

Places for Struggling Teens™

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

March 2014 - Issue #235



(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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PARENT CHOICES - FEBRUARY REVIEW

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Parent Choices For Struggling Teens airs Mondays at 12 pm, Pacific Time.

Childhood Unbound - Authoritative Parenting for the 21st Century: What do children in the 21st century need to feel happy and confident? What are the new parenting strategies for raising children and teens in 2014? What new techniques can parents use to stop the endless negotiating? How do parents create enforceable limits and yet create - character - at the same time? And how can families ease the stress during these tough times? Dr. Ron Taffel, a leading authority on child rearing practices, explained how childhood today is different from previous eras and what parents need to do that is different and similar to how their parents raised them. Dr. Taffel is the Chair of the Institute for Contemporary Psychotherapy, he maintains a private practice in New York, is the parent of two children, has been featured in the New York Times, on 20/20, Dateline, The Today Show, Good morning America, Primetime Live, and Larry King, and is the author of numerous articles on parenting and child rearing, and is the author of eight books on the subject including the acclaimed book "Childhood Unbound". rivervue83@aol.com | rontaffel.com

How Parents Survive Special Education: What is a special education advocate? What is the difference between an advocate and an attorney, and when do I need the services of an advocate? When hiring an advocate, what can I expect and how can an advocate benefit my child? Nicole Shelton, M.Ed., MS, explained the complexities of navigating School District's Special Education rules, how strong the Districts motivation is to do all they can for their special needs students, and when and why parents should obtain the help of Special Education Advocates and Attorneys. Nicole, an Advocate Consultant, explored how her services help parents with children with special educational needs, navigate the - maze - through public school districts to get the help their children need. 760-814-2949, info@sheltonconsulting.org | sheltonconsulting.org

Getting from CALM to WISE: Dr. Kastner emphasized one of the most important aspects of successfully dealing with teens is mastering self-regulation so when a teen confronts a parent, the parent avoids escalating the situation and maintains necessary control while they train their teen to learn how to control themselves. CALM is an acronym for the steps a parent can use to establish self-control when confronted by their teen. She explained several approaches parents could use to parent their children from a base of the parent having strong self-regulation. Dr. Laura Kastner PhD,

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PARENT CHOICES REVIEW

is a Professor at the University of Washington, a clinical psychologist with a private practice and parent workshops and authored four books: Getting to CALM: Cool-headed strategies for parenting tweens and teens, and Wise-Minded Parenting: 7 Essentials for Raising Successful tweens and teens. **206-324-6444**, kastneri@comcast.net, www.laurakastnerphd.com

Talking To a Digital Native: Malissa explained that a Digital Native is a youth born about the mid-nineties or even earlier, and have lived and depended on digital devices all their lives. She explained evidence that, as a result of this different

experience, these young people seem to have brains wired somewhat differently, seem to think a little differently and communicate somewhat differently than their older siblings, parents and teachers. We discussed what many of the implications of this change in environment both positive and negative, and how parents and professionals have to adjust to this new perspective in order to help them grow up successfully.

Malissa Morrell is a licensed Marriage and Family Therapist, national board-certified art therapist, and runs La Europa's "Social Media and Technology Track." **801-638-8779**, mmorrell@laeuropa.com, laeuropa.com

MARIJUANA LEGALIZATION:

Is This The Loving And Responsible Thing To Do For Our Kids?

By: Ray Estefania, MS, LMHC, CAP, CIP, ICADC

We are being bombarded lately with much misinformation about marijuana, as legalization makes its way across the country. Its big business, and those with a vested interest in it would like us to believe this is good for our communities, but is it good for our kids? Many states have legalized marijuana for medicinal use and Colorado and Washington recently passed laws allowing recreational use. This issue will be up to Florida voters to decide this November. So what is a parent to do about this controversial issue?

Recently, New Yorker magazine reported on President Obama's downplay of marijuana by saying, "I don't think it is more dangerous than alcohol." The comments, while true, are misleading. A World Health Organization study in 2011 found alcohol responsible for 4% of deaths worldwide (2.5 million people). While marijuana may not kill like alcohol, it can have very negative consequences. Making a comparison like this one minimizes the harmful effects of a substance becoming more acceptable and available to our children.

Currently, marijuana is illegal under federal law but a number of states have legalized its medicinal use and more recently, recreational use. A recent CNN poll found that 55% of Americans favor some form of legalization. As a parent, counselor and addiction specialist of 20 years, this concerns me greatly! Marijuana today is not the same drug it was 30 years ago. It is more potent, increasing the potential to impair a teen's judgment, often leading to dependency and other drug use. Some studies suggest marijuana's potency has increased 8-10 times, increasing the potential for addiction. Young people are more susceptible to addiction because their developing brains are not capable of moderating the drug's use and abuse. Marijuana is responsible for the most adolescent drug treatment admissions in this country and it is the second most abused substance overall, behind alcohol. It is not the harmless, non-addictive substance many

legalization supporters would like us to believe it is, particularly for young people.

Other possible long-term effects of marijuana use are cognitive impairment, problems with memory, attention, concentration and coordination. Additional effects include decreased school and work performance, increased truancy and school dropout and a higher incidence of mental health problems, including anxiety and depression. Increasingly, young people are being admitted to emergency departments suffering from psychotic episodes related to heavy marijuana use. They can also experience changes in personality, behavior and increased isolation. Prolonged use can have a devastating impact on self-esteem, happiness and overall success in life.

Kids constantly receive messages that marijuana is not harmful, nor addictive. It is legal in many states, so it must not be that bad. Deaths related to heroin, cocaine and prescription drugs are shocking, yet we may not realize these individuals often began smoking marijuana. Unfortunately, I come across many parents who do not understand the severity of this issue and believe it is "a phase" or "a rite of passage". Don't be fooled into thinking this is just what kids do and it will be ok. Marijuana addiction can be more difficult to treat because of the denial associated with it. Users may experience a more gradual decline than those who abuse more dangerous drugs, but it is a decline nonetheless. Legalization will create more availability, a decreased perception of harm and more challenging terrain for parents and kids to navigate. Let's do the loving and responsible thing for our children by not allowing marijuana to become more prevalent and accepted in our community. Most of us want nothing more than for our kids to grow up safe, healthy and drug free with the tools necessary to be successful in life. Hopefully parents will give this issue careful and thoughtful consideration before jumping on the marijuana legalization bandwagon.

About the Author: Raymond S. Estefania, MS, LMHC, CAP, CIP, ICADC, is an addiction specialist and Co-founder and Executive Director of Family Recovery Specialists, a Miami based treatment program and recovery practice. For more information, contact Ray at 305-595-7378 or 305-479-8253, and visit either www.familyrecovery specialists.com or www.restefania.com.

WHO'S THE LAZY ONE, YOU OR YOUR CHILD?

by Nancy Rose

At a recent parenting workshops, a mom asked for advice on what to do about her "lazy" teenage son. Not an uncommon issue for parents of teenagers, but I needed more information before I could help. I asked her to describe what his laziness looked like.

"He's 15," she said, "and he spends all his time in his room playing video games." He refuses to do any chores around the house and doesn't listen to anything we say to him."

Lazy is defined by Webster as not liking to work hard or to be active. When you repeatedly tell your son he's lazy, he's going to start believing that he's not a hard worker. Is that what you want for him, to think of himself as a lazy person? More likely, you want to help him develop the self-discipline to do what's expected of him.

No one is born lazy. We come into this world with certain inborn traits that are the basis of "who we are." I call these nine traits the CoreSelf, and I teach parents to look to these nine traits to understand which parts of their child they cannot change. Laziness is not one of these inborn traits. There are however CoreSelf traits that can be mistaken for laziness, or can contribute to laziness if the child doesn't learn how to manage these traits. For example, low activity, low adaptability, low ease with the unfamiliar and low persistence.

But not working hard is learned behavior. Kids do what works for them in their family. If parents are leaders who put in the effort to lead, kids respond. If parents have abdicated that leadership responsibility, kids who rule the roost with their inaction and isolation are filling that vacuum.

Back to our lazy 15-year old: why wouldn't he sit around and play video games instead of doing chores? He's learned that he can do whatever he pleases with no consequences other than his parents nagging him and calling him lazy.

Have you inadvertently taught your child to be lazy? Let's look more closely at the relationship between our lazy 15-year-old and his parents using the Six Leadership Tools for parents:

1. Do you emphasize the family? Children, like adults, thrive when they feel they are a part of something bigger than themselves. A sense of belonging fosters cooperation, where everyone contributes to the common good. Emphasizing the family teaches children that their actions affect others.
2. Do you set and communicate clear consistent standards of behavior? Have you let your son know exactly what you expect him to do? Does he know that he is expected to get the trash cans to the curb every Thursday night? Are you consistent or hit-or-miss? Do you sometimes take care of it because you figure he won't?
3. Do you build in accountability? Here's where things often start to break down. If you're wondering why you have to

WHOS LAZY/ page 4

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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WHOS LAZY?

constantly nag your kids to do what they're supposed to do, ask yourself whether you're holding them accountable for following through. If you don't check to make sure they've done what's expected, you may be encouraging noncompliance, because they know you don't follow through on your end!

4. Do you follow through with clearly communicated consequences? How many times have you heard parents warn their kids of some consequence if they don't behave and then not follow through? These parents are actually training their kids to ignore them! If there's no real bottom line, some children will do exactly what they want to do, tuning out the constant nagging and threats.
5. Do you use the language of leadership? Words are profoundly powerful and effective parent leaders use "I" messages rather than "you" messages. "I" messages

convey how you feel as a result of your child's behavior, rather than the spoken or unspoken blame that's inherent in "you" messages. When you call your son lazy, you are labeling him with a derogatory term.

6. Do you walk the walk of a leader? Are you modeling the self-discipline in following through on your commitments, even the ones you don't enjoy doing? Do you make excuses or just ignore your spouse's requests for you to get things done?

Has a lack of parental leadership contributed to your child's "laziness"? Has your parenting been lazy? Perhaps.

Nancy Rose, "The Acceptance Advocate," is an author and speaker who just released her first book, *Raise the Child You've Got-Not the One You Want*. She has two grown sons and lives in the Napa Valley. Learn more at www.nancyirose.com.

FINDING PURPOSE AND MEANING THROUGH SPIRIT:

A Somatic Equine Workshop Experience

by Colleen DeRango, MA, LISAC, SEP, The Meadows

As I turn off Highway 60, and follow the bumpy gravel road with its winding twists and turns, I feel as if I am entering an enchanted desert valley. The railroad trestle anchored on each side by the rustic red cliffs feels like a gateway of sorts; emotionally and physically, where one experiences the sensation of leaving one world, and entering another. As I drive through the wash and turn the corner onto Rancho Rio Bonita - the ranch - I feel what our clients describe as "the subtle shift into calm." The glowing campfire in the distance, surrounded by simple chairs moonlit in the early morning hours, encourages a gentle comfort of sorts.

One of my favorite moments is when clients first arrive at this magical place. I love watching their eyes widen in wonder, their breathing shift, their lips form into a smile, and often times tear-filled eyes, followed usually by a moment or two of silence. The words that are often expressed are along the lines of: "This is so beautiful; I can heal here." Each time this happens, I look at the long row of stalls, each housing a different color and breed of horse; the working round-pen near the tree that serves as an umbrella to the table, chairs and campfire beneath; the two large pastures in the distance filled with horses of the ranch owners; and even further away the cattle-working round-pen and arena; all surrounded by the desert mountains, cliffs, and Hassayampa River giving one the sense that "the container is big enough" for healing to occur.

Spirit: A Somatic Equine Workshop uniquely interweaves The Meadows Model, Somatic Experiencing® (SE), mindfulness and natural horsemanship to create the space for healing to happen. Integrating experiential activities with the most gifted clinicians of all, horses, fosters self-esteem, boundaries, spontaneity, and perhaps most importantly, nervous system regulation. The Spirit Workshop was created

exclusively for a small group of no more than five participants, and is a five-day outdoor experience facilitated by me, a seasoned therapist at The Meadows and a Somatic Experiencing practitioner, along with an uncommon and highly-skilled horseman/trainer, our local Buddy Uldrikson, who is also trained in SE.

It's challenging to try to describe what the Spirit Workshop is about partly because it is an "experiencing of" versus a "description about." The human mind is always thinking, thinking, thinking, and it even wants to keep thinking in the round-pen with a horse; until "coaxed" into not thinking and just allowed to "be." This experience of being, and being in connection with another "Being" which happens to be a 1200 pound four-legged teacher often feels as if a miracle has taken place. Yet, it isn't a miracle, rather, it is just the experiencing of "presence;" presence in communion, or true connection with another.

Research has proven that having the ability to be fully present in one's body is one of the pathways to trauma healing. Trauma healing is what The Meadows does really well. More than 35 years ago Pia Mellody's (Senior Clinical Advisor at The Meadows) genius, along with that of a few gifted counselors, developed The Meadows Model. This therapeutic model views addictions, anxiety and depression through the lens of trauma. As counselors at The Meadows, we are fortunate because we have access to our Senior Fellows including Peter Levine, Ph.D., Dr. Bessel van der Kolk, and Dr. Shelley Uram, all of whom are world-renowned in understanding Trauma, Trauma Healing, and Trauma and the Brain. Peter Levine is the originator and developer of Somatic Experiencing, one of the most profound methods used in trauma healing, and the one we facilitate in our Spirit workshop.

When I first heard Dr. Levine say, "trauma is in the body, not in the event," it changed my life as a therapist forever. There was a reason why my clients couldn't "just get over it" and we found the answer in the new research of the brain. Analysis was no longer the approach to healing trauma; rather

new methodologies aimed at nervous system regulation were the key.

The Spirit Workshop begins with mindfulness exercises in support of people increasing their ability to be fully present with themselves, their sensations, and their sight, sound, smell, touch, and taste. Once this is achieved, it becomes the pathway to their participating in SE while learning basic natural horsemanship skill-sets with a horse of their choosing. Our entire focus is on supporting clients to "get out of their heads" and "thinking" and into their "felt-sense" while working with their horse. Buddy often says: "The horse gives you what you need, not necessarily what you want" and for our clients, it is the somatic experience of moving through these "stuck" places that is transformative.

Clients often experience what we call a "pendulation" or movement back and forth between activating senses, and calming senses; and are encouraged to stay in touch with these shifting sensations, versus "thinking." So, we don't ask "why?" or "what is that about?" or "what does that remind you of?" Rather, we ask questions like "where do you notice that sensation in your body?" and "what does it feel like?" It truly is "bottom up therapy" versus "top down." And, as Peter Levine also shared: "When the body shifts, the mind takes on new meaning."

Once a client stops "thinking" and their ability to "track" sensations broadens, emotions often percolate up and we

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Wilderness therapy to heal, inspire, prepare—to unlock the potential of each of our students, spark an interest in the world around them, and prepare them for their journey into adulthood.

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*For further information, please contact
Patrick McAvoy, Program Director, at
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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.

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- 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

FINDING PURPOSE

support them in "allowing them to flow versus brace against them." What is consistently fascinating and endearing is that as the client gets more in touch and is congruent with what they are sensing and feeling, their horse seems to sense this and responds in quite astounding ways; ways that both Buddy and I have looked on in amazement, as at times, their horse appears to "nurture their partner's soul" with their subtle connective responses.

My absolute favorite part happens toward the end of the workshop. By this time, most clients are more fully present in their bodies and "attuned" with their partnering horse. With skills-set in place we invite them to create a round-pen demonstration. They may do something as simple as have their horse walk a circle, trot a circle, yield his hind-quarters and then front-quarters, come to a stop and back up. The amazing part is that although bumpy at times, it is usually done with such fluidity of motion and connection it truly looks like you are witnessing a dance of shared grace. The client's hands become the unspoken language, as pressure and release become the "please and thank you" with their horse. I cherish witnessing their final dance step; the one where the

client and their horse "meet in the middle;" as a gentle hand makes contact with the more gentle and welcoming forehead; where softness is revealed and exchanged. When this occurs, there is this profound stillness that takes place; it is as if what is happening inside the round-pen in this intimate partnering expands to envelope all of us in this sacred space, where the sensation of true healing is felt by all. It's a transformation back into what has always been there deep within; one's true essence of who they really are. I have no doubt at all that the fostering of this "emergence of essence" actually comes from the soul of the horse.

One of our Spirit Workshop participants commented: "The workshop facilitators presented challenges and elicited emotions I may not have otherwise accessed. Without ever mounting a horse, I felt connected to them, myself, and nature in a way I hadn't for some time. The horse represented struggles in my life and inspired me to stretch. These horses and facilitators helped me connect to my higher self, providing the guidance and the healing I sought in an organic way." Buddy and I often talk about how it truly feels like a privilege to be a small part of this jump-start of healing.

VISIT REPORTS...

AGAPE BOARDING SCHOOL

Stockton, MO

Scott Smith

Admissions Director

417-276-7215 ext. 277

scott.smith@agapeboardingschool.org

www.agapeboardingschool.org

Visit by: Steve Bozak, IECA, July 2013

Agape Boys Boarding School, Stockton, MO, a Christian school for boys 12 to 18, is not what it used to be 3 years ago, or even 3 months ago! My last visit to Agape was about two years ago and a lot has happened.

So what happened? Improvements, in every direction! The first thing noticeable is in the cafeteria. The boys are chatting together normally in subdued voices, smiling, and eating, all very normal or I should say better than normal. In the past the boys were usually silent except for the few kids getting disciplined. Now these kids were happily behaving themselves all during the meal.

The boys were all dressed well in uniforms, were clean cut, and well kept. Also I saw the kids smiling and interacting with each other. In the past I had not seen much interaction among the kids. Now, the atmosphere seems like a very normal school setting, although I knew most of these boys came here because of some academic or behavioral need.

This school has plenty of structure. Day and night the boys are well supervised. There are set times to study, sleep, eat and play. They have plenty of choices of fun things to do, but

they have to choose something. This includes both recreational choices and service choices. There is something for everyone to enjoy as they get back on track with academics and behavior.

Agape Boarding School is on a working ranch. They have horses and many other exotic animals. I suppose you can say they have a full functioning zoo. The students help out on the ranch, but the main activity is their school work and study as well as learning improved behavior and better decision making. The buildings are well kept and I saw a few new buildings going up.

Many of the teachers and staff live on campus. Staff houses are scattered around the campus, so the staff are available often throughout the day and night if needed.

The school seems to have gained sophistication over the past years in helping boys get back on track. However, it's still a bargain price for a boarding school that helps these kids.

To talk to Steve about his experience, you may email him at Steve@bozak.org.

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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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Founder/Owner
303-919-4149

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www.boulderintegrativetherapies.com

Boulder Integrative Therapies is owned by Ashley Davis, MA, LPC. Ashley is a licensed Professional Counselor in the state of Colorado and has a private practice in Boulder & Denver working with adolescents, adults and families with over 15 years experience in the field. She specializes in working with adolescents and individuals with depression, anxiety, PTSD, previous and current sexual abuse and trauma, major life transitions, grief and loss issues, women's issues, spirituality and individuals that desire to develop greater self-awareness.

Boulder Integrative Therapies offers psychotherapy and intuitive counseling sessions, as well as supervision for clinicians working towards Colorado state licensure and consultation to those who have already obtained their license. Ashley is an adjunct faculty at Naropa University in the MA Contemplative Counseling Psychology Department.

Ashley has a BA degree in Psychology and a MA degree in Transpersonal Counseling Psychology where she focused on developmental and child psychology, trauma, attachment, as well as family systems. She completed a two-year training and received certification as a Gestalt Psychotherapist. In addition, she trained in trauma resolution and EMDR Level II. Currently she is enrolled in a two-year Advanced Gestalt Therapy training through the Gestalt Institute of the Rockies. She is also working on her EMDRIA Certification in EMDR. Ashley is a Licensed Minister after completion of a 3 year seminary program in The Church of Inner Light in Boulder, CO. She has also received Reiki level one and two training and became a Matrix Energetics practitioner.

[This information came from the Boulder Integrative Therapies]

"An education isn't how much you have committed to memory, or even how much you know. It's being able to differentiate between what you know and what you don't."

~ Anatole France

PARENT EMPOWERMENT COACH

Kim Griffith, MA, BCC
Owner/Director
214-736-5905

kim@parentempowermentcoach.com
www.parentempowermentcoach.com

Parent Empowerment Coach, Kim Griffith has a Masters Degree in Transpersonal Studies/Psychology and is a Board Certified Coach and Parent Educator. She is the founder of Parent Empowerment LLC, which uses a wellness approach to parenting that integrates brain research, conscious parenting and Positive Psychology. The company was founded in 2009.

Kim developed and teaches the W•A•V•E™, a process that helps parents find solutions to any parenting challenge, big or small. WAVE stands for Witness, Accept, Validate, and Empower. It is a process and way of communicating that can bring more ease into your relationship with your child and within your family, while fostering an environment of freedom and responsibility. Kim's wellness approach to parenting focuses on the whole person, while taking in to consideration many areas of your life such as your strengths, values, priorities, obstacles and goals. It is designed to show how they work together which allows you to define and envision the kind of parent you really want to be.

Kim offers strategies for parenting through one-on-one coaching and group workshops/ teleclasses. The workshops are offered for six week sessions. She will schedule a complimentary get acquainted session with anyone seeking more information on her services.

[This information came from the Parent Empowerment Coach website.]

MOUNT CARMEL YOUTH RANCH

Powell, WY
307-645-3380

Tom George, Executive Director
www.mtcarmelyouthranch.com

In operation for over 20 years, Mount Carmel Youth Ranch is a Christian, residential therapeutic ranch for young men ages 12-17 who are struggling with mild emotional and behavioral issues, defiance, substance abuse problems, family conflict and/or low academic achievement. MTCYR is a working cattle ranch, on 40,000 acres, where these young men will experience actual ranch life, learn responsibility and participate in horsemanship training and equine therapy.

Executive Directors of MTCYR include the husband and wife team of Tom and Susan George, who are both Certified Marriage Mentors and parents of 11 children. Tom has a Master's in Education (with a focus on Religious Studies) with a Bachelors' degree in Physiology and Susan is a Certified Christian Counselor, Certified Life Coach (in training), Family

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Boys and Girls schools located on two separate campuses in central Virginia

RESIDENTIAL SERVICES

The Discovery School uses a structured and effective group process along with the natural environment to promote a student's overall positive development. Groups are composed of ten students and three adult staff. The goal of the group is for each of its members to gain the self-esteem, maturity, self-control, and problem solving strategies needed to be successful in his or her family, school, and community.

ACADEMICS

Fully accredited; offers middle school and high school credit classes as well as special education, remedial and GED preparatory classes. Licensed by the Commonwealth of Virginia Department of Education and Accredited by the Virginia Association of Independent Specialized Education Facilities.

A parent recently wrote to us "...Your approach gives the kids back something they lost along the way; self-esteem and inner strength. Which in turn gives them the power to make appropriate decisions for themselves on life's journey. I might add it gives the parents something back they had lost...their children."

Contact Us to Find Out More

www.discoveryschool.org

434-983-5616 email: dsadmissions@yahoo.com



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For more than 90 years, Boys Town has been saving children and healing families across America. As one of the country's largest privately funded organizations caring for at-risk youth, Boys Town is a leader in the care and treatment of boys and girls who desperately need love, compassion and guidance.

For more information, please contact:

Doug Czyz, National Admissions

Office: (402) 498-1973

Cell: (402) 990-5371

doug.czyz@boystown.org



NEW PERSPECTIVES

Life & Abstinence Educator and PSSP Certified Breakthrough Parenting Instructor. Also included on staff is Cheri Kreitzmann, MS, LPC, PAT, who is MTCYR's mental health and addiction therapist and the founder of Soar Counseling. MTCYR is a member of NATSAP, EAGALA and licensed by the Wyoming Department of Family Services. Academics are offered to students through one of three sources that include: Park City Independent, an accredited online high school, Catholic Seton Home Study Program or Our Lady of the Rosary home study program.

Therapy programs for the students include Rational

Emotive Behavioral Therapy (REBT), substance abuse recovery, family relationship focus therapy, Catholic Principled Recovery therapy, cognitive behavior therapy, neurochemical therapy in addition to individual and group therapies. Parents participate in 3 day parent training workshops in 'Love and Logic' Parent Training, available 3 times a year. Life skills are a part of everyday life at MTCYR. Vocational training includes wildlife and range management, equipment maintenance and repair; welding, carpentry, horsemanship and birthing of cattle/calf vaccination and caring for the baby calves.

[This information came from the Mount Carmel Youth Ranch website.]

SYNERGY YOUTH TREATMENT

Cornish, Utah
435-213-3123

Aaron Cothran, LCSW, CEO, Clinical Director
acothran@synergy4youth.com
www.synergy4youth.com

Synergy Youth Treatment offers a small, family like setting for young men, ages 12-17, who are struggling with their relationships with their parents and authority figures; with oppositional behaviors and aggression and impulse control, challenges with learning, social anxiety, acceptance and peer relationships; in addition to depression, mood swings, substance abuse and emotions associated with divorce, death and loss. This 6-9 month program has a strict policy of allowing only 16 students in treatment at any given time to ensure a high staff to student ratio.

Synergy is licensed with the Utah Department of Human Services and offers accredited academic programs through Brigham Young University independent study and through Cache Valley school district located in Logan, Utah. Founder and Clinical Director of Synergy is Aaron Cothran, LCSW, Aaron Jones is the primary therapist, Megan Loosli, Executive

Assistant and Dietician and Synergy's 'live -in' couples: Cam and Melanie Melick, David and Kelli Pyle and Marshall and Erika Hill, who are all trained, direct care staff living at the Synergy home with the students. These married couples are certified in CPR, First Aid, and hold Food Handling licenses, have received "Handle with Care" Training, and have specialized training in adolescent development and interactions.

Through a program of steps and phases, the progress of the students is observed, achievable and measurable daily through interactions with their therapists, live in couples and other staff members.

Synergy offers individual and family therapy one to two times weekly, group therapy three times weekly, and live-in staff house meetings daily. The young men also participate in daily family activities with their house parents including planning and cooking their meals, house chores and learning to take care of their own personal needs.

Located in the Cache Valley, Synergy takes full advantage of the surrounding mountains, canyons, lakes and rivers, where the boys enjoy hiking, camping, fishing and water sports. Also located on the campus is a 1600 sq. ft. gymnasium and a large outdoor sports field.

[This information came from the website and brochure.]

NEW DAWN RECOVERY PROGRAM

Chemical Dependency Recovery Center
Sacramento, CA
916-723-4335

Steve Carver, Program Director
info@newdawnrecovery.com
www.newdawnrecovery.com

New Dawn Recovery Programs offers chemical dependency/ substance abuse treatment for both males and females, ages 13 and up, with specific programs for teens and adults. With the option for day/ outpatient therapy and residential treatment, New Dawn is a CARF Accredited program that promises lifetime aftercare for free to those who complete their 30 day enrollment.

Treatment is based on a continuum of care for successful

recovery. A Cognitive Behavior therapy approach is used at each level, in addition to a full clinical assessment for individual treatment. Clients participate in several group sessions: process and education, family groups, spirituality and 12 step introduction groups. New Dawn is also equipped to treat those with dual diagnosis and for those who are in need of medically monitored detox. Acupuncture and massage therapy are also used in conjunction with the standard therapies.

Executive Director of New Dawn Chemical Dependency Recovery Center is Lora Larsen, CADC II, and has been with New Dawn since 2002. Steve Carver, LAADC-NR, CADC II, MATC, CSC started his career with New Dawn in 2001 and is now the Program Director. Steve Skiadas, MAC, CCJS, FACT is the Clinical Coordinator and Teen Outpatient/Adolescent Director is Abby Lockett, PLPC, MO, RASAC II, RAS.

[This information came from the New Dawn Recovery website.]

CLEAN ADVENTURES

Prescott, Arizona
877-442-8767

Robert Patton, Owner/Director of Operations
rpatton@cleanadventures.com
www.cleanadventures.com

Opened in 2006, Clean Adventures is a sober transitional living program, that offers men ages 18-65, an intensive outpatient element, teamed with a structured living program. This six month program works with men who struggle with chronic relapse from alcohol and chemical dependency, in addition to other addictive and mental health disorders, or who need a continuum of care beyond the 30-90 days a traditional treatment program has to offer. Licensed by the State of Arizona as a substance abuse treatment program, Clean Adventures requires all of their clients to have a job, volunteer or be enrolled in school and to submit to random weekly drug/alcohol testing.

Owner and Director of Operations is Robert Patton, himself a recovery success, originally from Virginia and a graduate of Old Dominion University. Wes Kitchens, M Ed, LCDC, LISAC is Clean Adventures Clinical Director and has over 30 years of personal recovery and 20+ years of experience working with addiction therapy. Dale Ryder, LCSW, serves as the Family Therapist and is the co-facilitator of Clean Adventures family workshops.

With daily 12 Step Recovery work, these men participate in 10 hours of weekly group sessions and weekly individual counseling. Therapy includes CBT and rational emotive behavioral therapy, Spiritual group meetings and guided meditation with a focus on identifying and changing old behavior patterns. Another source of healthy recovery is Clean Adventures use of experiential outdoor fun, used to build confidence, trust and camaraderie. These 'adventures' include camping, kayaking, hiking, skiing and snowboarding, tubing on the river and memberships to the gym and outings to sporting events. Another source of experiential therapy in use at Clean Adventures is a ropes course, which helps clients gain communication skills and improved self-esteem.

Participants reside in a house, with shared household commitments, while also gaining life skills such as cooking, cleaning and budgeting finances. An onsite manager resides with the men, ensuring safety and accountability.

[This information came from the Clean Adventures website.]

Much education today is monumentally ineffective. All too often we are giving young people cut flowers when we should be teaching them to grow their own plants.

~ John W. Gardner

SEEN N HEARD...

Alchemy Adventures Announces Spring Break trip to Costa Rica:

Alchemy Adventures Announces Spring Break trip to Costa Rica March 22-30th. The trip includes a four day homestay on a small organic farm in La Tigra. While there students will learn about how the farm works, including volunteering in the farming process, and participate in a farm to table cooking lesson of the traditional Costa Rican meal, Arroz con Pollo. 208-352-2242

Memorial Fund Set Up for Dr. Martha Kolbe: Many were saddened last week as we received the news of the passing of Dr. Martha Kolbe, a long time Educational Consultant from Richmond, VA. This week, we have shared our favorite "Martha stories", cherishing the time spent with her. Dr. Kolbe's life was dedicated to serving a countless number of children and families, continuing to follow them into adulthood. It is speculated that she was likely serving a third generation of families in the Richmond area. Since this the announcement of her death, there have been many conversations surrounding what to do to honor Dr. Kolbe. Her obituary suggested that her wish was for people to donate to a charity of their choice. Thus, Tom Leahy of Beacon Tree Foundation has set up a fund in her name. Beacon Tree was founded after Tom worked with Dr. Kolbe to help his own family. I have both the pleasure and privilege to serve with Dr. Kolbe on the Board of Beacon Tree Foundation. 800-414-6427

Charity Event at NATSAP raises \$87,000: SavingTeens Charity Event at NATSAP raises \$87,000 to help families place children. These funds, and the continuing efforts of SavingTeens volunteers, will help families access the spectrum of care needed to support their troubled teen. Money raised at the event will help subsidize program fees and tuition expenses. The SavingTeens Annual Awards Dinner recognized two such families, who expressed their appreciation for the assistance provided by SavingTeens and NATSAP member programs and schools. Such success stories result from the team effort of SavingTeens funding support, pro-bono educational consulting, scholarships from programs and schools, and most importantly, highly engaged parents and families. 617-605-5827

Holmes Joins Admissions Team: Please join us in welcoming our new Assistant Director of Admissions! Hilary Holmes graduated from Bucknell University with a B.A. in Theatre, Performance Concentration. Her love of art eventually took her behind the stage to pursue mask and makeup design as well as graphic design. 860-399-6247

Sovereign Journey Closes: It is with enormous sorrow that I announce the closure of Sovereign Journey in Bethlehem, NH.

Conference Calendar Updated: StrugglingTeens.com strives to bring the network of private, parent choice schools and programs information pertinent to the development and enlightenment of the professionals. One way we do this is by providing a comprehensive Conference Calendar to those who would like to further their professional development. To submit conferences, email news@woodbury.com. 208-267-5550

Depression And Transition To Adulthood Focus Of New Young Adult Residential Program: Major depression and other mood disorders are estimated to affect one in 10 adults in the United States. To meet a growing need among those ages 18 to 30, Rogers Memorial Hospital is adding to its residential treatment with

SEEN N HEARD

FOCUS, a program for young adults struggling with their transition to adulthood due to facing depression and other mood disorders. 262-646-1029

Somatic Equine Workshop at The Meadows: The Meadows trauma and addiction treatment center in Wickenburg, AZ, announced "Spirit: A Somatic Equine Workshop" for the week of March 10-14, 2014. 317-344-2922

Life Designs Offers 12-Month Programming For Co-Ed Young Adults: While our typical client comes to Life Designs directly from therapeutic wilderness programs, lately we have had a few referrals from therapeutic boarding schools and residential treatment centers. As such, we are taking this opportunity to reach out and expand our realm of referring professionals. 509-671-2487

A Personal Approach to Education: Lanny Adamson, M.Ed., School Administrator at Discovery Academy, submitted an essay about the reality of At Risk teens and the support they need. 801-374-2121

Brightstone Transitions Announces Opening Of A Young Women's House: Brightstone Transitions is proud to announce the opening of our young Women's House, north of Atlanta. 336-971-3434

Taking Attachment Into The Milieu: Dr. Rita Argiros and Mr. Richard Reeve of Allynwood Academy presented "Taking Attachment into the Milieu" at the national NATSAP Conference in Henderson, NV. 607-637-8265

Case Joins Clinical Team: True North Wilderness Program is excited to announce that Paul Case, Psy.D will be joining our clinical team as a Parent Program therapist. Paul Case is a pastor's kid from Mississippi who knew early on that he wanted to be engaged in helping others grow through the challenges of life. A Type 1

diabetic since age 6, Paul learned that life is at times unfair and difficult, and that facing hardships can provides a transformative opportunity for spiritual and emotional development. 215-888-1318

Sierra Tucson Helps Struggling Football Players: GQ Magazine's new documentary series "Casualties of the Gridiron" provides a first-hand look at how the Sierra Tucson treatment facility successfully addresses and treats those struggling with the complex issue of post-concussion trauma and addiction by chronicling life after concussion-filled football careers for a group of retired professional players. 800-842-4487

"For thirty years now, in times of stress and strain, when something has me backed against the wall and I'm ready to do something really stupid with my anger, a sorrowful face appears in my mind and asks... "Problem or inconvenience?" I think of this as the Wollman Test of Reality. Life is lumpy. And a lump in the oatmeal, a lump in the throat, and a lump in the breast are not the same lump. One should learn the difference.

~Robert Fulghum

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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