

# Places for Struggling Teens™

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

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Inc.

*(Articles and information appearing in this publication are the opinions of the authors, and do not necessarily reflect the opinions of Woodbury Reports, Inc., StrugglingTeens.com.™ or it's staff. We urge our readers to conduct their own investigation of the products and services identified herein.)*

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We don't focus  
as much  
in schools on  
educational  
knowledge which  
requires thinking  
and application,  
as we do on  
acquiring facts.

~ William Glasser

## PARENT CHOICES - OCTOBER REVIEW

Hosted by:

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*Parent Choices For Struggling Teens airs Mondays at 12 pm, Pacific Time on LA Talk Radio, Channel One.*

**Staying Sane While Parenting Teens:** With the lack of communication between parents and their teens in homes today, C. Lynn Williams shared some "time tested tips" and strategies for parents to "stay sane" while raising their tweens and teens. In order for parents to stay sane, to keep their cool and not lose their temper, the first thing parents need to do is take care of themselves! With the life changes parents are also going through, it is important to take care of yourself, get out and get some exercise and get more sleep (rather than getting by on less.) In addition, having healthy meals together as a family is a must. There are great discussions and conversations that can come up, plus you get a visual on how your teen is doing- both physically and emotionally. 224-357-6315

**What is a Real Intervention?:** Despite the myths and drama associated with interventions, Arden O'Connor and Diana Clark who are professional interventionists, shared with Lon what a powerful tool a real intervention can be. An intervention is a tool to get somebody (IP- identified person) to change their (sometimes) lethal behaviors and to accept help while they are struggling. Diana defines it as a force of love, when the people who love you are coming together to ask the IP to get help. 617-910-3940 x 301

**The Psychology of Clothes Why Kids Dress That Way:** Delving into a new subject Lon Woodbury and his Co-Host, Elizabeth McGhee, talked with Betty Kreisel Shubert, a costume designer, fashion historian and author of her new book: Out of Style: A Modern Perspective of How, Why and When Vintage Fashions Evolved. Equipped with enough information and social history relating to clothing trends and fashions from the 1800's to the present day, Betty was ready to tackle the subject of today's show by answering Lon's question as to "what do your clothes say about you?" "They say you are happy, sad, feel left out, protesting against your parents and making them embarrassed by what you wear; put together, or dressed in the dark or how you used to be or want to be." [bettyshubert@cox.net](mailto:bettyshubert@cox.net)

**Buddhism Meets Western Psychotherapy:** Professor Paul Bialek, the program lead for the Contemplative Psychotherapy program at Naropa University in Boulder Colorado was a featured guest with Lon Woodbury and his co-host, Liz McGhee. Having obtained his own Master's degree in this subject and now applying and integrating the wisdom of the contemplative tradition of Buddhism into the practice of counseling and psychotherapy, Paul explained that the basic ideas of Buddhism is "we become what we put our mental energy into in our lives (meditation). Western psychotherapy usually consists of a rich variety of tradition, be it talk therapy, experiential therapy or even equine therapies, with the main goal of easing the suffering of self." 303-941-9577

## LATHAM CENTERS

Brewster, MA

Susan LaPlant, Director of Admissions

508-896-5776 ext. 237

[slaplant@lathamcenters.org](mailto:slaplant@lathamcenters.org)

[www.lathamcenters.org](http://www.lathamcenters.org)

Visit by: Ron and Kristie Campbell, BS Psy, IECA, on June 20, 2013

Latham Centers in Brewster, MA is a special kind of place for a special type of student. Located on Cape Cod, Latham Centers offers innovative treatment and support services for two, very distinct groups of individuals ages 8-22. The first group is developmentally and/or educationally delayed, often on the spectrum lacking clear social boundaries and/or with Reactive Attachment Disorders or other clinical diagnoses. The second group is children and adults with Prader-Willi Syndrome, a rare, genetic disorder in which seven genes (or some subset thereof) on Chromosome 15 are deleted or unexpressed on the paternal chromosome.

We arrived on a beautiful afternoon in late June. The campus was peaceful and yet there were many cars in the parking lot, indicating there were many people on campus. We later learned that several of the students require one-on-one staffing, though most have a 3/1 student/staff ratio, especially when they are in school.

We parked our car and walked around a building toward a center yard. A man was setting up pavilion in the center yard preparing for an outdoor event of some type and directed us toward the office. We continued walking along a path that led around another building and ended up at the school office. The door was locked with a doorbell, so we rang the bell and waited. A buzzer went and the door unlocked to let us enter the school. We were quickly met by Pam Nolan, Director of Children's Services. Together with Rachel Dewees in Admissions and Gerry Pouliot, Vice Principal of the school, we walked over to the lunch room to grab a bite to eat.

As we finished our lunch, several kids came in to start their class, an expressive arts class. They were working on musical instruments and learning about differences in tones and sounds. Some were nervous at the change in their schedule with visitors that they weren't expecting, while others were actively talkative with us.

Pam explained that at Latham Center, they have to lock up all the food related items due to their students with PWS. PWS causes the person to continuously eat without ever feeling full. In addition, they have very poor muscle tone. As a result, when they first come, they are often very overweight and lethargic. Latham Centers puts each student on a special diet plan to control their intake and allows them to return to a more appropriate weight.

After lunch we headed outside where a class was working on physical activities and another was taking a recess on the colorful playground. We observed many different ways the staff work with the students, all of which felt loving and compassionate. We watched play therapy for a bit and then headed over to the school to see the classrooms.

Students at Latham Centers often struggle with attention issues as well as learning differences. Curriculum includes the four core

classes of Reading and Literature, Math, Science and History, plus Physical Education, Arts and Music and Library and Computer skills. Students often have sensory tools at their desks to help them focus, and several classes have an attached room where students can remove themselves from class to refocus and at the same time, they are still connected to the class to continue class from there if they need to. Because classes are 1 staff to 2-3 students, teachers are able to help the students truly understand what they are learning.

After the school, we worked our way over to the dorms. We entered the dorms in the girl's wing, which started in a common area, then through a doorway and down the hall. There were rooms on each side. Most of the students at Latham Centers have their own room and each room was decorated to the style of its inhabitant. Latham offers award ceremonies often, and the kids were proud to incorporate their awards into their decorations. At the center of the building was an attendant station where someone is always available for the students. Then we took a turn and headed down the second hall, which belongs to the boys at the Center. The rooms were noticeably very tidy.

After we left the dorms, there was a little time for us to hang around in the center yard while students waited for a "dog show" that was being performed by one of the students. While we waited, one of the soon-to-be graduates came up to talk with us. She was proud of the program and had truly connected with the staff. She smiled and joked with them as she talked with us about how good Latham Center was for her. She tried to think of something she perceived as not so good, and the only thing she could think of was about another girl who was presently having an autistic episode and the fact that when that happened, she just looked away to the nice things on campus, like her friend who loved basketball. It was an effective way for her to deal with what she perceived as awkwardness. While we waited, Susan LaPlant, Director of Admissions, met with us to address any questions we may have.

The dog show went off without a hitch. After it was over, we learned that the girl who did the show had been one who would not communicate with anyone. She was painfully shy, but she connected with the dogs in a way she had never been able to connect with people. The dogs truly helped her come out of her shell, allowing her to begin connecting with people too. This girl volunteered at the local pet shelter as a vocational training part of her academic program.

The primary facilities are located on a campus in Brewster, with independent living and group homes for our adult programs also located in Brewster and other towns on Cape Cod and Southeastern Massachusetts. We left the main campus and Pam and Susan drove us over to one of the young adult group homes. For being in the populated area of Brewster, it sure felt peaceful and away from the population. This location will eventually house the donkey program and allow the kids to work with donkeys and goats. It felt warm and inviting for the young adults who live there.

If there is one thing that people should know about Latham Centers in Brewster, MA, it would be that to truly understand the compassion the staff has for the students and the successes of the program, one really needs to visit and experience the program in person. After a great visit with Latham Centers, we decided it was time to head on down the road. We said our goodbyes, got in the car and drove away, feeling very satisfied that Latham Centers does wonders for their students.






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*For further information, please contact Patrick McAvoy, Program Director, at 508-274-3777.*



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  - Compulsive behavior
  - Distressed relationships
  - Drug/Alcohol Addiction
  - Dual Diagnosis
  - Eating disorder (mild)
  - Emotional & Behavioral issues
  - Gaming/Internet Addiction
  - Grief/loss
  - Lacking confidence
  - Learning differences
  - Life changes
  - Non-verbal learning difference
  - ODD/PTSD
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  - Sneaky/underground
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## BUILDING BRIDGES

Thompson Falls, MT  
Jill Fairbank – Director of Admissions  
888-853-0156  
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[www.buildingbridgesinc.net](http://www.buildingbridgesinc.net)

Visit by: Ron and Kristie Campbell, IECA, May 2013

In May 2013 Ron and I visited Building Bridges, a family-style therapeutic program for adolescent boys located in Thompson Falls, MT. Building Bridges offers Individual counseling, Individually designed Master Plan, REBT therapy, Group therapy, Reality based counseling, a strong 12 step modality, Public school enrollment, Individual and group tutoring, Wilderness trips, Vocational training, Work therapy, Recreational therapy and a Positive peer culture.

The office is located in a beautiful log building overlooking the town of Thompson Falls and the reservoir created by the Thompson Falls Dam on the Clark Fork River. The sign outside the building said Building Bridges and Bear Muscle 24/7 Gym. Because we had driven past the building once, Jill Fairbank, one of the co-founders of Building Bridges, came out on the balcony and met us to bring us into the office.

Building Bridges, Inc. is co-owned by the co-founders Steve and Jill Fairbank, and their son Kurt, Clinical Director, and his wife Sarah Fairbank. Once inside the office, we met Debby Sacchi, Office Manager and Sarah, Administrative Assistant. We chit-chatted briefly catching up on news and information around the network, and then began our tour through the office.

One component of Building Bridges is a mandatory exercise regimen. The basement of the office building has been built into a full-fledged 24/hour fitness center, open to the public only through paid memberships. The boys at the program, of course, have daily access to it as well, and in fact, if they aren't participating in extracurricular sports, they must use the gym every day after school. Boys are encouraged to participate in extracurricular activities, including sports, clubs, student government, etc.

Down in the gym we ran into Steve Fairbank, who was just finishing up his daily routine. Because of the type of program Building Bridges is, the staff doesn't just expect the boys to participate in the routines, staff model healthy life for the boys. We talked a few minutes before heading back up to Sarah's office to talk about the profile of the boys.

Building Bridges accepts students from 14 to 18 years of age who are struggling with chemical dependency, disruptive behaviors - both in the home and in the school - as well as behavioral and social issues, such as depression and anxiety. Typically, young men in these circumstances struggle academically, are acting out at home and in the community, are oppositional/ defiant, and may have experienced drastic

changes in their choice of friends - with positive peers being replaced by negative peers. The program is designed for students who have graduated from a short term residential or wilderness program and are willing to look at their issues in a serious and committed fashion.

We continued on our tour by heading over to Thompson Falls High School. Students at Building Bridges must be able to get to a place where they can attend the local public high school, after their initial phase. As we drove, Jill explained the school system at Building Bridges. Students begin in the home school on campus which is a packet style program. The local public high school only admits students within ten days of semester breaks, so if a boy isn't emotionally and programmatically ready to integrate into the public school, he stays in the home school program until the next break.

For the first couple weeks a student integrates into the Thompson Falls High School, he is paired with a student mentor to help show him the ropes and support him when he gets overwhelmed. The staff at Building Bridges is very involved with the school as "parents" and as Boosters for fundraising, school spirit and supporting all the students in the community. The academic director also works closely with the school counselors to make sure each boy has a tailored program to his needs.

Boys are bussed in to school each morning and then, after school activities/ gym time, they are bussed back to campus, where they live, do therapy, and play.

After seeing the high school we drove over to the campus, where the boys live in two houses, each house based on primary therapist. There were numerous projects the boys were working on for vocational experience around the property.

The first house we went into was the original house where Steve and Jill raised their children along with the program kids. The cabin is a cozy log home where the boys live family style. Each room houses two to four boys and those that we walked into were tidy but well-lived in, especially considering they were the rooms of adolescent boys. The cabin also contained a dining room, living room, den, kitchen and laundry room. Steve is a Nationally Certified Addiction Counselor II, a Licensed Addiction Counselor, and has over 25 years of experience in dealing with at-risk youth and their families. He runs all the groups in this home where he and Jill live half the week.

We walked out a sliding glass door onto the back porch and crossed over the yard to the second cabin. This cabin is mentored by Kurt, a Licensed Addiction Counselor, who carries a Master of Science Degree in Mental Health Counseling. It also houses the home school classroom. We walked in and were met by Andy Burwig, the Academic Coordinator. Andy is responsible for ensuring all the students are set up for academic success. Over the years he has developed a close and well-respected relationship with the administration and teachers at Thompson Falls High School, a relationship which is a key factor in getting students enrolled in the right classes and caught up if they are behind. For those students enrolled in the home



## BUILDING BRIDGES

school, Andy is their teacher.

We then met the home school boys as we continued touring the second home. They were all at school working on their own packets, at various levels in various subjects. These young men ranged in length at the program from a few days to four to five months. They were very interactive with us and seemed glad we had interrupted their studies, as any adolescent boy would be.

As we drove back into town, Jill talked a little about some of the non-school activities the boys participate in. They often hunt and fish, go hiking, biking, skiing, kayaking and rafting, camping, and backpacking. On Sunday, the boys attend the local

community church as a family unit.

At last the time had come for us to leave. We had spent a few hours visiting, but this is the type of place you feel comfortable enough at that you could just hang out all day and lose track of time, if there wasn't other work to be done. It was clear to us in all aspects of the program, from therapy, to groups, to academics, to the vocational education, to the family community that Building Bridges is a place where boys can learn to be young men and learn to work through their addictions through positive mentorship. For more information, call Jill or Sarah in admissions to schedule a visit.

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## 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.]*

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### YOUTH HEALTH ASSOCIATES

Clearfield, UT  
Brian Garlock, Owner  
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[brian@yhautah.com](mailto:brian@yhautah.com)  
[www.yhasite.com](http://www.yhasite.com)

Youth Health Associates is a residential care and therapy services organization. The company operates six campuses in the state to treat both males and females from 12 to 18 years old. The programs are designed to treat sexual issues.

Clinical Supervisor for Youth Health Associates, Mindy Nance, LCSW, TRS, received her Master of Social Work in 2003 and a BS in Therapeutic Recreation in 1998. She has been employed with the company since 2001. She is very active with the youth in the programs through outdoor activities. Clinical Director and company Owner, Brian Garlock, LCSW, has been working with troubled youth since 1993. He oversees all functions of the company and its programs. The YHA programs are licensed by the state of Utah.

Youth Health Associates programs all use a Clinical and Behavioral Levels system. This system helps track the client's progress through the recovery process. The Clinical levels include concepts such as Accountability, Behavioral Cycles, Relapse Prevention, Skills for Success, Relationship Skills, and Empathy. The Behavioral Levels are used to evaluate the student's behavioral performance and the accumulation of "points" for good behavior determines visitation and other privileges for the student. Treatment plans unique to each student determine the types of therapy and counseling used.

The six programs operated by Youth Health Associates are all located in the state of Utah and include: Draper Youth Ranch, Stepping Stones, Cedar Valley Ranch, Lakeview, Eagle Academy, and Lakeside Academy.

*[This information came from the Youth Health Associates website.]*

### COLLEGE INTERNSHIP PROGRAM

Long Beach Center  
Long Beach, CA  
Damien Danielly, Admissions Coordinator  
323-377-8356  
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[www.ciplongbeach.org](http://www.ciplongbeach.org)

College Internship Program, which was founded in 1984, will open a new center in Long Beach, CA this August, 2011. This program is designed for young adults, ages 18-26 with Asperger's, nonverbal, PDD-NOS, ADHD, dyslexia and other learning differences, yet are emotionally and behaviorally stable and have the potential to live independently, attend college or a career program.

Susan Levy is the Program Director of CIP-Long Beach and is currently the President of the Los Angeles Autism Society, where she has been an active member for the last three years. Prior to CIP, Susan was the principal of Gilbert Hall School and also spent a number of years as a behavioral consultant specializing in adolescents with autism spectrum disorder. Her interest in autism started on a personal level when her then, 3 year old son was diagnosed with autism. Aishani Patel is the Head Student Advisor and Aubrey Green is the Residential Coordinator at CIP-Long Beach. Each student receives individual therapy, and for those on medication, a Medication Supervision program is provided.

Students enrolled in the CIP program are each assigned an advisor who serves as both managers and liaisons with the families, keeping students on track, mentoring and assisting with teaching basic life skills. Students will learn to try different career internships, work in the community by volunteering their services, and receive individual career development instruction in which students participate in mock interviews, job coaching and portfolio development. Students reside in fully furnished, 2 bedroom apartments, in a gated community, with access to pools, laundry services and fitness room, all ideally located minutes from CSU Long Beach and public transportation.

Week-end and recreational activities include trips to the beach, local museums, whale watching and shopping and movie trips.

*[This information came from the College Internship Program website.]*



## High Frontier

High Frontier is a non-profit Residential Treatment Center for emotionally disturbed adolescents, ages 12 to 18, with a documented history of severe behavioral and/or emotional problems who cannot be served in a less restrictive environment.

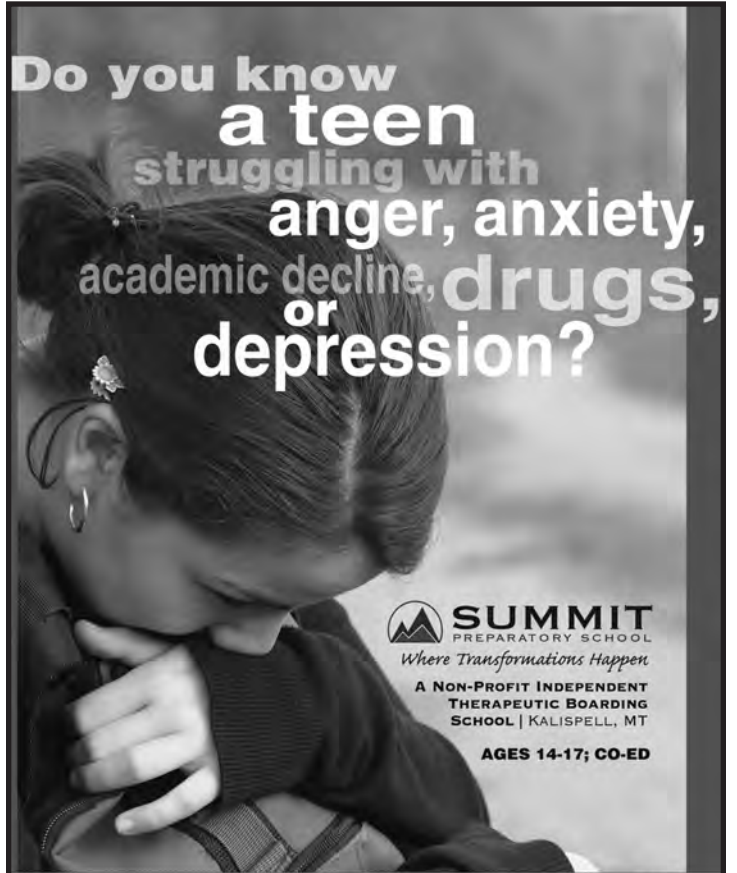
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## THE EMILY PROGRAM

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Lindsay Brown, Director of Business Development  
[media@emilyprogram.com](mailto:media@emilyprogram.com)  
[www.emilyprogram.com](http://www.emilyprogram.com)

Founded in 1993 by Dr. Dirk Miller, PhD, LP, who started his first eating disorder treatment program in St. Paul, MN, has now eight outpatient/inpatient programs throughout Minnesota. This new program, offering outpatient services, is based in Seattle, WA and is named after Dr. Miller's sister Emily, whose inspiration and recovery herself from an eating disorder, has led this program and its staff to strive for personalized care for all individuals that struggle with an eating disorder. The Emily Program is for men or women and

adolescents who are struggling with eating disorders, which may include binge eating, over eating, anorexia and bulimia.

The Emily Program staff include: Jenny Hermanson, M.S., L.M.F.T., therapist, Jodi P. Pierce, M.A., L.M.H.C., therapist and Joanna Retztagg, PsyD, also a therapist. Through personalized treatment, clients receive psychological, nutritional and medical treatments as deemed necessary, in addition to participation in individual therapy, group therapies, family therapy, nutritional evaluation and counseling and eating disorder education. Holistic services, such as art and music therapy, yoga and massage and acupuncture are also used to support and enhance a client's recovery.

This Seattle program offers a structured day program which allows the client to participate in everyday activities, work or school and presents the option of day or evening treatment.

*[This information came from The Emily Program website.]*

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## AMERICAN ADOLESCENT TRANSPORT SERVICES

Highwood, Illinois  
Emily Brecklin - Vice President  
847-681-2287  
[emily@aatransportservices.com](mailto:emily@aatransportservices.com)  
[www.aatransportservices.com](http://www.aatransportservices.com)

American Adolescent Transport Services provides families of at-risk adolescents who are being enrolled in a therapeutic school or program with transport services. They send two staff members for each transport with at least one being the same gender as the youth. The transports include both national and international transports for adolescents who will not or cannot go to a facility or program without an escort. They will be in charge of the entire trip scheduling from air travel to ground transportation and managing the departure and arrival of the client.

American Adolescent Transport Services have been in business since 2006. Most of the staff have been with the business since the beginning and have around five to six years of experience. According to their website the agents have been thru an extensive background check process, crisis prevention techniques, CPR, non-confrontational interpersonal skills, verbal de-escalation and non-aggressive control techniques.

American Adolescent Transport Services claim that they will communicate with you as much as possible during the transport. The types of communication they use vary per transport but are usually via text or a short phone call if possible from the agents that you're working with. Once the transport is complete the website states that they will contact you to let you know that they made it safely to their destination.

*[This information came from the American Adolescent Transport website.]*

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## WILLOW SPRINGS CENTER

Reno, NV  
Jennifer Vonarx, LCSW, Admissions Director  
800-448-9454  
[jennifer.vonarx@psysolutions.com](mailto:jennifer.vonarx@psysolutions.com)  
[willowspringscenter.com](http://willowspringscenter.com)

Willow Springs Center is a 116-bed residential treatment facility helping children and adolescents, ages 5 through 17, recover from emotional, psychiatric, behavioral and chemical dependency problems. The children who are most appropriate for the program are children who need 24 hour care but do not need a hospital environment. They need to have attempted and failed outpatient therapy, or partial hospitalization or an intensive outpatient therapy program. Some of the typical diagnoses for the children are: Depression, Bipolar Disorder, Anxiety Disorders, PTSD, Schizoaffective Disorder, Schizophrenia, Para-suicidal behavior, and Substance Abuse or Dependence.

The Center was established in 1988 and is accredited by the Joint Commission (JCAHO) and licensed by the State of Nevada as a psychiatric hospital. It is a member of the American Association of Children's Residential Treatment Centers. The school is licensed by the State of NV. It is a provider for Tri-Care, Nevada Medicaid, Alaska Medicaid, and most major health insurance companies. The Center staff consists of highly trained professionals who work together as an interdisciplinary team to provide coordinated care, support, and guidance for each patient throughout treatment. A board-certified Child and Adolescent Psychiatrist provides assessments and medication management, as necessary, as well as leads the clinical team.

Residents live in a dormitory-type setting providing a 24-hour therapeutic environment. There is a gym, playground, large courtyard for recreational activities and the Challenge by Choice ropes course. Willow Springs also offers an addictions track for adolescents dealing with addiction as a secondary issue.

*[This information came from the Willow Springs Center website]*

**Pinnacle Named To Inc. Magazine's Hire Power List:** The Pinnacle Schools in Huntsville, AL is featured in Inc. Magazine's 2nd annual Hire Power Awards which recognizes private businesses that have generated the most jobs from January 1, 2012 to June 30, 2013. According to Inc. Magazine's survey results, The Pinnacle Schools placed 10th among the top private business job creators in the state of Alabama, and 6th among top private job creators nationwide in the Education Industry. Pinnacle is among the 437 private growth companies that are Hire Power Award honorees leading the way in creating more American jobs. 866-906-8336

**Allynwood Academy Presents CHAT:** CHAT® is Allynwood Academy's unique program for adolescent and young adult dog enthusiasts. CHAT® stands for Canine Human Attunement Training/Therapy. CHAT® emerged out of more than 16 years combined experience and thousands of hours of practice with adults, adolescents and dogs of all breeds. Dr. Rita Argiros, Richard Reeve, and Jennifer Eckhardt will present the Theory and Practice of CHAT® November 23, 2013 at 9:00am -4:30pm at Allynwood Academy in Hancock, NY. 607-637-8265

**Horrific Fire Valley View School:** As many of you are aware, on Friday, October 25 at approximately 7:00 pm, the Valley View School community was confronted with an almost surrealistic nightmare in the form of a horrific fire which destroyed a major dormitory, student lounges, kitchen and dining-theater room. It is almost a strangely almost symbolic omen that we managed to save the large circular carved wooden crest, indeed the symbol of Valley View, which hung in the newly remodeled but now defunct lounge. While somewhat tarnished by the smoke and soot in the room, it was already suggested that it be kept this way and hung in the future new lounge as a symbolic relic of our past history. We remain thrilled with the level of positiveness that has been fused under tough circumstances- a pulling together of our great staff, so many out there in the community and most of all the boys themselves. May God continue to bless us all. 508-867-6505

**Discovery Academy Welcomes Newell:** Discovery Academy is pleased to announce Ken Newell, PhD has joined our clinical team as our girl's clinical specialist focusing his expertise with our female students. Dr. Newell began his decade-long work with teens and their families as a wilderness therapist with Aspen Achievement Academy and then with Second Nature Wilderness Programs in Utah and Georgia. He also worked at Homeward Bound, a program which helps teens and families with the transition home after residential treatment. He then began working at Discovery Ranch, a residential treatment center that helps teens work towards self-discovery and fostering self-reliance. 801-374-2121

**Bella joins Surf House:** The Founders of Surf House are pleased to welcome Jen Bella, LCSW as the women's Life Coach. The program will begin enrolling young women on November 26th. Jen is a licensed Clinical Social Worker specializing in women's issues. Jen served as a primary therapist for Summit Achievement for 5 years prior to operating her private practice. She looks forward to living in Puerto Rico and helping develop the women's section of Surf House. Surf House is a specialized life coaching program located on the West Coast of Puerto Rico for young men and women aged 17.5 to 25 years. Providing a cultural immersion and accredited academics, Surf House is an alternative to treatment programs for students who will benefit from a structured environment focusing on personal growth and the development and implementation of a life plan. 787-237-8168

**Family Support Collaborative Opens Two Additional Programs:** We are pleased to announce the opening of two exciting and much needed

programs, Adirondack Peak Experience (APEX) and Baker Valley Treatment Center. APEX will be the only non-profit, transport ready wilderness therapy program in the Northeast. Located on the site of the former Adirondack Leadership Expeditions in Saranac Lake, NY, APEX celebrates the return of former ALE employees Patrick McAvoy (Program Director), Deborah Paradis (Director of Operations), Aaron Rumsey, LMHC (primary clinician), and Sara View, LCSW (Family Program). Baker Valley Treatment Center will open on November 18, 2013, and will run at a maximum capacity of nine residents. For further information, contact Don Vardell at [dvardell@penikese.org](mailto:dvardell@penikese.org) or 413-320-7425.

**Mayeski New Director Of Academics at Oakley:** Paul Taylor announced that Kori Mayeski, M.S. has accepted the position of Director of Academics at the Oakley School. Kori's professional career began over 20 years ago and combines positions in college student life support, classroom instruction, and active roles as school administrator with three notable residential treatment settings since 2001. Her innovative style of leadership combined with our talented faculty will allow Oakley to further refine our strong academic program. 855-842-5594

**Allynwood Performing At Carnegie Hall:** Allynwood Academy's music director, Paul Geer, will lead the Golden Hat Foundation choir on November 16 at the world-renowned Carnegie Hall in New York City. The celebrity fundraising event supports actress Kate Winslet's Golden Hat Foundation, which celebrates the intellectual capabilities of people with autism. 607-637-8265

**Pasadena Villa Teams with A-Fordable Billing Solution:** Pasadena Villa announced a partnership between Pasadena Villa and A-Fordable Billing Solution, to assist families in utilizing insurance benefits. At Pasadena Villa, we are dedicated to working alongside A-Fordable Billing and with your insurance company on your behalf to access any possible insurance reimbursements for our services. 407-982-0099

**Rose Hill Center Breaks Ground on New Visitor Center:** Rose Hill is pleased to announce that construction has started on a Visitors Center & Administrative Building near the campus entrance. His new building will have office space for the admissions, marketing, development and administrative departments. It is the necessary first step toward achieving Rose Hill's ultimate goal: enhancing the patient experience and improving safety. 248-634-5530

**Parent Coach Trainers Academy Changes Ownership:** Penelope Valentine announces that the co-owners of Parent Coach Professionals, Barb Cass and Vicki Jones, have purchased the intellectual properties of Parent Coach Trainers Academy. 541-330-5979

**Mitchell Joins Sovereign Journey Admissions Team:** Sovereign Journey is pleased to announce the addition of Nicole Mitchell, LADC to the Sovereign Journey admissions department. Nicole is a Masters prepared therapist from Dartmouth College, and has spent over 15 years in residential settings. Nicole joined the clinical team at Sovereign Journey in February of 2013, and has become a key member of our leadership team. Nicole will maintain a small caseload, and will begin the process of assuming the Director of Admissions responsibilities over the coming months. Nicole can be reached at 603-869-7318 ext 115

**Bosworth Joins The Daniels Academy Team:** Daniels Academy is proud to announce that Melanie Bosworth has joined our team in the role of nurse and medical coordinator. Melanie Bosworth, RN, has affectionately been called Nurse Melanie for so many years that even her children sometimes have wondered if that was part of her official name! Melanie joins Daniels Academy with an extensive background of psychiatric and emergency knowledge ranging over 30 years. 801-425-5155



**Chief Medical Officer Earns Harvard Certificate:** Treatment of trauma is complicated, complex and has life-long implications for health and healing. To ensure Willow Springs Center remains a leader in providing trauma-informed clinical interventions for each patient, Chief Medical Officer Dana Arlien, MD, recently completed an innovative Harvard Medical School certificate program in - Global Mental Health: Trauma and Recovery. The certificate program drew 60 participants from 37 different countries, such as New Zealand, Afghanistan, Haiti, Liberia, Cambodia, Peru, Nepal, Lebanon and Rwanda. Attendees included psychiatrists, humanitarian aid workers, therapists, human rights lawyers, policy makers, internal medicine physicians, emergency doctors and journalists. 775-544-7281

**Explorations Announces Opening Of The Denman Guest Cabin:** Explorations is pleased to announce the opening of the Denman Guest Cabin at their facility. The 750 square foot log cabin provides a mountain retreat for visiting parents, consultants, and alumni. Situated just 100 yards from the main residence, the log cabin sleeps four with a full bath, loft, fireplace, and sitting porch. Students assisted in the construction of the cabin as well as the adjacent campfire pit and seating area. Visitors may be immersed in daily activities or be provided a beautiful private space in which to spend time with their child. 406-827-3863

**Academic Center At Discovery Academy Celebrates 5 Years:** Discovery Academy, a therapeutic boarding school for boys and girls located in Provo, Utah, is proud to celebrate the 5-year anniversary of their Academic Center, a 25,000 square foot facility. The Academic Center houses 8 classrooms, a library, cafeteria, fitness center, recreation center, fine arts performing center, family meeting rooms, therapists' offices and a girls dormitory. 801-374-2121

**Shortridge Academy Adds New Teaching And Counseling Faculty:** In response to our recent growth, Shortridge Academy has added a few new staff members. Over the past few months we have welcomed a new therapist, new residential director and a new teacher. Michael Charney joined the team in May as a consultant to the school, focusing on enhancement of our residential life program, specifically on developing student leadership, dorm environment, adding new activities, and staff training. Audrey Everson joined our counseling team to help us serve our growing student population. Audrey was a fixture at ASR for over 11 years, has a great reputation within our industry and a unique ability to work with our type of students and families. Last, but not least, we added Ken Butler as the upper level English and Film Studies teacher. 877-903-8968

**Family Foundation School Changes Name:** Family Foundation School announced they have changed their name to Allynwood Academy. Why the name change? The new program design and enhancements are so significant, we believed it deserved a new name. Named simply for the original owners of land that our the beautiful campus now sits, Allynwood Academy provides families a more affordable boarding school option and a greater continuum of intensive, structured and independent boarding school options (i.e. platforms). They also announced The Bridge program is filled to capacity and is now building a wait list. 845-887-5213, ext 265

**Rogers Memorial Hospital CoSponsors ANAD Conference:** Rogers Memorial Hospital co-sponsored the 2013 Annual Eating Disorders Conference. Hosted by the National Association of Anorexia Nervosa and Associated Disorders, Inc. (ANAD) with the theme, "Wellness, Not Weight: Illuminating the Path to Physical, Mental & Social Well-Being," this year's conference featured nationally known eating disorder specialists who presented a myriad of specialty workshops. 262-646-1029

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Lon Woodbury, Publisher - IECA, MA, CEP, is an educational consultant who has worked in schools and programs for emotional growth, character education, and consulting for parents of struggling teens since 1984. Prior to that, he taught in public schools and was involved in public policy while working for the US Senate and the Executive Office of the President. Lon received his BS and MA degrees from the University of Idaho. His practice includes a referral service for parents and professionals, and the publication of this Newsletter and the *Parent Empowerment Handbook™*, a resource of *Places for Struggling Teens™*.

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