

NATSAP NEWS

The National Association of Therapeutic Schools and Programs

Spring 2004



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KIMBALL DELAMARE RECEIVES NATSAP LEADERSHIP AWARD



John Santa, Ph.D. and Kimball DeLaMare

Kimball DeLaMare, L.C.S.W., one of the founders of Island View Residential Treatment Center located in Syracuse Utah and of the Oakley School of Oakley, Utah was awarded the National Leadership Award in January of 2004 at the annual meeting of the National Association of Therapeutic Schools and Programs (NATSAP) held in Clearwater, Florida. Mr. DeLaMare, a former Board Member and Past President of NATSAP, was recognized as being instrumental in the formation and growth of the organization which is comprised of schools and programs serving primarily teenagers and their families from around the nation. Current NATSAP President, John Santa, Ph.D. of Montana Academy pointed out that Mr. DeLaMare helped propel the formation of Ethical Principles as well as Principles of Good Practice which have been embraced by member programs resulting in more collaborative and effective services to struggling youth and families. Mr. DeLaMare has also helped to implement NATSAP Regional conferences and currently serves as the Chair for an upcoming

People never improve
unless they look to some
standard or example higher
and better than themselves.
Tyron Edwards

conference scheduled for June 25th of this year to be sponsored and hosted by the Oakley School, located in Oakley, Utah. In accepting the award, Mr. DeLaMare recognized the many leaders he has attempted to emulate, most notably, his parents and his own family. He gave several examples of individuals and organizations who have inspired him throughout his career and noted, with particular satisfaction, the willingness of many within the NATSAP organization to share their knowledge and business strategies despite being competitors with each other. NATSAP also recognized Paul Smith of the Catherine Freer Wilderness

Therapy Expeditions who has just completed his term as NATSAP President. Mr. Smith has overseen a solidification of many of NATSAP's long term goals for the future while ensuring the financial health of the organization which is managed on a day to day basis by Andy Anderson, the

Executive Director.

NATSAP "BEST PRACTICES" 2004 ANNUAL CONFERENCE

Clearwater, Florida was the location of the 2004 NATSAP Annual Conference, "Best Practices", a success beyond our imagination! Soft pure white sand, cool (and I mean cool) breezes, azure water and 460 professionals ready to learn, teach, share and build our industry. The swimming pool was empty, except for participants from the North who thought the weather was balmy. But what a conference, great speakers and camaraderie, good food, good friends and a learning experience that was exceptional.

NATSAP Committee Chairpersons

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Gil Hallows
Aspen Achievement
Academy

Finance

Craig LaMont,
Treasurer
Telos Residential
Treatment, LLC

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Incoming President
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Executive Committee

John Santa, NATSAP
President
Montana Academy

Education Committee

John Mercer
Mission Mountain
School

Ad Hoc Publications

Committee

Chuck Bruder

(Best Practices continued)

Twenty-eight speakers and three Keynotes is not your everyday run of the mill two and one-half day conference. Our Keynotes and speakers deserve special recognition.

Edward Hallowell, M.D. is one of the best known and sought after speakers in our country. He is a true expert on ADD/ADHD. Dr. Hallowell is an instructor at the Harvard Medical School and Director of the Hallowell Center for Cognitive and Emotional Health. Dr. Hallowell is truly a fine speaker and had the audience mystified with his presentation titled "Best Practices: The Human Face of ADHD: Update". Dr. Hallowell's clinical knowledge added to his anecdotes was priceless. Dr. Hallowell was also our Thursday dinner speaker and he was not only informative clinically, he was funny and his combination really worked.

Carol Santa, Ph.D., (wife and partner of our President, John Santa, Ph.D.) one of the real experts in education and the author of the CRISS (Creating Independence through Student owned Strategies) curriculum. A curriculum that should be in every educational district in our country not just the 37 it currently is used in today. Carol's presentation, "Learning How to Thrive Academically" was thought provoking and filled with information.

Michael Gass, Ph.D. closed our conference with "Best Practices in Adventure in 2004 and 2010". Dr. Gass is a professor at the University of New Hampshire (UNH) and had a smooth and thought provoking style to his presentation. Dr. Gass is one of the foremost experts on Outdoor / Adventure Therapy and has brought one of our "friends" of NATSAP to the University of New Hampshire with him, Keith Russell, Ph.D.

The expertise at UNH is top drawer and in giving us a look at Adventure Therapy in a futuristic format Dr. Gass gave us much to think about not only in population shifts but how we apply Adventure based Therapy to shifting populations. Dr. Gass was an excellent choice to close our conference and we thank him and our other Keynotes for their expertise and stimulating presentations.

In addition to the three exceptional keynote speakers, We had 28 of NATSAP's own giving presentations on Family Therapy, Healthy Schools, Adoption, Wilderness Research, Personality Disorders, Learning Style, Spirituality, Yoga, Residential Treatment, Socially Intuitive Clients, Art Therapy, New Drugs and how to use them safely in the wilderness and many other pertinent topics.

In a word, outstanding was the 2004 NATSAP Conference.

One last note,
THANK YOU to WILL WHITE and the CONFERENCE COMMITTEE!



Edward Hallowell, M.D.



Mike Gass, Ph.D.



Carol Santa, Ph.D.



BEST PRACTICES CLEARWATER BEACH, FLORIDA



WELCOME NEW MEMBERS

Academy of the Sierras
Reedley, California
 Adirondack Leadership Expeditions
Saranac Lake, New York
 Bridges Academy
Bend, Oregon
 Cedars Academy
Bridgeville, Delaware
 John Dewey Academy
Great Barrington, Massachusetts
 Life-Line, Inc.
North Salt Lake, Utah
 Lone Star Expeditions
Groveton, Texas
 Midnight Mountain Life Skills
 Training Center
Boys, Washington
 Montcalm School for Girls
Van Wert, Ohio
 Northwest Passages
Kalispell, Montana
 Penrith Farms
Newport, Washington
 Rogers Memorial Hospital
Oconomowoc, Wisconsin
 Second Nature Blue Ridge
Clayton, Georgia
 Star Meadows Academy @ Hope Ranch
Whitefish, Montana
 Sunrise Family Services, Inc.
Orem, Utah
 Telos Residential Treatment, LLC
Orem, Utah
 Uinta Academy
Lewiston, Utah
 Utah Boys Ranch
West Jordan, Utah

NATSAP NEWS

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.

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

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 2004

NATSAP 2005 CONFERENCE

**CALL FOR
PAPERS
INFORMATION**

**AVAILABLE AT
WWW.NATSAP.ORG**

Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great.

Mark Twain

2004 IECA FALL CONFERENCE

**NEW ORLEANS,
LOUISIANA**

**NOVEMBER
10-13**

2005 NATSAP ANNUAL CONFERENCE



Starr Pass Tucson Resort and Spa

January 27 - 29, 2005

See you in 2005

at the Starr Pass Hotel and Resort of Tucson.

Information is on the website.

BOOK EARLY if you want a room at the Starr Pass and remember to say you are with NATSAP to get the rate of \$175 per night single/double.
(520) 792-3500

EDUCATIONAL COMMITTEE HOLDS CONFERENCE IN CHILLY PARK CITY

On May 21-22, 2004 the Education Committee and other professionals came together in Park City, UT to begin to develop our education objectives, review the results of a recent survey sent out to members and to see how education plays into our Ethical Principles and Principles of Good Practice.

The following persons were in attendance: John Mercer, Mission Mountain School, John Santa, Ph.D., Montana Academy, Carol Santa, Ph.D., Montana Academy, James Meyer, Oakley School, Sharon Bitz, Mount Bachelor Academy, Sid Parham, Ph.D., The Family Foundation, Laurie Laird, New Haven RTC, Jan Moss, Spring Ridge Academy, Pam Nielsen, Cedar Ridge RTC, Marjorie Timms, CEDU, Will Laughlin, Three Springs, and Andy Anderson, NATSAP.



FOURTH ANNUAL UTAH REGIONAL CONFERENCE

**“Thinking Outside of the Box.
Creative Interventions for Change.”**

**Friday, June 25, 2004
8:30 AM - 4:30 PM**

The Oakley School
251 West Weber Canyon Road
Oakley, UT 84055

Registration Fees:

\$40.00

NATSAP Members & Supporting Members

\$65.00

Non-NATSAP Members

***Please visit the conference section
of the NATSAP website for detailed
Utah conference information***

NATSAP WEBSITE NOW POSTING JOBS FOR MEMBER PROGRAMS!

The NATSAP website has the ability to put your jobs in front of prospective employees. This new member service can be utilized by sending an e-mail to aanderson1537@yahoo.com with the following information included:

- ◆ Job Title
- ◆ Job Category (Administrative, Direct Care, Clinical, Education, Medical)
- ◆ Program Type (Residential Treatment Center, Boarding School, Wilderness, etc.)
- ◆ Job Description
- ◆ Job Qualifications
- ◆ Salary (optional)
- ◆ Date Posted
- ◆ Date Expires
- ◆ Program Name
- ◆ Contact Name
- ◆ Contact Telephone Number
- ◆ Contact e-mail address
- ◆ Program Website
- ◆ Category (Outdoor, Boarding School, RTC, etc.)
- ◆ Locations (City, State)

We hope this new service helps you find the employees you desire.

ETHICAL CONCERNS

April 20, 2004

Dear Andy,

For the past two years I have been chair of the Ethics Committee for IECA. During that time I have received many complaints about consultant behavior voiced by representatives of various programs and schools. I am very glad that programs and schools feel that they have a voice and express that to me. The thing that has concerned me, however, is that very often I hear complaints, but the schools or programs are not willing to take a stand and make a formal complaint. If the Ethics Committee does not receive a formal complaint explaining the violation of the Principles of Good Practice, or the unethical or simply rude behavior of the consultant, the committee cannot act on that complaint. It becomes hearsay, and we wouldn't have a leg to stand on if we were to approach a consultant.

I would like to appeal to the members of NATSAP to not tolerate rude, unprofessional, or bullying behavior from ANY consultant. That needs to be referred to the Ethics Committee Chair or to the IECA office. If a school accepts that behavior and gives in to the demands of such behavior then the school is responsible for perpetuating the problem. It is very frustrating to receive complaints, request that the complainant write a letter, and then have that complainant say that they would never do that because the consultant would boycott their program and influence their friends to do the same. I am of the opinion that schools and programs do not need the referrals of any consultant that would engage in such behavior. I strongly believe that the consultants that are guilty of such offenses are the minority of our membership, and unfortunately they are negatively impacting all of us. If a clear message were sent to the offending consultants across the board, we would see a dramatic decline in this behavior.

As consultants we need to have good programs to which we can refer our clients. We are

dependent upon your programs to enable us to do a good job for our families. It is not the other way around. We have heard that people that are on the front line of programs, the admissions staff, are often willing to come forward, but are sometimes restrained from doing so because the director of the program does not want to ruffle feathers. If that is the case, directors need to experience the demoralizing effects of dealing with demanding and sometimes abusive consultants. It is unfair to expect admissions directors to accept that they will sometimes be expected to endure abusive and demanding behavior.

NATSAP has a set of Ethical Principles. IECA has Principles of Good Practice that all members are required to be familiar with and sign. Violating the Principles of Good Practice can be grounds for termination of membership. We value our Principles of Good Practice, and want all of our members to follow the guidelines of these principles. We need to be able to work in a cooperative environment with programs to develop relationships that ultimately benefit all of us, and most of all the children that we all serve.



Sincerely,
BJ Hopper
Ethics Chair

I recently received this letter from BJ Hopper and felt it was appropriate that I share it with all of you.

Andy Anderson

REMINDER FOR ALL MEMBERS

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.

Andy Anderson

NATSAP NEWS

NATSAP IS PLANNING TO INCREASE ITS NUMBER AND LOCATIONS OF REGIONAL CONFERENCES IN 2004-2005

MONTANA HELD A REGIONAL CONFERENCE ON JUNE 11, 2004.

FUTURE SITES FOR REGIONAL CONFERENCES INCLUDE NEW ENGLAND, OREGON, AND TENNESSEE

All of us have to remember where we came from and what it was like then if we are to understand where we are heading and how to get there.

Colin Powell

Spring 2004



*Robyn Warner, M.S.
Three Springs, Inc.*

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.

NATSAP NEWS

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HOW TO TALK TO YOUR TEEN

By Robyn Warner, M.S., [Three Springs, Inc.](#)

Ms. Warner has devoted her career to the healing and restoration of children and their families and now oversees the operations of four therapeutic programs.

Raising a teenager can sometimes feel like walking through a maze. Parents are constantly confronted with unexpected twists and turns, and sometimes you feel as though your efforts lead to nowhere. Although adolescence is challenging for parents and teens alike, there are steps that parents can take to navigate the teen years more smoothly. Open and honest communication is essential for surviving and thriving during the teen years. By learning how to speak openly with your teen about difficult topics, you can help make getting through these years easier for both you and your child. Here are some recommendations for improving communication with your teenager:

Listen

Listening is probably the most important skill a parent can have. Understanding what your child is communicating or even what they are not communicating is crucial to assessing where your child is emotionally at any given time. Silence can send as loud a message as an outburst. Parents must ask themselves, what did our child talk about in the past and why isn't he or she talking about it anymore? What particular topics prompt our child to shut down?

Talk about the tough topics

Parents often become guarded about difficult topics such as drugs and sex because they feel that talking about it will prompt their child to start thinking about them or experimenting. The reality is that children are bombarded with images, discussion and opportunities to get involved in dangerous activities every day. Talking about them openly and honestly may encourage them to speak to you before they act. If you don't feel informed enough on a particular topic, then seek out resources such as friends, relatives, pastors or books to help you gain the knowledge necessary to be more comfortable with discussing the subject with your teen. Once you have the information you need, make difficult topics a part of your normal day-to-day conversations. It is much harder for teenagers to adjust to the sudden interjection of potentially embarrassing subjects than it is if you talk about them regularly. Events in everyday life offer opportunities for discussion that should not be passed up. For example, situations that your teen's friends are experiencing or books and movies about difficult topics can be good ways to initiate a conversation. Parents should also talk about their own mistakes with their children to demonstrate that learning from mistakes and making better decisions in the future are the ultimate goals of growing up.

Topics to be aware of:

- Drugs/alcohol/smoking
- Sexuality
- Relationships with friends and family
- Spirituality
- School/plans for the future
- Money
- Movies/music/hobbies

Keep your cool

Despite your best efforts, there will still be times when your child may be uncomfortable or even obstinate when it comes to discussing a particular topic. In situations like these, parents must approach the situation in a calm and mature manner. If your teen displays hostility or aggressive behavior, above all else remain calm and in control of your emotions. You should not allow your emotions to match your child's in intensity or aggression. Remember that you are a role model for how your child handles conflict in the future. Parents should avoid arguments even when their child is putting all of his or her effort into making the discussion combative. If necessary, give your child time to cool off. Parents should not push a child to continue a discussion if it is escalating to the point of screaming or physical violence. When your child has calmed down, ask how he or she is feeling or what is going on in the situation. Listen without interruption or judgment.

Give teens a voice

Remember that it is OK for your child to have feelings, even when those feelings make you uncomfortable. Parents should never argue with a child about his or her feelings. You should acknowledge your child's feelings and realize that understanding their feelings does not necessarily mean that you feel the same way. It is important that parents not act shocked or begin lecturing when talking to their teenager. Lecturing seldom serves to do anything other than make children less likely to talk openly with their parents. Parents should make their views and value systems known, but should do this without neglecting their child's feelings.

Seek outside help

If you are still having trouble getting through to your teen, it may be time to consider outside help.

Any of the following situations is a good reason to seek assistance: your child displays sudden, unexplained changes in behavior; a structure of basic rules and consequences is not working; other people are stating concerns; you suspect drug use; your child has become aggressive with you; or your child is in legal trouble.

Important things to remember

Forming a relationship based on trust and respect through daily interaction and interest in your child's activities is the most important thing a parent can do to make communication easier. Even in difficult times, remember to express your love for your child and enjoy the challenge of being a parent.