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PARENT CHOICES FOR STRUGGLING TEENS:

Julia Steiny

Educational Consultant, RI

Ben Robinson

Rose Hill Center

Dan Kirschenbaum

Wellspring

12

ESSAYS:

Teen Boys Need Mentors

2

VISIT REPORTS:

ReStart Internet Addiction Recovery

3

SEEN N' HEARD:

Page 6

USING MUSIC TO TAME THE SAVAGE BEAST

Host:

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Aired: July 29, 2013

Featuring:

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"Music touches every part of how the brain processes, from day to day functioning to skill building." And at Berkshire Hills Music Academy, both Kristin Tillona, the Director of Admissions and Marketing and Karen Carreira, the Director of Music and Vocational Programs both agree that the students at their school are learning vocational skills, social skills and job skills through the love of music. Today on Parent Choices for Struggling Teens, Lon Woodbury's guests shared with his radio audience how music is an integral part of the curriculum and structure at the academy. "All music is a form of expression and each genre evokes a certain response or feeling- fast, upbeat music can get your day going and slow soothing music at night helps to slow you down. We use music as a vehicle for learning and as a healing tool." The Berkshire Hills Music Academy is a program for young adults, ages 18 to 30 with learning and developmental disabilities needing to learn life skills and social skills in order to gain living independence.

Each student at BHMA is performing or actively participating in music. And each student is involved and learning how to put on music programs. Not just performing, but rather learning all aspects of working together as a team, learning appropriate communication skills, using direct eye contact, dressing appropriate for performances and all will get the chance to MC (Master of Ceremony) the programs. This really helps them to build social skills and builds self-confidence for these young adults.

Throughout their day to day living at BHMA, students use music to learn, even math, finances and time management. Kristen then shared how they teach the students to "create a "playlist" of three of their favorite songs for when they take a shower. During the first song you get soaped up and wash and during the second you rinse and third song you dry off. "Which gets them in and out of the shower in 10 minutes rather than the long 20 minute plus soaks the students would normally take."

On Fridays, for roughly 45 minutes to an hour, the students put on a variety hour, where each student is required to perform a piece from something they has learned that week (with the expectation of doing their best) in front of the school and their peers. Staff then offer feedback: what went well and what to work on. Students must be prepared for this performance, from collaborating with others with music, to setting up their instruments, sheet music and etc. This

CONTINUED: **USING Music/ 2**

USING MUSIC

Friday tradition helps the students gain confidence and is a healthy stepping stone to take risks and grow in the future.

“No matter what activity, the music is the glue that brings it all together.”

To listen to the full interview, go to
www.latakradio.com/Players/Lon-072913.mp3

Lon Woodbury is the owner/founder of Woodbury Reports, Inc. and www.strugglingteens.com. He has worked with families and struggling teens since 1984 and is the host of Parent Choices for Struggling Teens.

Kristen Tillona is the Director of Admissions and Marketing for Berkshire Hills Music Academy in South Hadley, MA. And has over 11 years' experience in private school admissions, marketing and teaching. Kristen received her BS from the University of Massachusetts, Amherst and is a French horn and trumpet player.

Karen Carreira is the Director of Music and Vocational programs at BHMA. She is a board certified music therapist, a licensed mental health clinician and a professional vocalist. Karen received her BA from Wheaton College in Norton, MA and her MA from Lesley University in Cambridge, MA.

Teen Boys:

The Key Ingredient for Success

By: Steven Cessario

What do Warren Buffett, Martin Luther King Jr., Michael Jordan, and Albert Einstein have in common? They all became successful, and incidentally well-known, because they all had a mentor.

Most happy and successful people have been encouraged and supported by a mentor on their life journey. The start for obtaining a life of happiness and success can simply begin with a mentor. A mentor is a catalyst for someone's desired outcome. This is especially true for teen boys.

Parents are significant influences in their son's life; it is also clear though, other adults can, and do, affect important outcomes such as education, social and emotional well-being, and health and safety. These are some of the reasons why mentoring is becoming a favorable strategy among parents for youth development.

Parents usually have a lot of experience making decisions and are eager to offer advice to their children. Some parents say, “I have all the right answers to what he needs. Why doesn't he want my advice?” What your son might need is someone to ask him all the right questions, helping him decide what will work and what won't.

Parents also can't be everything to their children either. If you are struggling under the weight of a stressful job, illness,

divorce or other personal problems, it may be time to look for another caring adult to lend a hand. A mentor in your son's life may also allow you to take a moment to relax or reflect on your own purpose in life. Parents need to take care of themselves too.

A study by Teens Today, conducted by Students Against Destructive Decisions (SADD), found encouraging results about how a mentor has the ability to reduce the excessiveness of drug and alcohol abuse, and decrease incidents of youth violence.

In evidence of these results, there was a recent news story about six teens in New London, CT, who are facing various charges in connection with the murder of another man who was walking home from work. The teenagers said they killed him for “no reason” other than “because they were bored”. The teenager's lives are now changed forever because of boredom and lack of good mentorship to teach them healthy habits and activities. The sad thing is that a mentor could have affected the outcome for those teenagers by simply being a positive role model in their lives.

When a teen boy lacks an adult mentor it is more likely he will become directionless, involved with drugs, commit a crime and/or be violent. Boys need direction in their lives and crave the attention of other male figures. A mentor has the ability to help your son construct a happy and successful life, being a motivating link to a successful future.

The key ingredient in a young teenage boy's life is affection from another caring adult male: A mentor. However, it is important for a parent to find a mentor who is, patient, flexible, trustworthy, and will nurture your son's potential to the fullest. A formal relationship with an adult could be the turning point to helping your son foster a strong character and positive behaviors.

About The Author: *Steven Cessario is the founder of CT Youth Mentoring and Coaching. CT Youth Mentoring & Coaching focuses on helping young people identify and achieve personal goals, provides advice on career paths, bullying, spirituality, fitness and health, observing work and actions, providing comments on execution, and teaching skills which may need improvement. For more information visit www.ctmentorandcoach.com. 860-338-9856 or contact@ctmentorandcoach.com.*

WHY DO PSYCHIATRISTS
SYSTEMATICALLY IMPOSE
THEMSELVES ON PERSONS WHO
WANT TO HAVE NOTHING TO DO
WITH THEM? I BELIEVE THEY DO SO
BECAUSE, LIKE MOST PEOPLE,
PSYCHIATRISTS LOVE POWER AND
EXULT IN PUSHING OTHERS AROUND.
~ BERTRAND RUSSELL

ReSTART INTERNET ADDICTION RECOVERY PROGRAM

Fall City, WA
Hilarie Cash, PhD – Co-CEO
800-682-6934
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Visit by: Ron & Kristie Campbell, BSPsy, IECA, May 24, 2013

When we arrived at the second phase of the ReStart Internet Addiction Recovery Program in Fall City, WA, we had had a fairly good explanation of the type of resident that is appropriate for the program. We had met with Dr. Hilarie Cash and Cosette Dawna Rae, MSW, LICSW for lunch to go over the appropriate participant to the program, and to discuss current trends and experiences within this particular field. One thing that concerned Hilarie was that consultants, therapists and parents don't ask the right questions in ascertaining whether or not a student is actually addicted to Internet, gaming, and/ or technology.

One of the primary indicators of this addiction is failure to function in life. Often the young adults have "failed to launch," which is a common concern, but they also lack motivation to get out of the basement (or off the couch) or to do anything in life. They stop attending school; they quit their jobs. Often they begin to gain significant weight because they order pizzas and coke (or other convenience foods), rather than taking time away from their games to cook anything. Their surroundings are often in shambles and sometimes they haven't changed their clothes or bathed in weeks to months. They have sleep issues. They also display an inability to create/ maintain appropriate relationships with other people, and seldom do they have boy/girlfriends.

Treatment for technology addiction is nothing like treatment for substance abuse, so a standard addiction treatment center won't necessarily work for this population. The best example I've heard is that with substance addiction, one teaches abstinence; with technology, one teaches management. It is as impossible for a technology addict to avoid technology in the modern world as it is for an eating disorder patient to avoid exercise and food.

We had a chance to meet with one of the participants in the second phase of reStart when we arrived. He was living in an apartment in the Fall City/Redmond area with another reStart participant. ReStart occupies several apartments in a huge complex. Their off campus office occupies one of the apartments and the residents check in to do their homework, manage their computer usage and get support. The residents in Phase II attend college, hold part time to full time jobs and participate in local activities and clubs, in addition to the required "on campus" time which they spend daily staying connected with the reStart facility for continued support and exercise.



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doug.czyz@boystown.org

BOYS TOWN

ReSTART

The young man we met had attended reStart for 60 days initially. He felt he could return to his previous setting and attend college in a metropolitan area across the country, where he enrolled and started his new semester. Shortly into the semester, however, he faltered and slipped back into his addictive pattern. After about half the semester of sitting on his couch eating pizza and playing video games, his mom announced she was coming for a visit and he was snapped out of his haze. He cleaned up and when his mom arrived, he asked her to return to reStart. After a second, 45-day stay, he transitioned into phase II and began a supported new segment to his journey, showing mentor/leader skills in the community. His story brought tears to my eyes and seeing his community pride and his desire to grow and help others was truly inspiring.

We left the apartment and headed over to the main campus of reStart. The main house is located on a five-acre piece of land in what feels like the middle of nowhere. We had no idea that an area so populated as Redmond could contain such a remote place. We turned down the driveway and it opened up into a beautifully groomed yard with a large two-story home in the center.

The young men were preparing to go on a weekend camping trip for Memorial Day weekend when we arrived. They were looking forward to getting out in nature. Many of them had

never seen the wilderness before. They were giddy about the wildlife they might see, or the dirt they might encounter. This may sound silly or trivial to some, however with Internet/Gaming addiction, kids don't get out and experience real life, so to them it is a big deal when they finally detox from gaming.

The group circled up and talked to us for about 15 minutes about why they were at reStart and where they had come from. The youngest at the time was 18, about to turn 19; the majority of the men in the house were ages 22-24. After our conversation, the young men eagerly led us around the 5-acre property, talking to us about their chickens, chicks, Dakota the dog and a couple of guard cats, the tree house, which is used as a therapy room, the climbing wall that was built as a community project (though not currently in use) and the other therapy rooms around the campus. They also showed us their garden before we walked back up to the house.

Entering in through the back door, we walked into the laundry room. Each participant does their own laundry and chores on a rotation. From there, we had almost direct access into the garage, which has been added to and converted into a full crossfit gym. Every participant, no matter which phase of the program, comes to the gym to workout, daily. We left the gym and continued through the house. All the students at

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reStart have a room on the main floor, with typically 2-3 students per room. There are two centrally located bathrooms for the students to share. The rest of the house contains a full, industrial kitchen, a family style room with a large screen tv for special movie night and a full dining room with piano. The 18 year old sat down for us and played a beautiful song that he had written; creativity that may have never been realized had he stayed in a video game his whole life.

When we had toured the entire first floor, we sat in the family room where there are large, cozy couches and chairs. The participants have group in this room, as well as morning meeting and community meetings. We learned about transition requests and a little more about each of the young men. A couple spoke up more than the others and stood out as the leaders in the group.

To transition to Phase II, a resident must petition to the community for the right after presenting their lengthy and detailed Life Balance Plan. The graduates, the phase II residents, the staff and the current Phase I residents all get together for a community meeting to discuss the request. A young man had recently been denied transition when we visited as the community had decided he was not yet ready. This young man stood apart from the community and we could see he was a bit emotional about the rejection, but being emotional was a good

thing for him as he had been numbed to emotion while his addictions ruled over him.

The only place we hadn't seen on the visit was the upstairs of the house. Cosette and her family have a small apartment on the upper level of the house, where the main office is also located. After visiting with the students for a bit longer, we headed up and said goodbye to Cosette, who was busily working on some last minute communications before heading out for the long weekend.

We decided we had delayed the camping trip long enough; these young men were anxious to get on the road to their next "real life" adventure. We thanked them for taking the time to share their program with us and headed out.

EVERY MAN, WHEREVER HE GOES,
IS ENCOMPASSED BY A CLOUD OF
COMFORTING CONVICTIONS, WHICH
MOVE WITH HIM LIKE FLIES ON A
SUMMER DAY.

~ BERTRAND RUSSELL

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Benchmark is a long-term residential program. Our level-based curriculum is designed to be completed in 9-12 months. Extended care options are available.

Benchmark is designed to be a step-down transition program for participants coming out of other primary treatment programs, such as Detox, 30/60/90 day Residential Treatment Centers, Wilderness Therapeutic Programs, hospitalization/stabilization units, and for adolescents aging-out of Therapeutic Boarding Schools and is also an ideal option for young adults who are "stuck" at home with failure to launch issues.

Students exhibit behavioral and clinical issues such as:

- Academic challenges
- ADD/ADHD
- Adoption/Attachment
- Anger management
- Anxiety/Depression
- Asperger/Autism Spectrum*
- Bi-Polar/Borderline
- 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
- Poor judgment
- Shy/withdrawn
- Sneaky/underground
- Socially isolated
- Substance use/abuse
- Trauma
- Unmotivated

SEEN N HEARD...

Surf House Opens Doors: We are pleased to announce the opening of Surf House Puerto Rico on September 2, 2013. Surf House is a holistic community for young people ages 17.5 to 25 seeking a gap year experience to help them improve their college and career readiness. Utilizing a life coaching approach to foster resilience and life goal orientation, Surf House integrates a rich international experience and individualized educational services with a wellness-focused lifestyle. 787-237-8168

Solstice East Welcomes Elaine As Primary Therapist: Solstice East is excited to welcome Susan Elaine to our talented clinical team! With over twenty years of experience with adolescents, Susan excels at working with complex family systems and trauma related to eating disorders. Susan's focus has been on the interactive dynamics between familial, social, cultural, and individual influences that contribute to the development of disordered eating behaviors in adolescents and young women. Of particular importance and focus in her work, are the development of self-awareness and self-trust, empowerment, and identity development in the years between pre-adolescence and young adulthood. With the addition of Susan to the Solstice East family, we are able to offer even more in-depth groups aiding in recovering from eating disorders and improving body image. 443-929-9122

Outback Introduces Roots and Wings Family Expedition: Outback Therapeutic Expeditions, a strengths-based therapeutic wilderness program for struggling teens, has introduced a new "Roots & Wings Family Expedition" that will unite families in crisis in a unique, three-day intensive wilderness experience and engage them in a healing, therapeutic process facilitated by professionals. "We are very excited to introduce this new feature to our program," said Andrew Powell, MBA, Executive Director of Outback Therapeutic Expeditions. "The Roots & Wings Family Expedition will help families apply skills, learn and practice new ways to resolve conflict and more effective ways to express oneself, and teach the power of empathy and validation for healthy communication. This type of programming reaffirms Outback's position as a top tier program when it comes to family systems work within a clinical, therapeutic outdoor program." 800-817-1899

Burroughs Joins The CALO Executive Team: Change Academy at Lake Ozark (CALO) is pleased to announce the addition of Dr. Bob Burroughs to their executive team. Burroughs has been appointed as the Academic Director at CALO, effective immediately. He brings 15 years' experience as a teacher educator at the University of Cincinnati and 5 years' experience as a public school and boarding school English teacher. Most recently, Burroughs was an educational consultant in Cincinnati, working under the company name of Ike & Burroughs, Educational Consultants. 866-459-1362

Webb Joins Shadow Mountain Recovery as President: Shadow Mountain Recovery is pleased to welcome Michael Webb as President/ COO/ Partner. Michael will be joining Shadow Mountain to add other programs to its Continuum of Care offering that will enhance treatment opportunities for clients and their families. Licensed as a Substance Use Disorder Counselor, Michael has worked in the substance abuse field for over 25 years. 800-764-7250

Four Circles Releases Outcome Results: Four Circles Recovery Center, a state of the art wilderness-based addictions, substance abuse and co-occurring mental health disorders treatment program, in cooperation with the Center for Research, Assessment, and Treatment Efficacy ("CRATE") and the Intervention Sciences Laboratory at the University of Arkansas, recently announced long-

awaited results of one of the most comprehensive treatment outcomes studies of its kind. Results of the multi-year, longitudinal study strongly support the use of wilderness-based interventions, such as those practiced at Four Circles Recovery Center, in treating young adults with substance use disorders and co-morbid psychopathology. One year post-treatment data shows that approximately 92 percent of participants reported persistent improvements in symptoms of substance abuse and dependence, while indicating that they acquired the necessary skills to better manage wellness and recovery. 877-893-2221

The Academy at Sisters Welcomes Mueller: The Academy at Sisters welcomes Mara Mueller, LCSW, CADCI to our Clinical Team. Mara joined The Academy at Sisters in March of 2013 and we are so thrilled to have her as a strong, dynamic part of our team. Mara has 17 years of experience working with at risk youth and families in residential and hospital settings with eight of those years working in private wilderness therapy. At The Academy at Sisters, Mara provides individual, group and family therapy. She facilitates a weekly Addictions Group, a Communications Group and a bi-monthly Family Therapy Group. Additionally, Mara attends AA/NA meetings with any of our students who are in recovery. 541-389-2748

Specialists From Rogers Memorial Participate in IOCDF Conference: Rogers Memorial Hospital was represented at the International OCD Foundation (IOCDF) 20th Annual OCD Conference, which took place July 19-21, 2013 in Atlanta, GA. Among the specialists who participated were Bradley C. Riemann, PhD, clinical director of the Obsessive-Compulsive Disorder (OCD) Center and Cognitive Behavioral Therapy (CBT) Services; Stephanie Eken, MD, FAAP, medical director of the Child Center; and David M. Jacobi, PhD, behavior specialist and clinical supervisor. 262-646-1029

Carlbrook Expands Educational Department: Carlbrook School, a college-preparatory boarding school for high-potential, college-bound students in need of therapeutic support and structure, is bolstering its Experiential Education (EE) Department after several months of successful trials. The EE program provides a research-validated course of onsite outdoor and adventure-based programming designed to improve student engagement, provide therapeutic and behavioral interventions, build pro-social skills, and provide adventure-based recreation. According to Carlbrook's Director of Program Development, Anna Gerard, D.S.W., students who begin to act out or shut down can benefit from pulling out of their day-to-day routine to gain perspective, recharge, reflect, and have some fun. "Our EE program is based on voluminous research showing the efficacy of experiential and adventure-based education for improving engagement, teaching pro-social skills, and promoting personal growth and healing," said Gerard. "Plus, it's a lot of fun." 434-476-2406

Wilderness Symposium To Be September 5-7, 2013: We are happy to announce that the 2013 Wilderness Therapy Symposium presented by OBHIC will be held September 5-7, 2013 in Boulder, CO. 970-403-8131

Congressman Kinzinger Visits Rosecrance: US Rep. Adam Kinzinger (R-16th) toured the Rosecrance adolescent treatment center in July and met with some of the 78 teens in treatment, commending them for seeking professional help and encouraging them to make healthy choices when they return home. 815-387-5605

Riemann Participates in World Congress of Cognitive and Behavioral Therapies: Bradley C. Riemann, PhD, clinical director of the Obsessive-Compulsive Disorder (OCD) Center and Cognitive Behavioral Therapy (CBT) Services at Rogers Memorial Hospital, was among international

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SEEN N HEARD

leaders reviewing state-of-the-art cognitive behavioral therapy at the 7th World Congress of Behavioral and Cognitive Therapies (WCBCT). 262-646-1029

The Meadows Wickenburg Announces Gentle Path Program: The Meadows trauma and addiction treatment center in Wickenburg, AZ, announced the addition of Patrick Carnes' Gentle Path Program. Through this definitive and exclusive license agreement with New Freedom Corporation, Gentle Path will be relocating from Pine Grove Behavioral Health and Addiction Services in Hattiesburg, Miss. to The Meadows' newest property, Vista, located two miles from the main campus. Vista will open on October 15, 2013, offering a 26-bed facility and an exclusive and confidential setting for males 18 years and older. The Gentle Path program is based on the ground breaking work of Dr. Carnes' Thirty-Task model which has been empirically validated to be an effective form of treatment for sexually compulsive behavior. 317-344-2922

Solstice East Welcomes Hollis As Addictions Program Director: Please join us in welcoming Sarah Hollis to the Solstice East family! As a trauma-informed licensed addictions specialist working with both behavioral and substance addictions, Sarah adds an incredible amount of depth and expertise to our team. She couldn't be a better fit for the Solstice East Program! With the addition of Sarah to the Solstice East family, we are able to offer integrated addictions programming - in both individual and group therapy settings - to our students. 443-929-9122

ISPA Responds To Aspen Closings: Our industry is once again saddened due to the closing of programs needed by young people and their families to complete the education, therapy and behavioral interventions they have been working on. The independent Small Programs Alliance, an alliance of 16 programs in 9 states, stands ready with others to assist to make the transition for students and families easier. 727-512-9144

Meyer Joins AIM House: AIM House is thrilled to announce that James Meyer will be joining the team as Executive Director beginning in early August. James comes to us from the renowned Oakley School in Park City, Utah, which he co-founded in 1998 and where he has served as Executive Director for more than 14 years. 720-289-1525

Equine/Animal Assisted Therapy At Pasadena Villa's Smoky Mountain Lodge: Pasadena Villa's Smoky Mountain Lodge is proud to have three very talented Animal Care Specialists: Jason Spade, Malinda Whillock, and Thomas Donoghue to provide our residents with active treatment experiences that are real life, real time, and relevant within the stables and in our onsite group activities building. 877-845-5235.

All Male Aspie Fraternity House: Spectrum College Transition Program in Scottsdale, Arizona officially announced today that the Board of Directors has decided that the program will become an all male "Aspie" Fraternity House beginning in August 2013. We have found that our very intelligent and unique students want a typical college experience, as opposed to a "program" for students with Asperger's Syndrome. The students, in unison, put together a proposal for our Board's consideration to become a fraternity house. 480-443-7331

Stewart Joins Newport Academy: We are privileged to announce that Sarah Stewart, MSW, is now part of the Newport Academy team. As many of you know, Sarah is an exceptional professional and we are fortunate that she will be assuming the role of National Director of Clinical Outreach. Sarah has been working in the mental health and substance abuse field for 20 years. She has worked as a clinician, treating adolescents, adults, and families in both inpatient and outpatient facilities. Sarah was a director of outpatient services for a psychiatric hospital on the East Coast and owned a consulting practice

working with struggling teens and their families on the West Coast.
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For those looking for consultant/evaluators in Arizona and/or the Southwest region of our country, Thomas M. Brunner, PhD, is a seasoned child/adolescent expert who provides comprehensive yet concise assessments focused on providing lasting solutions. Dr. Brunner distinguishes himself in many ways. First, he has a diverse set of training experiences including residential, medical, psychiatric, outpatient, and school psychology experiences. Secondly, as an ongoing researcher as well as a practicing psychologist, Dr. Brunner takes pride in being a "thought leader" who uses the most innovative science "in the trenches" every day to provide cutting edge assessment and care to youth. Thirdly, Dr. Brunner has uniquely broad clinical experience spanning the full spectrum of psychopathology and learning problems. His experience includes providing brief psychiatric triage assessment as well as long-term residential therapy to severely abused youth. He is a sought after personality assessment expert who adeptly uses tools including the MMPI-A and PAI-A to obtain a finer grained understanding of each child. 520-296-8572

Lakeview Announces Speaker Series: Lakeview NeuroRehabilitation Center announced their upcoming webinars. The speaker series, titled Third Thursday At Three. Upcoming topics include "Lakeview Specialty Hospital - The Patients We Serve" September 19, "Ventilator Weaning in the patient with TBI" on October 17, "Young Adult Programs: Life After High School" November 21, and "Environmental Neurotoxins: Effects on Brain and Behavior" December 19. Contact Lakeview to register. 603-539-8717

Solstice East Welcomes Findlay: We are delighted to announce that Sharon Findlay has joined the Solstice East family as our new Admissions Director. We appreciate all that Kathryn Huffman has done for our program, and with the growth we have had, its time for her to turn her focus back on just one program. Asheville Academy is lucky to have her! Sharon has worked in education and management fields for almost ten years, and brings a great deal of personal and professional experience to Solstice East. Sharon is extremely dedicated to helping young girls and their families heal, and she appreciates the holistic approach that Solstice East takes in working with its students. Sharon can be reached at sharon@solsticeeast.com, or 443-929-9122.

Cheripko Addresses FFS Graduates: Author and retiring English teacher Jan Cheripko addressed Family Foundation School graduates and their guests at graduation exercises held June 22. Cheripko, an award-winning author of books for children and young adults, retired in June after more than 25 years on the FFS faculty. Among his many contributions to the school was his input in developing the school's character education curriculum, a graduation requirement. Twelve high school seniors received diplomas at the ceremonies held in Hancock. 845-887-5213 ext. 265

Shadow Mountain Recovery Expands Into Colorado Springs: Shadow Mountain Recovery is please to announce the acquisition of an Intensive Outpatient Program (IOP) for men located in Colorado Springs, CO. This unique center is headed up by David P. Petersen, MSW, MHA, a seasoned clinician with over 26 years of experience in the substance abuse treatment realm. The center is now accepting patients into the program. 575-224-1006

Standing ready to help: We have heard of the scheduled closing of several Aspen schools and programs and know our colleagues in these programs are committed to serving the students and families in their care. Any closing is a sad day as it interrupts the progress of the

CONTINUED: SEEN N HEARD/ 10



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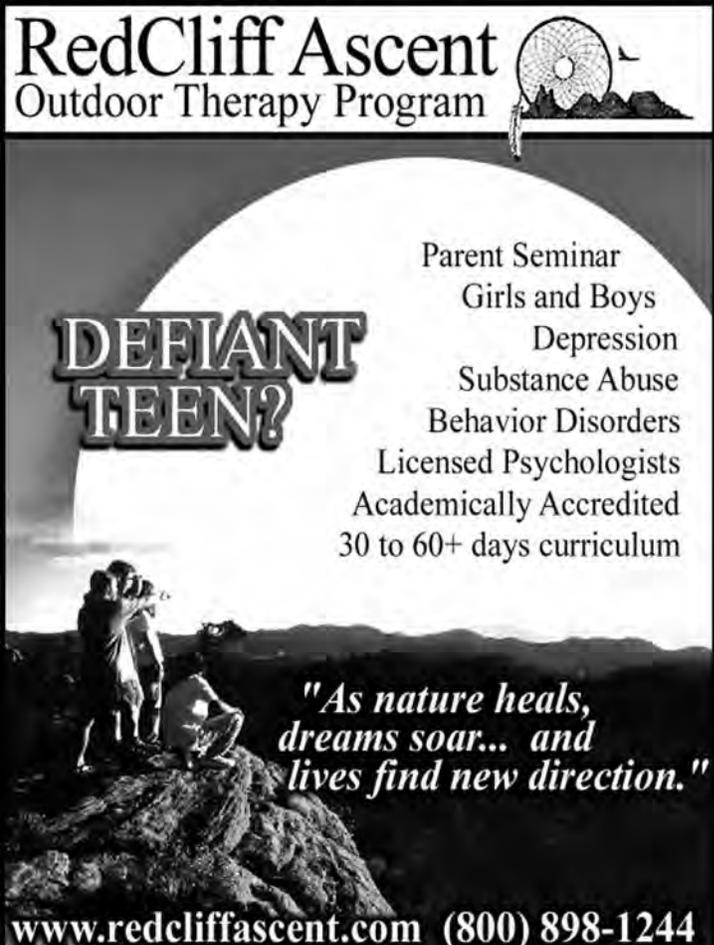
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students in the program and diminishes the choices parents have. The Family Foundation School and our college transition program The Bridge may be able to help those students and families who need to finish the academic and therapeutic work that was begun in other programs. 845-887-5213 ext. 265

Dobson Educational Services Visits Woodbury Reports: Joseph "Jody" Dobson, MA and Ruby Laufer, OTR/L, Independent Educational Consultants at Dobson Educational Services stopped by the Woodbury Reports office for a visit. 215-242-3587



helps them do more of the work they love. 503-307-9788

Aspen Education Group Closes Programs: This summer, AEG will transition students out and ultimately cease operations at our three Eastern therapeutic boarding schools: Academy at Swift River (Cummington, MA), Talisman Academy (Hendersonville, NC), and Stone Mountain School (Black Mountain, NC), and two of our therapeutic wilderness programs: SUWS Adolescent & Youth Programs (Shoshone, Idaho) and Adirondack Leadership Expeditions (Saranac Lake, New York). scambria@crchealth.com

Heritage School Announces Second Annual

Teen Rally: We are excited to announce that our second annual Teen Rally will be held on August 17, 2013 at 9:00 AM at Heritage School in Provo, Utah. This is a family friendly community 5k run/two mile walk to raise awareness for teen issues and to run in remembrance or in honor of those who struggle with these issues. 800-433-9413

FFS Bridge Student Earns Win: A Binghamton University and FFS Bridge student was named winner of the First Annual Hotdog Eating Contest sponsored by the Binghamton Mets minor league baseball team. His feat involved downing nine hotdogs in five minutes. The July Fourth weekend event was part of a summer lineup of activities offered through the Bridge, a Family Foundation School program that provides academic, therapeutic and recovery support to students transitioning from high school to college. 845-887-5213 ext. 265

MentalNexus.com Offers Limited Free Access: MentalNexus.com is in a "beta testing" period, but I'm hoping that with some additional input from mental health professionals, it can become a tool that

Quinby Joins The Family Foundation School: Shannon Quinby joins The Family Foundation School in an Enrollment Development & Referral Relations role. After spending most of her career in public and media relations for various non-profit organizations in Washington, D.C., Shannon began informally helping families with struggling teens after her own daughter graduated from The Family Foundation School in 2005. 845-887-5213 ext. 265

ATTACH - 25th Annual Conference: The Association for Treatment and Training of Attachment in Children, ATTACH, is very excited about our upcoming conference in San Antonio, Texas! This years conference is "The Roots of Relationship: Understanding The Development and Power of Connection". The ATTACH 2013 annual conference promises to be everything you have come to expect at an ATTACH conference and more. It will be held September 18-21, 2013 in San Antonio, TX. 505-866-9271

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jbrain@thefamilyschool.com
www.thefamilyschool.com

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



Fulshear Ranch Academy Welcomes Randall: Fulshear Ranch Academy Announces Kevin Randall, LMFT, as Clinical Director of Fulshear as its new Clinical Director to further sharpen the program's clinical focus. For the past five years, Randall has provided clinical leadership at New Haven, another InnerChange program. 888-317-9229

Lake House Academy Girls Go To Youtheatre: The Lake House Academy girls spent the week of June 3rd at a local camp called Youtheatre sponsored by the Flat Rock Playhouse. They were able to work with Broadway actor, Dave Hart and his professional staff. Our girls participated in many forms of theater arts-singing, dancing, Claymation, drama games and theater crafts. The girls were energized, enthusiastic and loved this fun-filled week. 828-707-8985

Expedition Therapy Welcomes Sutton As Admissions Director: Expedition Therapy proudly announces the addition of Lisa Sutton as Director of Admissions and Outreach. "We are thrilled to have Lisa as part of the Expedition Therapy team," said Beth Fogel, Primary Therapist. "Her excellent reputation in the industry, combined with her depth of experience with young adults and their families in a therapeutic setting, will serve Expedition Therapy superbly as we move forward." 484-619-0116

Elk Mountain Academy Moves Back To Idaho: After Loretta and Barbi's unbelievable effort (Idaho Department of Health and Welfare Licensing) we are moving today back to Idaho! All 19 students will be back on our original campus tonight. We started the school in January of 1994 and are very excited about returning. ALL our students are looking forward to the change. All have seen it and many of their parents have as well. 17 of our 18 staff will be staying with us. All live in Idaho. My commute (and Loretta's) goes from 24 miles each way to a few feet! Our kids are grown and we are looking forward to having campus and home together again. 406-847-4400 ext. 18

FACTS DO NOT "SPEAK FOR THEMSELVES." THEY SPEAK FOR OR AGAINST COMPETING THEORIES. FACTS DIVORCED FROM THEORIES OR VISIONS ARE MERE ISOLATED CURIOSITIES.

~ THOMAS SOWELL

New Family Wilderness Experience At Outback Therapeutic Expeditions:

Outback Therapeutic Expeditions, a strengths-based therapeutic wilderness program for struggling teens, has introduced a new "Roots & Wings Expedition" that will unite families in crisis in a unique wilderness experience and engage them in a healing, therapeutic process facilitated by professionals. "We are very pleased to introduce this new feature to our program and look forward to reuniting families with a powerful therapeutic wilderness experience," said Andrew Powell, MBA, Executive Director. "The Roots & Wings Expedition will help families apply skills, learn and practice new ways to resolve conflict and more effective ways to express oneself, and teach the power of empathy and validation for healthy communication." 800-817-1899

Alpine Academy Releases New Website: Alpine Academy is thrilled to announce the release of our new website! We have created a fresh, new look for our presenting our wonderful program to the world. 800-244-1113

Four Circles Recovery Center is a state-of-the-art, innovative wilderness-based treatment program for young adult males and females, ages 18-28, with addiction, substance abuse, and co-occurring mental health issues.



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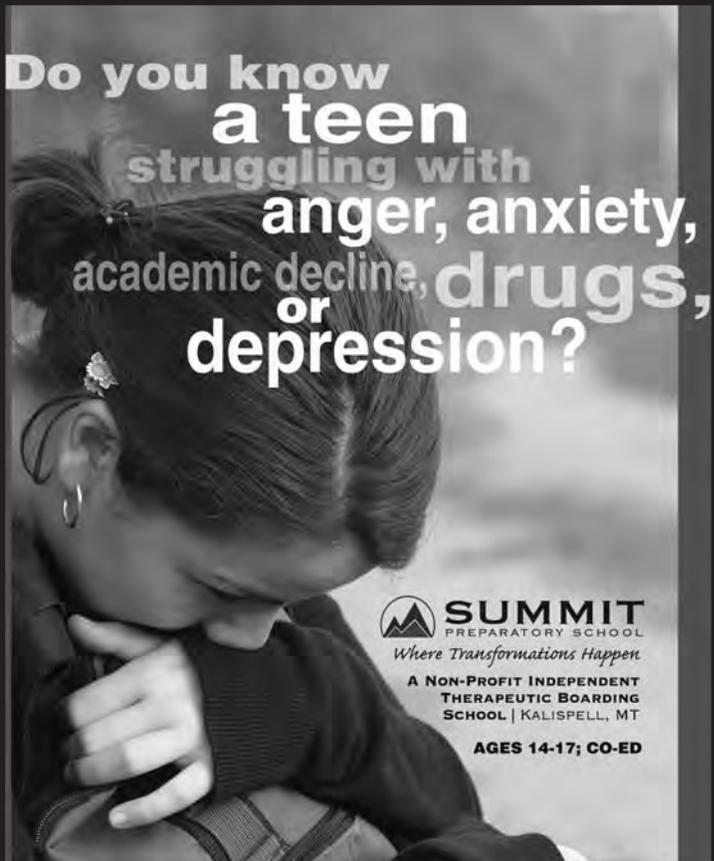


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PARENT CHOICES FOR STRUGGLING TEENS:

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.latakradio.com, Channel 1.

Solving Teen Obesity

Dr. Dan Kirschenbaum, dkirschenbaum@wellspringweightloss.com, www.wellspringweightloss.com, the President and Clinical Director of Wellspring weight loss camps located throughout the country and overseas, discussed the rising worldwide epidemic and disease of teen obesity. For most countries the rate has doubled and tripled and for teens in the United States, the rate of obesity amongst teens has risen to 40%. Dr. Kirschenbaum believes the primary causes of this epidemic include sedentary behaviors- the appeal of computers/TV's/ and other electronics, supersizing and huge packaging of foods, the "cheapness" of foods high in fats and sugars, the lack of understanding (or education of healthy eating habits) and the lack of parental monitoring of foods and activity levels in their children.

Helping Young Adults Overcome Mental Illness

Ben Robinson, 248-634-5530, brobinson@rosehillcenter.org, www.rosehillcenter.org, the President of Rose Hill Center and Cheryl Wallace, cwallace@rosehillcenter.org, Vice President of

Programs at Rose Hill Center, a mental health treatment center that offers rehabilitative services located in Michigan, shared the warning signs that families of teens and young adults should look for as it relates to mental illness and particularly psychosis. These signs include substantial changes in mood and behavior, substance use and isolating or withdrawing from others, hostility- that was not there before, inappropriate laughter and threatening behaviors or verbal threats of harming themselves.

Restorative Justice

Julia Steiny, juliasteiny@youthrestorationproject.org, www.juliasteiny.com, is a writer and Educational Consultant, in Rhode Island, who has worked on kid's issues for over 20 years and is currently the founding director of the Youth Restoration Project, a community building initiative, grounded in restorative practices. Originally brought to attention by the tribes in New Zealand, when a youth was in trouble, rather than being hauled away to the authorities, they were brought to the "tribal circle" to talk about what happened, to have a voice and to hear what the victim has to say and to understand the effects of their actions. This approach is diverting juvenile offenders away from the usual justice systems and provides a way for perpetrators to have a voice, while they still taking accountability and responsibility. This also can be used as an alternative to punishment. "Punishment doesn't teach- except for telling the person 'you are bad'."

PLACES FOR STRUGGLING TEENS™

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

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