

NATSAP NEWS

The National Association of Therapeutic Schools and Programs

NATSAP "FOCUSING ON FAMILIES" CONFERENCE - A HUGE SUCCESS

SPRING 2003



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Educational Consultant

NATSAP STAFF

Andy Anderson
Executive Director

PO Box 4949

Clearwater, FL 33758

Telephone: 727 442-7667

Fax: 727 442-8305

Cell: 727-512-9144

aanderson1537@yahoo.com

www.natsap.org

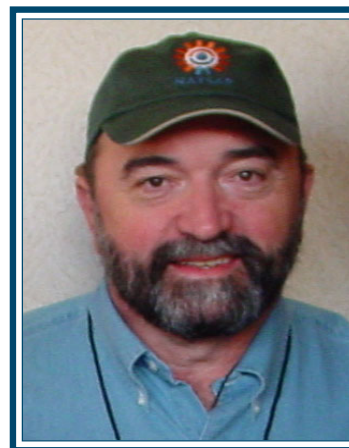
From the Fess Parker Resort, the charm of Santa Barbara, the speakers and keynotes, the camaraderie, the Annual NATSAP Meeting, the coming together of old friends and acquaintances to the meeting of new ones, the NATSAP 2003 Conference was a huge success.

The weather was stunning and the interactions were provoking and interesting and the combination of nearly 400 professionals coming together to teach, learn, share and compare was a thing of synergistic beauty. Was it perfect, no, was it nearly so, yes. NATSAP, our Referring Professionals and invited nonmember programs came together for two- and-one-half days and the results were outstanding.

To Penny James-Riddell our Conference Chair and the Conference Committee, made up of Will White, Betsy Jacobson-Warren, Jan Moss, Kimball DeLaMare, John Santa, Rosemary Tippet, Brad Gerrard, Jan Ellison, Craig Rodabaugh, Katie Jochum, Lorri Hanna, Sarah Moir, Amy Jeppesen and Mary Ellen Connolly we can only say, great job! The same goes for our NATSAP Board and staff. It was a job well done. CEU's have been completed and everyone who turned in a form should have their certificate by now.

From what began as an expected 310 attendees grew to 382 professionals and an atmosphere that was positive and dynamic. Special thanks to former Board Member and former Executive Director, John Reddan for obtaining such a wonderful venue for the meeting. In the picture spread that follows one can capture the highlights and essence of the 2003 NATSAP Conference.

Also, special thanks go to Michael Jenike, M.D.; Claudia Black, Ph.D.; Julia Lewis, Ph.D. and Jerald Jellison Ph.D. along with our 18 presenters. From Michael Jenike and his opening keynote to Jerald Jellison's energetic and fascinating close, the conference will be one to remember.



*"Never believe that a few
caring people can't change
the world. For, indeed,
that's all who ever have."*

Margaret Mead

Most importantly a special thanks to our members who supported it so strongly and to the referring professionals and nonmember programs who also gave us strong attendance. The location was beautiful. Being on the West Coast also boosted attendance.

We have gotten feedback from many of you and have taken that feedback into serious consideration as we plan NATSAP Conference 2004 and 2005. Will White is the 2004 Conference Chairperson and Betsy Jacobson-Warren is the 2005 Conference Chairperson.

In 2004 we will be in Clearwater Beach, Florida at the Sheraton Sand Key (Phone - 727-595-1611).

Book early as the cut-off date on our rate is December 27, 2003. Our rate is \$159.00 per night! Make sure you get your room early.

This resort sits on the Gulf of Mexico (11 acres of beach at the Sheraton alone). It adjoins the Sand Key Park, a 95-acre County park with a beach rated one of the top two beaches in the United States. Sugar white sand, birds and nesting areas, Sea Oats, a dog park, sand dunes, trails, picnic shelters, water sport rentals etc. It is also a nesting area for giant sea turtles.

See you in Clearwater!

Andy Anderson

NEW 2003 NATSAP BOARD MEMBERS

The election was held, the votes came in and we now have four (4) new board members serving NATSAP (some not so new). They are Cheryl Kehl, Second Nature; Jan Moss, Spring Ridge Academy; Bunny Porter-Shirley, Special Needs Chair for IECA and John Mercer of Mission Mountain School who was re-elected for another term.

This article is different. I am not using strict resumes and notes regarding these people, I am using a little of that, with a lot of my personal experience in interacting with them.

Cheryl Kehl is energetic, extremely intelligent and runs a successful program. More importantly, she, like the other board members at NATSAP are rabid about taking our industry to a higher level. Cheryl sits back quietly but when she speaks I know it is time to pay attention because what she will say will be to the point, on target and have meaning to NATSAP and the industry. That is to say the industry as a whole, not just her program. Cheryl has the strength and drive we need in NATSAP. Cheryl has two children and a grandchild on the way. Who would have thought that Cheryl would soon be called grandmother?

John Mercer has been highlighted in a previous NATSAP News along with his wife Colleen and his daughter Lilly. John is direct, equipped with incredible powers of deduction and truly cares about NATSAP, our Mission and Vision and helping all programs regardless of size become a viable working part of the NATSAP family.

He is a native Montanan and is a true asset to the NATSAP Board. John has previously served as Treasurer and was a great help to me in my transition. Those who do not know John have never been in a room with him.

Jan Moss of Spring Ridge Academy is not new to the NATSAP Board. She went off the board in 2001 and decided that she loved the hard work, long hours and interesting debate so much, she ran again in 2003. Jan is currently Treasurer, Chair of the Membership Committee and always willing to pitch in when things need to be done. She is without question the star of past Conferences held by NATSAP. Jan also was Secretary for some time and was stellar.

Bunny Porter-Shirley is known to most of you by her successful consulting practice, but did you know she is a graduate of Boston University? She has also been a school teacher, on the board at IECA, Chair of a financial committee of Curry Ingram Academy in Nashville, TN, and Superintendent of a Sunday School Board. Bunny has two grown children. Susan and her hubby have a daughter, Abigail (that makes Bunny a grandmother-hard to believe) She also has a son Ken of whom she is very proud and his Julie (many of you may have met Julie) who will in time become and Educational Consultant.

NATSAP MAIL
continues to be sent to
Savannah, GA.
Please check that all of your
accounting offices are using the
Clearwater
NATSAP Office Address

Thank you

CYBER SQUATTERS JEOPARDIZE REFERRALS/REPUTATION

Do you think that you own your own name as a facility/program? Think twice as Lon Woodbury of Woodbury Reports (www.woodbury.com) and Struggling Teens has done some interesting Cyber detective work.

It seems Lon while checking out his own name under various search engines (Google for one) found two web pages he knew nothing about prominently displayed at the top of the search results as "Sponsored Links". These two web sites had apparently purchased his personal name as key

words, using his reputation to attract visitors to their web sites.

When Lon checked under his business name, Woodbury Reports TM Inc. he found the same two web sites prominently displayed at the top of the result. I searched NATSAP and was pleased to find no website at the top of our search, other than members who display our logo and name.

We should all check this out and refer to Lon's web site and his story on it (Opinions & Essays - September, 2002 Issue # 97). Special thanks to Lon Woodbury for his research and the article. Lon and I are going to discuss this further and see what we can find out for the industry.



Cheryl Kehl
Second Nature



John Mercer
Mission Mountain



Jan Moss
Spring Ridge Academy



Bunny Porter-Shirley
Educational Consultant

WELCOME TO OUR NEW NATSAP MEMBERS

ANASAZI Foundation, Arizona

Avalon Hills Residential Eating Disorders
Program, Utah

Duck River of Three Springs, Tennessee

Gateway Academy, Utah

Liahona Academy, Utah

Pasadena Villa, Florida

Shortridge Academy, New Hampshire

Skyline Journey, Utah

Sky Ranch for Boys, Inc., South Dakota

Summit Preparatory School, Montana

The Academy, Oregon

The Cleveland Home, Kentucky

The Edge, Georgia

Turnabout/Stillwater Academy, Utah

Woodhouse Academy, Connecticut

- Determined number and extent of board
- Determined number and extent of committees (Ethics, Personnel, Membership, Member Services, Operations, Executive, Public Relations, Academics, Financial, Conference and Behavioral)
- Developed committee roles, responsibilities and process
- Determined when ad hoc task force can be appropriately used to enhance the Executive Director and staff efforts
- Identify and plan legislative contact needs and responses (in process)
- Designed, printed and distributed statement of Ethical Principles
- Hired a web manager (managed by NATSAP staff and contract labor)
- Circulated standards and procedures for review and comment
- Recruited and hired a new executive director – done October 2001
- Provided recommended dues structure to all board members for review
- Set up a corporate office in Clearwater, Florida in October of 2001.
- Criteria for levels of membership developed along with a self-assessment tool for membership renewal

In addition NATSAP has published regularly a

four color Newsletter, Membership Directory, upgraded the website and search capabilities. NATSAP has maintained a positive variance working with a tight budget for the last two years.

NATSAP'S STRATEGIC PLAN

In March of 2001 the NATSAP Board of Directors developed and implemented a Strategic Plan for our organization. At the Board Meeting in April in Salt Lake City, progress on the plan was reviewed and a committee was put in place to begin the next NATSAP Strategic Plan.

The following is a listing of some of the accomplishments since that initial meeting:

- Provision of feedback on standards discussed at the 2001 Conference
- Membership discussions at the 2002 Conference
- Ratified standards and procedures
- Finalized standards for full membership (Ethics standards operational)
- Developed methods of evaluating and addressing member compliance
- Defined roles and responsibilities of Board, Committees and Executive Director

I don't want to get to the end of my life and find that I lived just the length of it. I want to have lived the width of it as well.

Diane Ackerman

REMINDER FOR ALL MEMBERS

I mentioned this several times at the Annual Conference in the Member Meeting in Santa Barbara, CA. If anyone is aware of an Ethical concern (regarding any program, person, or contact within the industry) and is not comfortable addressing that concern because of fears of retribution or any other reason, please pick up the phone and call me in total confidentiality. I will pursue the concern to the source and determine if in fact your concerns require action. If so I will pass it along to the President and Ethics Committee.

NATSAP NEWS

NATSAP's 2004 Conference

"Best Practices"

January 29-31, 2004

Sheraton Sand Key
Clearwater Beach, FL
(727) 595-1611
Book Early!

Room Rates
\$159 per night!!
11 acres of beachfront

Will White, L.C.S.W
Summit Achievement
Conference Chairman

Professional Library

One of the goals of the Strategic Plan of NATSAP includes developing a Professional Library.

Please send in reviews of books that you feel would benefit others in the organization that could be published in our new book review column.

NATSAP NEWS Future Articles

*Therapeutic Boarding
Schools ~ A Perspective*

*Schools and Programs in
NATSAP ~ Education is
Everybody's Business*

Adult Programs

*Serving Children
Under 12*

*Safety Practices and
Therapeutic Holds*

Equestrian Therapy

Eating Disorders

Asperger's Syndrome

SPRING 2003

NATSAP Vision Statement

Our vision is a nation of healthy children. We are the voice inspiring, nurturing, and validating the courageous work of our schools and programs

NATSAP Mission Statement

The National Association of Therapeutic Schools and Programs serves as an advocate and resource for innovative organizations which devote themselves to society's need for the effective care and education of struggling young people and their families.

Very Important!
Please Contact the NATSAP office with any changes in information about your program so we can keep the NATSAP Website current.
Thank you!

NATSAP NEWS

Andy Anderson
Editor
Vickie Anderson
Design and Layout
Andy Anderson
Photographs

NATSAP
PO Box 4949
Clearwater, FL 33758
Telephone: 727 442-7667
Fax: 727 442-8305
Cell: 727-512-9144
aanderson1537@yahoo.com
www.natsap.org

Book Review By Kimball DeLaMare

Island View RTC

Living on the Razor's Edge

by Matthew D. Selekman with a forward by Bill O'Hanlon.

Published by: W. W. Norton,
New York, London.

When Andy Anderson the Executive Director of NATSAP approached several of us with the task of reviewing Matthew Selekman's recent book related to self mutilation, I eagerly took on this opportunity. I found in reviewing *Living on the Razor's Edge*, that much of what is known regarding cutting, has been limited by prior author's focus on the didactic relationship between client and therapist in providing intervention strategies. Mr. Selekman's work however, which is solution oriented using the community family as well as "fellow cutters" in the healing process makes an important leap forward in helping these troubled youth and young adults.

From an excellent forward by Bill O'Hanlon to predictions of future intervention strategies this book provides the professional an excellent guide by which first, to understand the origins of self harming behavior not only from an individual perspective but from macro systems including schools and social settings. Moving from this exhaustive but thought provoking assessment, clinicians can be far better prepared to employ strategies that cannot only work through significant client resistance but also enjoin a community of professionals, family, friends and others in a process to ensure permanency of change. Of note, are Mr. Selekman's observations that cutting rarely occurs in isolation. With most all clients he encounters, there have been others who have articulated how their self harming has helped to assuage pain that has been present in the lives of those who begin to self harm. In testing, his theory within our residential setting in a group of 8 young women who all had self abuse issues, it was found that literally all of the 8 had heard of some friend or another who had utilized self harm in such a way. Mr. Selekman finds that when incorporating school and friends in the process, he can potentiate interventions that are provided within family systems. He suggests that the darkness of depression and the perceived

loss of power and hope experienced by those that self harm is in reality a powerful statement of the person's desperate attempts to somehow relieve themselves of this pain. Mr. Selekman advocates involving teachers in classes where a client may feel stress, be involved in family

sessions. He advises that friends from the community who are seen as having significant social clout, also attend sessions. In essence, he suggests that a responsible clinician should not leave any stone unturned in their quest for finding resources, support systems and answers for clients.

In reviewing interventions, Mr. Selekman is clearly systems oriented. He however, mixes in a healthy

dose of strategic therapeutic strategies, relationship oriented support as well as clear and firm boundaries. He appears to be a masterful clinician who is able to refrain a client's pain into a quest for some positive resolution of problems. He emphasizes a heavy capitalization upon client assets to rebuild hope as well as to ensure belief in the clients ability to govern and heal themselves. Of interest may be his strategies to teach clients to "self-soothe" themselves. He also utilizes relapse prevention strategies by asking clients to define which triggers would get them back into negative moods. He asks such questions with significant details so as to allow the client to be able to

role play many scenarios that may come their way in the future. Clearly, Matthew Selekman believes in his clients, his care for them comes strongly through in this excellent book. It is a text I highly recommend that all professionals as well as paraprofessionals become familiar within this day and age in which cutting issues seem to be more and more prevalent.



I have learned that success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed.

~Booker T. Washington~