located right next door to the main office in Loa, UT. Loa doesn't boast much, but it is a nice, sleepy little town approximately 2.5 hours south of Salt Lake City.

We heard talking downstairs as we left our room to head over to the office and ran into Gil Hallows, founder of Legacy. Gil and the counseling staff of Legacy, as well as Paige Tomlinson the Admissions Coordinator, were at the hotel doing parent seminars with three sets of visiting parents. We could feel the excitement, nervousness, apprehension of the parents as they waited the moment they would get to see their boys. At that point, we didn't realize we were about to witness one of the greatest events at a wilderness program.

The three young men had been in the Utah wilderness between four and six weeks and were approximately 2/3 of the way through their stay. Legacy Outdoor is typically a six to eight week program, though it does vary depending on client need, and a little over half way through, they return to the office for a three-day parent seminar. This period allows parents and clients the opportunity to work through some of their issues together, and shows parents that their sons have in fact changed and grown up a bit while at Legacy. After the parents visit for three days of intense family sessions, the young men begin working on their exit strategy. They become actively involved in seeking and applying for their own aftercare.

After grabbing a cup of coffee, we left the hotel and walked over to the office. There we met with Gil, Paige, Troy Faddis, a Primary Therapist with whom I've worked on a case, and his co-counselor, addictions specialist, Devon Nanton, SUDC. They described the role of dual therapists to us. Each client has a primary therapist and an addictions therapist that work together to get to the core issues and at the same time, determine the addictive patterns and formulate a treatment plan. These counselors are also heavily involved with any trips the young men take during their stay.

Gil then took the lead and better explained the program to us. While in the wilderness, young men receive mentorship and guidance in addition to their therapy. Each young man goes

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through a structured process to identify the kind of man he wants to be and is then given the tools to become that man. He learns that there are parts of the child within him that he must let go of and new responsibilities he must embrace to become a man. Each student creates a Life Success Plan to “map out” his process. With the support of the treatment team and his family, each young man creates a written plan to be used as a roadmap for his personal journey to manhood.

Gil also explained that Legacy has a program for adolescent boys as well, which is called Legacy Protégé. Legacy Protégé is a therapeutic wilderness adventure program designed to give adolescent young men the skills and confidence to overcome life challenges and prepare for a successful transition to manhood.

When we finished talking about all the components of Legacy, it was time for a ‘run in’. For those who do not know, a run in is one of those moments in a family’s journey where they meet again for the first time since the young man has come to the wilderness. It is one of those spiritual moments when the parents realize their son isn’t a boy anymore, but has made a significant transition into manhood. The young men are eager to see their parents and have worked hard for this moment.

We walked out into the field-like yard in back of the Legacy office where the parent soon joined us single file and in silence. They had been working all morning and were instructed to enter the circle silently to create an atmosphere of respect for the young men. We waited in silence; each parent pondering the approaching moment with intense trepidation. And then the moment was here.

A young man burst out of the building and sprinted across the field toward his parents with a passion. He latched onto them and embraced them. They were all crying, tears of elation flowing freely down their cheeks. Then another young man emerged and ran to his parents, and a third ran in and embraced his as well. Everyone was alone in their family reunion as if there was no other human in the world. It was a powerful moment of hope and relief, and everyone there had tears.

After the initial hugging and greetings we circled up so all the staff and parents could recognize the accomplishments of these young men. They looked healthy and proud. They looked sober and clearheaded. The staff discussed some of their memories and some triumphs. It was a moment we were very lucky to share.

After we finished around the circle, we headed in for lunch. We shared a nice family style lunch after which the out-going staff left to head home and the incoming team with the parents and young men returned to the conference rooms to continue therapy sessions.

We felt honored to be included in such a milestone event for these three families. The memory will forever be imprinted on us and we look forward to our next visit when we go out to the field for a day in the life.

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Psychotherapy can be generally defined by one word: concretism. Taking psychological events such as delusions, hallucinations, fantasies, projections, feelings, and wishes as actually, literally, concretely real.

~ James Hillman

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## HOW GOOD CAN IT GET?

By Larry Stednitz, PhD, May 10, 2013

As most of you know, one thing consultants do is travel. While one can gain much from websites, facility visits are the single best way to learn about the programs that are the backbone of our work. I have spent the past three decades visiting a variety of programs across the country. And while in the early years of my career, I was obsessed to visit every program, travel for me has decreased in the past few years. However, I have been fortunate to tour Montana Academy, Summit Prep, Intermountain, Florence Crittenton, and Fulshear Academy.

Recently, I received a call from Kimbal DeLamar encouraging me join in with the other "old dogs" in the celebration of Jared Balmer's new program, WayPoint. Sadly, Mark Hobbins and Rob Cooley couldn't join in the festivities due to prior commitments. And although we couldn't make it to Gill Hollows's program Legacy, it was great to have him join us. I also enjoyed visiting with Ben Pearson, Brad Reedy, and Patrick Logan of Second Nature Wilderness. While we all were in Utah, we also visited Telos, New Haven, and Catalyst.


My continued writings will include some brief impressions of those programs and personnel whom I spent some time with while in Utah. Maybe it's due to my travel reduction over the past year, but I feel overly up-beat and positive about my

colleagues and their programs. Stunning is the best word I can use to describe these people and the unique, quality programs they have designed and implemented.

My first stop was New Haven, which has been an excellent program for some years. The program has two campuses, both equally impressive and functional. Woodbury Reports' survey included the following accolades "New Haven clearly demonstrates a commitment to serve adolescent girls and their families." Other comments include: "Wonderful program", "Very good", "Well run", and "Consistent". I couldn't help but notice one comment "Very good, and expensive". No surprise; it takes money and talent to produce high levels of effectiveness.

Never in any program, have I seen such a large ratio of staff to residents; over 175 full- and part-time staff for a program with sixty-six residents! In general, the program's therapeutic efforts include individual, group, and family therapies. New Haven stresses family involvement, including the expectations that parents visit every two months. Experiential therapies are important to New Haven. Their campus includes equine therapy, a sport court, swing sets, high and low courses and a campus with a waterfall and a gazebo. You name it, they have it.

Our next stop was Telos, which is a strong clinically based program for complex (soft) boys. While Telos is known for impressive competitive showings in triathlon, swimming, running, and bicycling, even more importantly, is their intensive program including individual, group, and family therapies. If a




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boy enrolls in Telos, he will be immersed in relationship interventions designed to elicit deep and lasting changes. While at Telos, I enjoyed visiting with Tony Mosier and Craig LaMont. Both men and others have continually refined their work. It would be safe to say that all of Telos play major roles in developing what they call the Ten Pillars.

1. **The Telos Way of Being:** We strive to recognize and honor each person’s humanity in all circumstances.
2. **Relationship-based treatment:** We know how to give and receive love, allowing us to care deeply for all those connected to treatment. Inspiring interpersonal relationships are the spiritual oxygen of Telos.
3. **Individualized Treatment:** We teach principles before rules, avoiding the quick and easy model of change promoted by behaviorists. We are not afraid to bend, deconstruct or re-write various components of the program for the good of a single student.”
4. **The Effective Parent:** We believe effective parenting can bring about powerful change. The principles of nurturance, kindness, boundaries, flexibility, and unity support effective parenting practices.”
5. **The effective teacher:** We understand desire for change may be high, but actually may lag. People must be personally taught what to do it and how to do it; hence, we must be master teachers.

The final five Pillars include: The Processing Approach, Evidenced-Based Treatment, Value of the Team, Customer

Service, and Healthy Living. For those interested in the complete listing, contact Tony Mosier at Telos.

Off to meet with my Second Nature friend, Ben Pearson and his colleagues, Brad Reedy and Patrick Logan. Having a mutual love for experiential treatment, conversation was easy with the four of us sharing stories and getting to know each other better. You don’t have to talk business when your program is clearly the largest and one of the best in the country. Instead we shared a good meal, conversation, and, overall, had a good time.

As mentioned before, Gil Hallows was one of the old dogs visiting Jared. Gil is one of the most experienced wilderness leaders in the country. Gil operates Legacy Outdoor Adventures (LOA) which includes top staff formally employed by Aspen. No longer having to adhere to corporate needs, Gil is limiting his program size to two groups. Not only is such an approach is quality-driven, but is also a smart move for Gill’s health!

Wilderness programs continue to progress. Great strides have been made in the field, including increasing and refining safety standards. In fact, during my days in Utah, one of the many discussion points was how the wilderness business has been refined over the years, including the importance of safety protocols. I would be interested in hearing from all of you regarding what you believe will be the next step for wilderness programs. Patrick, OBHC and others continue to push for quality and safety.

Although I had visited Catalyst a few years go, I saw the visit as an important stop. It was important for me to explore the Seven Challenges and how the Seven Challenges fit with the various substance abuse treatment took place in other programs. The Seven Challenges are important, but it would also be important to stress the importance of holistic approaches, including a pleasant home like environment and a staff who are committed to a positive milieu.

Triathlon training is an important treatment component, but there are no expectation that boys are expected to be great athletes! To the contrary, the triathlon is simply a work out routine that is predictable and measurable, unique to the individual student. This form of training likely will be a life time activity for each boy as well as their staff.

I was impressed that there are four individuals who are owners. The current owners are the same as it was years ago when they started. That fact, including owners who are fully integrated into the milieu, promise the strengths of four owners who continually provide guidance from each other, assuring support and clarity at the top.

The next day, we were off to WayPoint, which is situated in a very sparsely populated area of Utah. Upon our arrival, we were greeted by a group of mild mannered boys, who served as gracious hosts. The programs chef is teaching the boys how to cook professionally. One boy expressed his initial reservations regarding cooking gourmet food, but said, “It is working better than we thought.” After a tour of the residence, Jared took us outside to the recently plowed garden plot, which is expected



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## How Good

to supply residents with homegrown produce.

There has been much interest in WayPoint since the program is research based. Jared and Mike Bulloch have written a review of the literature, titled *The Perfect Storm; Anxiety and Depression in the 21 Century, Implications for Treatment in Residential Settings*. Jared has implemented evidence based programming, striving to develop the only one of its type in the country. Honoring Jared's program opening, Kimbal presented him with a beautiful picture of green crops growing over the hills, representing the anticipated growth of WayPoint.

I am proud to be an Independent Educational Consultant.  
*How Good Can It Get*

## 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.]*

## SCENICVIEW ACADEMY

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Founded in 1999, ScenicView Academy is a school for adults with learning disabilities such as dyslexia, dyscalculia, dysgraphia, and other learning difficulties. Individuals must submit to a physical and psychological evaluation. Candidates unlikely to be admitted are those under 21 years old, those with an IQ lower than 90, those convicted of a felony, and those with major health issues or addictions.

Doug Dale, Executive Director of ScenicView Academy, has a master's degree in Social Work from the University of Utah and specializes in helping adults with special needs. Marty Matheson, Clinical Unit Manager, is a licensed Social Worker and serves as part time faculty for Brigham Young University. He has prior experience as a community health administrator. David Clisbee, head psychotherapist, is a licensed Clinical Social Worker. He received his master's degree from Brigham Young University and has prior experience in both inpatient and outpatient mental health.

Upon admission, each student is assigned a staff team which includes a staff member from the departments of education, clinical, and case management. This team assists the student in formulating a plan to meet the student's needs and goals. Students receive assistance in registering for college and participate in on-campus activities in art, music, and drama. Staff is available to meet the psychotherapy needs of the student through counseling and recreational therapy. Students gain valuable independent living skills and have the opportunity to obtain on campus jobs to gain work experience.

ScenicView Academy offers a residential program for male students and accepts female students into their programs, but does not provide housing arrangements for female students.

*[This information came from the ScenicView Academy website.]*

## SEEN N HEARD...

**Expedition Therapy Students Win Ironman Volunteer Service Award:** Expedition Therapy students and staff recently won a volunteer service award in the course of performing a service project at the Ironman 70.3 Race in St. George, Utah. The Expedition Therapy group's station won the award for Cleanest Aid Station, as they provided water and nutrition to runners along the 13.1-mile running segment of the race, which followed the 1.2-mile swimming and the 56-mile biking segments. Service projects like this are an integral part of the Expedition Therapy curriculum. 435-899-9115

**FFS Runners Compete:** Nine students and three staff from The Family Foundation School Runners Club participated in the Binghamton Bridge Run in May, an annual event that drew 1500 participants for the 5K and half marathon races. Of the 760 runners entered in the 5K, FFS students came in 13th and 48th. Jason Garnar, Director of the FFS Bridge Program came in 37th, and Dean of Admissions Jeff Brain came in 43rd. 845-887-5213, ext 265

**Jensen Newest Adolescent Therapist:** Second Nature Entrada is very excited to announce Jared Jensen as our newest therapist working with adolescent males. Jared has worked as a family counselor in private practice as well as outpatient substance abuse treatment. Jared has been with Second Nature Entrada since 2012 and brought with him experiences with substance abuse, depression, bipolar disorder, and other acute mental illnesses. 801-453-0042

**Grimwood Executive Director of Wellspring:** Wellspring is pleased to welcome Christopher Grimwood as the new Executive Director of Wellspring Academy of California. With over fourteen years of experience in adolescent residential programming, Chris has a strong background, including co-educational Therapeutic Boarding Schools, Outdoor Therapeutic (Wilderness) Programs, and Residential Child Caring Programs. Chris' interest in working with adolescents was sparked at a young age where he volunteered with several community organizations, including the Learning Disabilities Association, and was recognized by his home town as citizen of the year at only age eighteen. 559-638-4570

**FFS Hosts Consultants:** An international group of educational consultants visited The Family Foundation School in May as part of a week-long New York Boarding School Association spring tour. The group, which included consultants from Russia, Serbia, the Ukraine and Canada, met with students, administrators and the counseling staff for an overview of the FFS program. The NYBSA provides a forum for professional exchange and collective growth of its ten member schools. 845-887-5213, ext 265

**Private Enterprise In The PreK-12 Marketplace:** Key executives from the Huntington Learning Center recently attended the 13th annual Education Industry Days Summit in Washington, D.C., participating in discussions about the Common Core State Standards, tightening state and school district budgets, No Child Left Behind (NCLB) waivers and how waivers impact education reform, and more. 201-261-8400 x 431

**Shadow Mountain Recovery Announces 90-Day Treatment:** Shadow Mountain Recovery announced their new four tier treatment program, including life skills development, transitional living and sober living on campus in Taos, NM and in Denver, CO. They announced the restructuring of the 9-12 month extended care drug rehab program for young men. The program has been organized into four 90-day customized treatment options for new residents. SMR has developed this new programming to meet the needs of each young man seeking treatment. 800-764-7250

**Music Awards to FFS Performers:** The Family Foundation School,



competing for the 20th consecutive year at the North American Music Festival in Hershey Park, PA, brought home four trophies including a First Place-Superior for Men's Chorus, two First Place-Excellent awards for Women's Chorus and Show Choir, and a Second Place-Excellent for Mixed Chorus. The student performers, led by choral director Paul Geer and choreographer Tom Kovaleski, repeated their award-winning performances for parents on Music Festival Parents Day, May 25. 845-887-5213, ext 265

**Moyer Joins The Mirasol Team:** Mirasol is proud to announce the hiring of Tena Moyer, M.D. as their new medical director. Tena, a psychiatrist with over 19 years of experience will oversee the medical care of Mirasol's residential and outpatient program for women and teenage girls and boys. Tena is a psychiatrist who embraces alternative forms of healing and integrative medicine. 888-520-1700

**New Study Links Autism And Depression:** In the largest-ever study of psychiatric illness, it was suggested that diseases such as autism, attention deficit-hyperactivity disorder, bipolar disorder, major depressive disorder and schizophrenia share common genetic underpinnings. Dr. Robert Melillo of Brain Balance Achievement Centers explains the findings showed a genetic variant related to calcium-channel activity, an important biological process which appears to play a role in all five disorders. 312-854-8830

**Spectrum College Offers Social Opportunities for Young Adults:** Spectrum College Transition Program released information for their Summer 2013 Social Opportunities for Young Adults. Students 17-24 years of age with Asperger's Syndrome/ High Functioning Autism, may attend the 3-week sessions, where they will participate in numerous activities. 480-443-7331

**Cross On Clinical Team at Living Well:** Living Well Transitions is thrilled to introduce and welcome the latest addition to our clinical team, Kelly

Sue Cross, LSW. Kelly Sue uses Acceptance and Commitment therapy in her work with clients, as well as Solution Focused Brief Therapy. She connects deeply with the contemplative view of LWT, as she has a long-standing mindfulness practice herself. 303-245-1020 ext. 314

**New Vision West Coast Presented at NATSAP:** This presentation was focused on the implications and management of internalized stress related to working in the therapeutic world. The presenters discussed neurological based science that measures results from therapeutic alliance with clients in various treatment settings. They included various scientific studies from the cutting edge stress research Institute of HeartMath demonstrate measurable evidence of working within stressful situations and the accompanying residual affect on our bodies. 855-689-8326

**The Meadows Selected As Preferred Provider To Military Patients:** The Meadows trauma and addiction treatment center in Wickenburg, Ariz., is pleased to announce a five-year contract with United Behavioral Health (UBH) operating under the brand Optum, a sub-contractor of the military's TRICARE health program. Under this agreement, The Meadows will provide behavioral health and substance abuse inpatient services to eligible beneficiaries. 317-344-2922

**Suicide, the Silent Epidemic:** Provo Canyon Behavioral Hospital and KSL Channel 5 News (NBC) teamed up to present Suicide, the Silent Epidemic, which was viewed by more than 80,000 viewers on first run, with nearly 20,000 viewers on subsequent showings. 801-229-1032

**What Is Penikese:** As perhaps you have heard, the Becket Family of Services, working with the Family Support Collaborative, has been asked to create a new vision for the former Penikese Island School. Penikese, will be a small, non-profit, residential treatment program for young men (ages 14 to17) with substance abuse issues - and will be located on

CONTINUED: SEEN N HEARD/11

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## For more information, contact:

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 Phone: 845-887-5213, x499  
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[www.thefamilyschool.com](http://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.



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## SEEN N HEARD

Penikese Island in Massachusetts's Buzzards Bay. We plan to open on July 1. 603-989-3500

**Treadaway Visits WRI:** Reid Treadaway, Admissions and Business Development for Boulder Creek Academy stopped by the Woodbury office to describe how the school is doing.

**Sibcy House Reports Patient Improvement:** Lindner Center Of Hope's Sibcy House program reports meaningful improvement in patients. As the field of medicine continues to place greater importance on measuring outcomes, Lindner Center of HOPE recognized the need to measure and evaluate how effectively staff, programs and services deliver the mission of improving the lives of individuals suffering with mental illness. 513-536-0316

**Harris Kramer Associates LLC Opens:** We are excited to announce the opening of Harris Kramer Associates LLC, a multifaceted, educational, therapeutic placement and advocacy practice serving children, adolescents, young adults and adults with diverse needs. Myrna Harris is directing our New York office and Marcia Kramer is directing our New Jersey office. Jodi Liston will be bringing her educational and mental health advocacy skills to the practice, as well as her expertise as an educational consultant. 914-401-4442

**Shockley Awarded Business Person of the Year:** We are so proud to announce that our very own Angie Shockley had been recognized in her community as the Tucker County Chamber of Commerce Business Person of the Year for 2013. This award is given as recognition of all that she does to go the extra mile to help make Tucker County a better place to live and work. Q&A Associates employs 18 full time employees in Davis, WV as well as another 11 full and part-time employees in Asheville, NC. We have 5 young adult programs that serve up to 30 clients in all 5 programs. Also as part of our programs in WV, we have 4 individual businesses that our clients run and are employed by. Angie has such a strong entrepreneurial spirit that it has overflowed to our clients and given them the opportunity to explore their passions in a variety of ways. 207-356-0930

**New Staff Positions at New Lifestyles:** New Lifestyles staff structure has been modified to reflect a new and more dynamic treatment team approach. John Wood, Program Director has assumed management of both the Student Life and Clinical departments and will focus on integration of services. Sally Newton, who has been a member of the New Lifestyles staff since 2010 and has assumed multiple roles to include House Manager and Student Life Manager, has been promoted to Program Supervisor. Tina Tomalesky, previously a House Manager, has been appointed Progress Coordinator and will gather, track, and analyze specific data that predicts a student's readiness for independent living. Teresa Shepard and Craig Cole, Senior House Managers, will provide in-vivo supervision of students and staff in each resident house. 540-722-4521 ext. 221

**Alpine Academy Students Go To Mexico:** Alpine Academy has just completed another successful service-learning excursion to the border of Mexico. Eight of our students, accompanied by two of our seasoned staff members, spent a week on both sides of the border providing service by helping on farms, teaching children, and helping the homeless and displaced. 800-244-1113

**Rosecrance Designated One Of America's Healthiest Companies:** Rosecrance Health Network has been recognized as one of the "Healthiest Companies in America," a national award given by Interactive Health Solutions (IHS), the leading provider of outcomes-based wellness solutions. Rosecrance was one of 72 honorees (among 1,600 eligible companies) for health and wellness initiatives in 2012.



The "Healthiest Companies in America" award is given to organizations across the nation that attain a company-wide low-health-risk status while achieving high employee participation in their wellness program. 815-387-5605

**Skyland Trail Welcomes Ayo Yetunde As Pastoral Counselor:** Skyland Trail, a nationally recognized nonprofit treatment organization for adults with mental illness, is pleased to welcome Pamela Ayo Yetunde as pastoral counselor. Previously, Yetunde worked as a pastoral counselor and marriage and family resident at the Care and Counseling Center of Georgia. 404-273-6054

**The Meadows Staff Presents at International Trauma Conference:** The Meadows Senior Fellow, Shelley Uram, MD, and Meadows Psychiatrist, Jon G. Caldwell, DO, PhD, presented at the 24th Annual International Trauma Conference on May 29 - June 1, 2013, at the Seaport World Trade Center in Boston, Mass. The conference director, Bessel A. van der Kolk, MD, is a Senior Fellow at The Meadows and the Founder and Medical Director of the Trauma Center at Justice Resource Institute. 317-344-2922

**Rosecrance Opens Therapeutic Conservatory:** The recently completed Ipsen Conservatory, which rises to a peak of 17 feet, sits on a rooftop at the Rosecrance Griffin Williamson adolescent treatment center and overlooks the 7-acre Healing Garden. The new 735-square-foot conservatory will function as a glass-and-steel classroom, allowing Rosecrance's Experiential Therapies Department to offer horticultural therapy throughout the year to adolescents in treatment for substance abuse at the residential campus. Programming in the new conservatory will work in tandem with the horticultural activities and nature-based experiential therapies that take place in the Healing Garden. 815-387-5605

**Florence Crittenton Announces National Accreditation:** Florence Crittenton has achieved national accreditation through the New York-based Council on Accreditation (COA). Florence Crittenton provides innovative, comprehensive services and nurturing programs that empower young pregnant women and parenting families to thrive and build productive lives. In February 2013, COA conducted an extensive on-site evaluation of all components of Florence Crittenton's Residential Program, Community Outreach Services and their Child Enrichment Center. In addition they evaluated their management and administration, including the organization's ethical practices, financial transparency, and oversight of the organization as a whole. As a result of their investigation the agency was awarded an expedited accreditation status. 406-442-6950 ext. 209

**New Financing Options At New Lifestyles:** New Lifestyles is pleased to announce that on June 1, 2013, we will partner with American Health Care Lending to offer program financing for families. In addition, New Lifestyles is pleased to announce the availability of program scholarships. 540-722-4521 ext. 221

**Lorri Hanna Charts A New Course:** Lorri Hanna, Co-founder of Soltreks, announces she will be leaving the helm as Executive Director after serving her position for more than 16 years. Lorri states, "It has been a privilege and an honor to have provided life changing personal growth experiences for hundreds of adolescents, adults and families. The outdoors remains my sanctuary for connection," says Lorri, who has worked for 27 years in the outdoor behavioral health field. Lorri is excited to take her expertise in several new directions. She plans to offer Shake Your Soul® Yoga Dance classes, individual counseling, wilderness retreats for those training as therapists, and women's wellness retreats, including breast cancer patients and survivors. 757-870-6311

## PARENT CHOICES FOR STRUGGLING TEENS:

The following Guests were featured on Lon's Internet Talk Radio Show, Parent Choices For Struggling Teens in June 2013, which airs Monday at 12:00pm Pacific Time on [www.lataalkradio.com](http://www.lataalkradio.com), Channel 1.

### CHILDREN OF UNBALANCED MARRIAGES

Hellen Chen, [matchmakerchen@gmail.com](mailto:matchmakerchen@gmail.com), [matchmakerofthecentury.com](http://matchmakerofthecentury.com), (phone through agent Yin Chen 323-842-3108) facilitator of workshops internationally on topics related to marriage and family matters and author of *The Matchmaker of the Century*. She talks about how parents can create a marriage balanced between work, family and relationships. In raising emotionally healthy children, she explains the importance of being sure to talk with them honestly frequently and with no real secrets, really listening to them and take their concerns seriously, and the need to work at building a healthy relationship with their spouse. She observes that children of parents with unbalanced marriages all too often grow up into unbalanced young people.

### RESTORATIVE JUSTICE CIRCLES IN THERAPEUTIC BOARDING SCHOOLS

Lisa Hester, 208-267-7522 x3022, Director of Student Life at Boulder Creek Academy, Idaho, [boulder creekacademy.com](http://boulder creekacademy.com),

talks about how adding restorative Justice Circles concept last year transformed their whole school to create better emotional safety and a respectful procedure to develop a cooperative culture and effectively with dignity handle incidents of real or perceived bullying and other potential conflicts.

### WHO AM I? OUR VOYAGE OF SELF-DISCOVERY

Randy Russell, 509-671-1598, [randy@innerpathworks.com](mailto:randy@innerpathworks.com), [innerpathworks.com](http://innerpathworks.com), [empoweringyoungadults.com](http://empoweringyoungadults.com), Co-founder of Soulful Passages and Innerpathworks talks about different times in life where the question of Who Am I? becomes important in helping the person successfully grow to the next stage in life. One of the results of our society doing a poor job of facilitating those passages are adults who see no meaning in life and with no purpose in life and still in the adolescent stage.

### NOT THE BRADY BUNCH

Tricia Powe 951-313-1984, [TPowe@stepfamilysystems.org](mailto:TPowe@stepfamilysystems.org), [stepfamilysystems.org](http://stepfamilysystems.org), Ex. Dir. of Stepfamily Systems Co-parenting Center, describes the various types of step and blended families, the myths about them and how step-families often don't measure up to the often unrealistic ideals of the 1970s TV series "The Brady Bunch" and what is needed to have a successful blended family.

### 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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