

# WE ARE NATSAP

NATIONAL ASSOCIATION OF THERAPEUTIC SCHOOLS AND PROGRAMS  
Latest News from our Member Programs



January 2015

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## WE ARE NATSAP

NATSAP strives to keep all members aware of the events and accomplishments occurring among our member programs. If you are interested in providing an article for the next edition of **We Are NATSAP**, please contact Megan Stokes (megan@natsap.org).

### Wilderness Treatment Center's Founder John Brekke Receives MAADAC Lifetime Achievement Award

John Brekke, founder of Wilderness Treatment Center (Marion, MT) was posthumously awarded the Montana Association of Alcohol and Drug Abuse Counselors' (MAADAC) Lifetime Achievement Award. The award was accepted by Nancy and Robert Brekke in Missoula, MT on October 23, 2014.

MAADAC's Lifetime Achievement Award was presented to John and Nancy Brekke for their more than 30 years of outstanding dedication to the needs and recovery of adolescent and young adult men.

John and Nancy Brekke started Wilderness Treatment Center in 1983, and since its inception, have helped thousands of young men achieve sobriety. Wilderness Treatment Center has grown into one of the top drug and alcohol treatment programs for young men in the entire world. Wilderness Treatment Center would like to thank MAADAC and Roger Curtiss for the honor.

Wilderness Treatment Center "WTC" is a 60 day licensed, chemical dependency treatment program for young men and male teens age 14 to 24.

<http://www.wildernesstreatmentcenter.com/>





# Fulshear Reveals Groundbreaking Adult Attachment Model



The clinical team at Fulshear Treatment to Transition, a therapeutic program that prepares young women with emotional and behavioral challenges for independent adulthood, has officially unveiled its groundbreaking adult attachment model.

The residential treatment center is integrating this new attachment model throughout its entire program. Whether in weekly treatment, integrated into group and individual therapy, or reinforced within the Fulshear community on a daily basis, the Fulshear staff is creating experiences to help women connect, break and ultimately repair in order to have healthy attachments.

Nikki Preece, LCSW and Kevin Randall, LMFT formally presented this new model at a professional conference last month.

“Attachment is a word that you hear in passing. It isn’t really something that you stop and think too much about unless you are in an early childhood development class,” said Fulshear’s Clinical Director Kevin Randall. “There are thousands of studies on the subject of attachment, but it was far too rare that it received adequate clinical attention. Attachment has relevance to those we see in therapy as adolescents or young adults. It has relevance to their caregivers. And it is relevant to their diagnosis, as well.”

“What we have discovered is that how we as adults respond to the activation of the attachment system is shaped by our experience and confidence in others that they will meet our needs,” said Nikki Preece, Executive Director.

“Attachment principles teach us that most people are only as needy as their unmet needs. When their emotional needs are met, and the earlier the better, they usually turn their attention outward. We have to learn to co-regulate before we can learn to self-regulate,” she added.

Fulshear is a residential treatment to transition program for women ages 18-24. Our mission is to provide opportunities for each woman to realize her unique potential, create a personal design for her life and influence her community. We combine ranch life with educational, employment, counseling, and adventure services to help clients create lives they will be passionate about living. We strive to lead the treatment world in launching healthy, strong and influential women.

<http://www.fulsheartransition.com/>



## Second Nature Cascades: New Adventure Activities to Start in January

We are very excited to announce that Second Nature Cascades will begin offering adventure activities in one of our groups in January of 2015. The group will be for adolescent boys, ages 13 -17, and will be led by therapist and owner, Dr. J Huffine, Licensed Psychologist. We will continue to utilize evidence-based methods of experiential therapy and the nomadic model for day-to-day learning, while adding this new component. The addition of the adventure activities will enhance the overall wilderness experience and offer increased motivation, fun, and an opportunity to learn new skills.

Activities will include rock climbing, river rafting, mountain biking, snow shoeing, cross country skiing, caving, dog sledding, fly fishing, orienteering, canoeing, kayaking, ropes course, and horseback riding. We will offer one of these exciting activities every two weeks.

In an effort to retain the therapeutic impact of the wilderness, all of the activities will be close to our

field area, which will limit travel time. All of the activities that involve technical expertise will be led by local experts with years of experience and impeccable safety records.

Detailed information will be on our website soon. To find out more information about our new adventure activities, please contact Steve Kirk or Leah Halverson at (866) 411-6600.

<http://snwp.com/>



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## Heritage School Opens Kosher Kitchen

Heritage School opened the first kosher kitchen in a U.S. residential treatment center this month.

A parent of a former student saw the need for a kosher kitchen and began raising money to build one at Heritage. Barbara Belsky from Skokie, Illinois, gathered \$16,000 in donations within a year, and gave the money to Heritage even though her son was discharged before the kitchen was completed. There are currently 17 Jewish students at Heritage.

"For us, keeping kosher is a basic part of being Jewish," she said. "Not having it was very upsetting. For some kids, it's a big deal. It adds to a lot of anguish to tell them not to eat kosher."

Local Rabbi Benny Zippel, executive director of the Chabad Lubavitch of Utah, was present at the ribbon cutting ceremony on Nov. 5. He showed examples of kosher and non-kosher foods and explained the importance of food that is clean and undefiled, by the laws of God.

Kosher food is treated differently in processing and some foods are banned altogether. Those using the kitchen must learn the restrictions and details, especially keeping various foods separate, such as meat and dairy to prevent contamination of one food to another. To do so the new kitchen is equipped with two of each - ovens, cook tops, microwaves, counter spaces and prep areas as well as two of all other kitchen items, hand towels, utensils, etc.

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## Heritage School Opens Kosher Kitchen (Continued)



“One of the greatest things about today is how two communities worked together to make the kosher kitchen happen,” said Heritage’s Chaplain Tami Harris. “Barbara Belsky engaged the Chicago area Jewish Community to fund a kitchen halfway across the country for children they don’t know. Heritage pulled together to see that it happened with permits, bids, purchases, labor and vision.”

Heritage School is a non-profit residential treatment center in Provo, Utah. Founded in 1984, Heritage School specializes in the treatment of mood disorders and students diagnosed on the autism spectrum. Founder Jerry Spanos pioneered the relationship model Heritage School uses with students. Our direct-care residential staff, who average 10 years of experience at Heritage School, develop relationships of trust with students, guiding them to healthy, productive lifestyles. Our teachers, all special education certified, help students catch up on school credits and prepare for their continued education.

For more information visit our website at [www.heritagertc.org](http://www.heritagertc.org) or call (801) 226-4600.

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## Pine River Institute Hosts Third Satir Model Family Therapy Workshop led by Dr. Maria Gomori

Pine River Institute (PRI), located in Ontario, Canada, is a residential treatment program for youth 13-19 struggling with addictive behaviors and often co-occurring mental health issues. Ours is a family-centered program with a focus on the health of the whole family. Our experience and our evaluation outcomes tell us that in order for there to be lasting change, the family must make a meaningful shift.

To this end, PRI’s Clinical Director, Dr. Victoria Creighton, has organized and hosted three Satir Model Family Therapy Workshops led by Dr. Maria Gomori, internationally renowned therapist and teacher. Dr. Gomori was a student, collaborator, and co-author with Virginia Satir for over 20 years. While we had an international presence at both of the recent workshops, in October we welcomed participants from as far away as France, Taiwan and Australia.



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## Pine River Institute Hosts Third Satir Model Family Therapy Workshop led by Dr. Maria Gomori (Continued)

The first of these workshops, held in June 2013, was an introduction to the Satir method for our therapists and a few dozen collegial practitioners from the community. For the second workshop in September 2013, and at the recent one in October, PRI families were invited to participate as volunteers, and to experience the Satir method first-hand.

We have seen lasting and transformative change in our families, as they are guided in the Satir method by their therapists. One of Satir's basic beliefs, underlying her therapeutic model, highlights the close fit of her approach with that of Pine River:

"Hope is a significant component or ingredient for change to take place."

<http://pineriverinstitute.com/>

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## The Wediko School visits NYC



Recently, several high school students from The Wediko School ventured to New York City with Jay Dawson, Senior Lead Teacher, and Kim Guest, Program Director. The group set out to explore some of the sites of New York City as well as to help bring the concepts recently studied in their US History class to life.

The Wediko School's group left New Hampshire early in the morning, arriving at the 9/11 Memorial Museum for their first stop of the day. They deeply reflected on the significance of the September 11th attacks and the heroism that emerged during the country's response. Students were struck by the power of the museum and the deeply personal life stories captured in the exhibits. After this emotional visit, the group stopped by the St. Paul's Chapel of Trinity Church. A quick walk to Battery Park gave them a glimpse of the Statue of Liberty and Ellis Island, prompting more discussion about immigration and what it means to be an American. After a quick subway

ride to Midtown, the remainder of the day was spent in lighter adventures around Times Square and holiday shops, with a stop by Rockefeller Center and the Empire State Building as well. Dinner at the Hard Rock café had the group debating the best musicians of all time before the evening concluded. The group then began their drive back to New Hampshire, excited to bring their knowledge back to school the following morning.

The Wediko School is proud to provide such unique and culturally rich experiences for our students and we are grateful for the chance to have had such a busy and exciting adventure!

<http://www.wediko.org/>



# Yellowstone Boys and Girls Ranch Now Providing EAGALA Horse Therapy Sessions



Ashli Carlson

How do horses help children? “They reflect the youth by mirroring back what is going on in their life,” says Ashli Carlson, Yellowstone Boys and Girls Ranch’s certified EAGALA specialist. “Horses can offer an experiential type of therapy that focuses on relating.”

Located in Billings, Montana, Yellowstone has been providing residential services to youth with emotional and behavioral challenges since 1957. Yellowstone has always offered opportunities for recreational riding, which has included horse therapy at times. Today, we are happy to announce that we are able to provide internationally recognized EAGALA horse therapy sessions.

The Equine Therapy program is based on the EAGALA (Equine Assisted Growth and Learning Association) model, which focuses on a team approach where each session is composed of a horse, certified equine specialist, and a mental health professional who works with a child for over an hour at a time. Equine therapy offers a hands-on approach which engages the client both mentally and physically, contrary to traditional therapy sessions.

“It is the youth’s experience. The EAGALA Professionals don’t tell them what it is that they should be learning. Therefore, there is no disassociation, making it a very effective form of therapy.” Ashli explains. Yellowstone is one of few residential treatment centers for SED children that has an EAGALA Certified Specialist on staff in the Western United States.

<http://www.ybgr.org/>





# Active Recovery Network is Building Healthy, Active Communities and Changing the Landscape of Recovery in Southern California



**Q**uestion: What if every AA, NA or SMART Recovery meeting started with running two laps around the block? Answer: The recovery world would look a lot different than it currently does. It would look a lot more like it looks at Active Recovery Network.

As part of working with ARN, our clients and staff commit to a movement practice (running, yoga, lifting weights, etc.) as a foundational part of their work with us. Yes, staff too. We are all about walking our talk – or, running it. This increased emphasis on the body and somatic aspect of recovery supports and engages a more holistic and integrated approach to recovery. Without this, we

would all be smoking cigarettes outside of meetings – and we deserve more. We need more.

Active Recovery Network formed a partnership with Crossfit Del Mar in San Diego in November of 2013 and has had many clients and members of the recovery community join us there weekly to challenge, inspire and support each other to make their recovery EPIC. We also more recently started a 90-in-90-in-90 challenge where we meet 3 times per week to run, walk or jog 2.5 miles at La Jolla Shores. That is 90 miles and 90 days of committing to a mindfulness practice or the recovery path of your choosing. This takes the typical AA “90 meetings in 90 days” and adds the physical dimension that has been a proven golden key to making recovery stick.

In addition to this in-house focus on the physical aspects that support long term mental health and recovery we have grown a large social activity group (100+ and growing) in the San Diego area (also growing in Orange County and Santa Monica) through MeetUp. Our clients can volunteer in-house to help grow their own recovery community by leading events and activities for the Active Recovery Network MeetUp group. These volunteer positions can become paid positions for the right clients.

The ARN MeetUp group is a great addition to the ARN program and community as it provides an added level of recovery support and gets clients engaged in the creation of healthy, community-based recovery activities and supportive relationships. Many participants in these groups are looking for something in addition to or instead of the traditional recovery meetings to fill their evenings and weekends. Members meet weekly to run, walk on the beach at sunset, go to drive in, play board games, start a book club, cook together and various other activities. The community has responded well and we are continuing to welcome new members and are excited about having this additional support available to our clients and our community.

<http://www.activerecoverynetwork.com/>



# 18th Century Festivals at Shepherd's Hill Academy

The girls of Shepherd's Hill Academy (SHA) recently participated in something that the average American teenager could not imagine doing or could possibly have so much fun doing.

Every year, right around Thanksgiving, students do what they call their "Barn Dance." It is a bunch of girls, who, upon arrival to SHA, were listening to some of the most awful degrading music imaginable —usually in the form of rap, rock, hip-hop, etc. When the girls started this Barn Dance four years ago, no one knew it would become a lasting child-like memory for so many young girls. Praise God!

At the Barn Dance they play bluegrass, fiddling-type music. It's not something attractive to the average teen today. They cook a bunch of different delicious dishes and deserts, make their own 18th century dresses and bonnets, give themselves old fashion names, lay a ton of hay on the floor of the pavilion, string white Christmas lights in the rafters and dance their socks off till midnight!



Three SHA alumni students—one traveling half way across America—returned to be there just for this event! Three-legged races, campfires, singing, and lots of laughing gave the girls a night that stretched beyond their culture's traditional amusements of social media, texting and surfing the internet. As always, our staff was blessed to see these girls enjoying their childhood!

Not just the students enjoy this time, the SHA team members pitch in as well to make this night a blast. From pies, soups, and other 18th Century style cooking, our team brings in food that lasts for days. Not only food, but most of our team comes dressed for the occasion as well in complete 18th century style clothing. A special "Thank You" to everyone that helped make these types of memories possible for teens that, at one point, thought their life did not have meaning.

<http://www.shepherdshillacademy.org/>





# International Television Show Spotlights Ashcreek Ranch Academy

Ashcreek Ranch Academy, a premier accredited residential treatment center for adolescent boys, was recently the focus of international attention when the award-winning FEI-TV crew visited to film its outstanding equine program.

Based in Switzerland, FEI-TV (Fédération Equestre Internationale Television) broadcasts the most prestigious equestrian events in the world, along with human interest stories they call "Equestrian Spirit." Past features have included saddle making, horse archery, vaulting, and coach makers.

The FEI-TV producers seek out the best in class for each segment topic, and were intrigued by Ashcreek Ranch Academy's robust horsemanship program. Their film crew spent an entire day with the boys in the program, recording their impressive work with the horses, from ranch chores to saddling and riding, even helping wean the new foals. They saw in action how equine therapy helps students create healthy relationships based on mutual trust and respect. The

crew then took some stunning aerial footage of the ranch and surrounding area.

The entire project was at no cost to Ashcreek Ranch; this was not an advertising or "pay-to-play" endeavor. "We were thrilled to welcome FEI-TV to Ashcreek Ranch," said Tammy Behrmann, founder and Executive Director. "Being featured on an international show is a testament to the amazing work being done here, especially the talent of our equine program director Mike Randall."

The FEI-TV feature on Ashcreek Ranch Academy is being shown all over the world now, and will soon be accessible via Ashcreek Ranch's website at [www.ashcreekranchacademy.com](http://www.ashcreekranchacademy.com).



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## Calo Canines and Transferable Attachment



Transferable Attachment is the Calo-coined term for the work done by traumatized teens using Golden Retrievers. It is a ground-breaking new way to train traumatized and attachment-disordered teenagers on how to attach with and care for others.

When our teens are traumatized and/or have difficulty with attachment, they usually present in an emotionally dysregulated state. They have little trust and jump to a defensive posture easily. No matter how hard an adult might try to get through defenses, many of our kids keep emotionally disengaged and

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# Calo Canines and Transferable Attachment (Continued)

frequently remain angry in their presentation. Our Golden Retrievers break through many of these defenses. They are the perfect breed for work with our teens in that they are “perpetual puppies” that like to play, love, and be loved.

Almost all of our teens work with a particular, identified Golden. They feed, train, groom, and care for this Golden. They make relational mistakes with this Golden. They have relational successes with this Golden. Very frequently, they become inseparable from this Golden. About a third will actually adopt their Golden permanently. In all these ways our teens learn attachment lessons and trust through their interactions with their canine. They learn empathy for the canine and they learn empathy for their parents and guardians (because they are experiencing being a guardian to their canine). We then help them transfer these lessons to their family relationships. This is done in overt communication. It is also powerfully done by simply experiencing safe attachment with their canine throughout their stay at Calo, and often with their new adopted canine at home. Many of our current and former students have cited Calo’s Transferable Attachment program as the lynchpin to their post-Caloteens success in being a responsible, trusting, empathic and reciprocal young adult.

<http://caloteens.com/>

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## Sedona Sky Academy Cooks Up Excellence



Sedona Sky Academy, a fully licensed and accredited residential treatment center for young women ages 13-18, has introduced a new state-of-the-art culinary experience for students. Nutrition and culinary arts teacher Judy Haddon is leading the way.

“The popularity of shows like Top Chef, Chopped, and the whole Food Network have created a renewed energy and excitement around cooking in this country over the past several years, and we are excited to tap into the creativity and sense of accomplishment that comes from working in the kitchen,” said Academic Director Ken Buxton.

Judy is an experienced instructor and chef. Her home kitchen is huge and spectacularly equipped, and Judy incorporates these aspects into Sedona Sky’s program by anchoring her class with a food/nutrition textbook while supplementing in-class teaching with hands-on experience in the school kitchen. She works closely with school chef, Harry Dutter.

“The culinary class is second period, which is the period before lunch, so often Judy’s girls will assist with the preparation of the day’s lunch,” said Ken. “This way, our culinary arts program provides not only legitimate academic credit, but it also affords the students some practical living skills.”

And some of the Sedona Sky culinary students have taken what they learn to a level they might never have realized; recent program graduates have actually gone on to study at places like Cordon Bleu and the Culinary Institute of America.

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# Sedona Sky Academy

## Cooks Up Excellence (Continued)

Said Buxton, “At Sedona Sky, we’re looking to open up the enormous potential and lifelong possibilities for our students. This is but one more way we’re doing just that.”

Located just outside Sedona, Arizona, Sedona Sky Academy serves young girls who may be experiencing family or peer conflict, academic failure, self-esteem issues, drug or alcohol use, and more. With 30 acres set in idyllic year-round weather, program highlights include a world-class horsemanship program, competitive athletics, rigorous college-prep academics that have resulted in 99% college placement success and SAT and ACT scores above the national average, and outstanding family workshops and peer mentorship programs. For more information, visit [www.sedonasky.org](http://www.sedonasky.org).

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## Petree Consulting works with 22 NATSAP Programs in Collecting Outcomes-Based Research

**P**etree Consulting is proud to announce the creation of their new website, [www.remoteresearchdirector.com](http://www.remoteresearchdirector.com). The new site offers a fresh look and information about the NATSAP research network, details of the Remote Research Director service, and offers useful links to programs and other professionals who are interested in outcomes research.

With the creation of the NATSAP Evidence Based Program Endorsement, the enthusiasm about outcomes research within the NATSAP family is at an all-time high. As those who have attempted to collect data can attest, there are many hidden challenges to obtaining full matched sets of client and parent data linking admission through post discharge. The RRD team specializes in helping programs and educational consultants collect quality outcomes data quicker and cheaper than through any other means.

Our current list of customers include:

- |                                   |                                   |
|-----------------------------------|-----------------------------------|
| 1. Anasazi Foundation             | 12. La Europa Academy for Girls   |
| 2. Ashcreek Ranch Academy         | 13. Moonridge Academy             |
| 3. Benchmark Young Adult School   | 14. Morningside Recovery          |
| 4. Bluefire Wilderness Therapy    | 15. Mountain Springs Prep Academy |
| 5. Dana Dean Doering & Associates | 16. Oxbow Academy                 |
| 6. Discovery Academy              | 17. Prepare to Bloom              |
| 7. Discovery Ranch for Boys       | 18. Redcliff Ascent               |
| 8. Discovery Ranch for Girls      | 19. Shelterwood Academy           |
| 9. Dragonfly Transitions          | 20. Spring Ridge Academy          |
| 10. Gateway Academy               | 21. Vive                          |
| 11. Kolob Canyon RTC              | 22. Waypoint Academy              |



# Solstice RTC Introduces Aftercare Program to Enhance Students' Long-term Success

Research has indicated that there are three primary factors that increase the likelihood of positive long-term success following discharge from residential treatment:

1. parental involvement in the treatment process,
2. the stability and structure of the discharge environment, and
3. the utilization of aftercare support after discharge.

Based upon this data, Solstice RTC has launched a detailed aftercare program to help support families through the transition process back into the home environment. Solstice believes this program will further enhance the long term positive outcomes of the families involved.

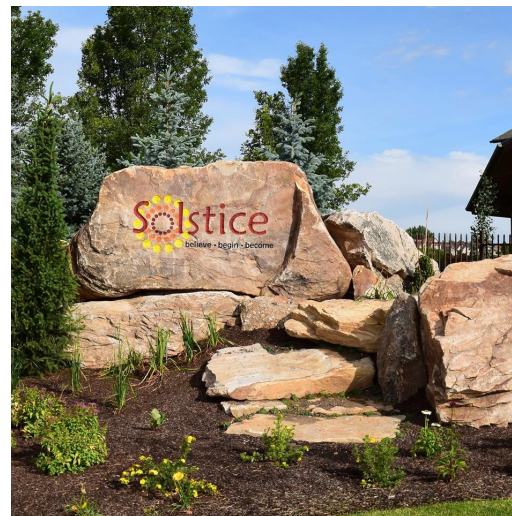
Solstice's research-based aftercare support is based upon the following principles:

- **Education:** Families are educated about the important role of good aftercare in greater long-term success following treatment. Families and students participate in a variety of learning experiences relative to aftercare/transition throughout the treatment process to increase understanding and preparation for this vital time.
- **Community:** Families are directed and supported in the process of building a community of support systems and teamwork both within the Solstice system as well as within their family and home system. They are encouraged to seek the direction, expertise and counsel from their Solstice therapist, educational consultant, and/or referring professional as they begin to implement aftercare principles and programs.
- **Innovation:** As families invest in the process of treatment and aftercare preparation, they develop and utilize new skills and processes, new ways of thinking, acting and collaborating, which require creativity and openness to new ideas.

Preparation for aftercare begins immediately upon admission to Solstice. In addition to receiving books and materials, families are encouraged to attend Solstice Family Seminars where further education occurs in face-to-face groups. Other tools include webinars, parent seminars, telephonic support groups, and individual coaching.

One of the most distinctive elements of this new aftercare support is a personalized home visit. Kelly Olson, MSW, is the dedicated transition specialist and an expert in aftercare and in-home support. Shortly after discharge, Kelly travels to the family's home to conduct a home visit, providing specialized consultation and support services, coaching, education and development of natural mentors and support systems for the child in the home community.

"We believe our success can be measured by our families' success and are therefore very pleased to



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## **Solstice RTC Introduces Aftercare Program to Enhance Students' Long-term Success (Continued)**

implement this evidence-based aftercare program,” said Dan Stuart, Founder and Executive Director of Solstice RTC. “Working with families throughout the process of healing, including the transition back into the home, will allow their daughters to enjoy the success and happiness they were meant to experience.”

Based in Layton, Utah (with a sister campus, Solstice East, in North Carolina), Solstice RTC places strong emphasis on family therapy based intervention, nutrition and physical fitness, and the supportive provision of cutting-edge academics, substance abuse/addiction therapy, equine therapy, and psychiatric services. Solstice specializes in providing gender-specific treatment for female adolescents who struggle with a variety of presenting problems such as trauma and loss, depression, anxiety, addiction and substance abuse, eating disorders, and adoption and attachment issues.

For more information, visit [www.solsticertc.com](http://www.solsticertc.com)