



body



spirit

Three Springs of Duck River

General Information

Located in Middle Tennessee, Duck River's beautiful 350 wooded acres provide residents a tranquil and natural atmosphere in which to rediscover themselves and understand the natural and logical consequences of their behaviors. Duck River offers a unique combination of traditional psychiatric/psychological treatment along with experiential/adventure-based outdoor services and activities. Three Springs of Duck River has earned a national reputation for high quality care with positive outcomes. Children and adolescents with emotional and behavioral problems receive comprehensive therapeutic services in a safe and nurturing environment.

Duck River residents live in groups of peers that are under the direct supervision and guidance of skilled Group Counselors. Each group at Duck River has its own unique campsite complete with cabin and dining hall/cooking area.

The direct care, frontline counseling staff holds a minimum of a bachelor's degree in a social services field (psychology, social work, education, recreation) and undergo an extensive period of training prior to assuming full duties as a Counselor. The Family Service Workers possess a minimum of a Master's degree in a social services field, and complete thorough training in all areas related to their work with Duck River families and children. A psychiatrist and psychologist complement the clinical team by taking an active role in the implementation of each child's specific and personalized treatment plan.

Action-oriented, goal-directed group process and cognitive/behavior therapy form the foundation of the Duck River Programs. Three Springs of Duck River uses this approach to positively impact the lives of the adolescent

served. The focus of the program is consistently seen through the utilization of a reality therapy counseling approach with emphasis placed on the development of problem-solving, coping, self-help, and socialization skills. This orientation places significant expectations on the resident to take responsibility for his situation and to address it in a positive manner.

At Duck River, focus is placed on the "here and now" issues of the child's life, helping the child to understand proper roles and boundaries that exist in everyone's life. Resident's participate in the positive peer culture away from the distractions of

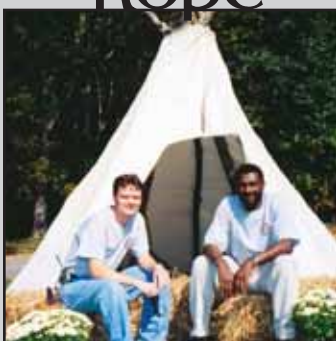
the home environment, and learn about themselves by working through a Stage System. A multi-disciplinary team that includes a consulting Psychiatrist, Psychologist, Family Workers, Counselors, Teachers and an Activity Specialist, creates and manages each resident's individualized treatment plan.

Access to religious services is provided weekly. Three Springs does not endorse any particular religion, but we do encourage our students' quest for spirituality

to create balance in mind, body and spirit.

Residents are able to impact one another in a manner that produces positive and lasting changes. These results are more pronounced than typically seen through individual counseling/therapy with this population. Also, by emphasizing the child's individual responsibility as well as his responsibility to others, the resident is better able to meet his own specific needs, while respecting the needs of others.

While the group process is seen as the primary therapeutic intervention necessary to achieve lasting change, Three



Education

Springs of Duck River recognizes the need for additional therapeutic efforts and utilizes them as part of its comprehensive treatment program. Every resident will receive a minimum of one group counseling session daily. Family conferences are conducted monthly in order to address issues related to the home environment. These may be telephone conferences or conferences on-site, depending on the needs of the family. Individual counseling is conducted on an "as needed" basis. Each resident receives Alcohol and Drug Abuse Awareness education in order to address various issues related to this topic.

At Three Springs of Duck River, residents are confronted with concrete, immediate challenges and expectations through reality-based counseling, group process, experiential education, and specialized support treatment and educational services.

All of these activities occur within a rustic and protected environment. Residents find they are able to overcome many of their problems, compensate for their weaknesses, and return to their communities successfully. It is this commitment

toward that ultimate outcome which encourages us to constantly improve our services and mandates us to never settle for less than excellence in the design and operation of our residential treatment program.



academics

learning

Duck River provides a private year-round Junior and Senior High School approved through the state of Tennessee and accredited by the Southern Association of Colleges and Schools (SACS). The licensed teachers instruct each resident on the curriculum needed for his individualized education plan. Groups attend school as a unit, yet our educational program is individualized for each student. The academics are very experiential with hands-on learning in core subject areas (Mathematics, English, History, Social Studies and the Sciences). High School graduation, college testing and advising services are available through our school. Many Three Springs graduates choose to continue their education in some of the most respected colleges and universities in the country.

Most students entering Three Springs Junior High and Senior High School have experienced difficulty meeting behavioral and/or educational expectations in other school settings. The goal of the Three Springs School System is for each student to experience academic success.

Computers and audio-visual components are fully integrated into the classroom setting. Each classroom includes a television, videocassette recorder/player, and at least one computer with Internet access. A school library provides books for individual reading enrichment, as well as reference materials for research. Art enrichment opportunities are provided in conjunction with academic classes.

The 350-acre Duck River campus is utilized through outdoor projects that relate to classroom instruction.

Special Education services are provided through consultation with a school psychologist and the Director of Education, who is endorsed in Special Education. An Individualized Education Program is developed for each student upon admission, to ensure that the individual needs of each student are met.

The teachers at Three Springs of Duck River work to challenge each child individually while encouraging interaction in group projects and discussions. The school seeks not only to help students to remediate academic deficiencies, but also to facilitate a change to a positive, healthy attitude about education and learning. In addition to teaching course content, teachers provide instruction in classroom survival and study skills, understanding that many times deficits in these skills are one of the principal causes of failure in school.

discovery

Experiential Adventure-Based Services

The outdoors additionally provide a challenging environment where residents participate in adventure-based activities including hiking, biking, fishing, canoeing, and several types of adventure games to accompany the on-site low and high ROPES course. A 64-foot tall climbing tower is also utilized to help residents process individual and group issues.

Adventure Programming offers your child opportunities for growth in new and exciting experiences. Through these experiences, your child can gain insight into their own behaviors as well as learn safe, productive ways to have fun. Many of the children in our care have gotten into trouble looking for excitement in the wrong places. We provide exciting and safe experiences to replace those negative activities. Adventure Programming encourages your child to master new and interesting skills that will promote



teamwork



greater self-esteem and enthusiasm for life.

Groups will plan for and execute off campus experiential trips. These trips will provide the residents with responsibility, trust, group decision-making, cooperation and communication. The trip process helps a child grow into himself, positively impacting his self-esteem. Residents in the Outdoor Therapeutic Programs participate in and plan for outdoor trips at least six times a year. These trips may include hiking in the Smoky Mountains, canoeing on the Duck River, Buffalo River or Okefenokee Swamp, and rock climbing or mountain hiking on the Natchez Trace.

Campus Adventure Therapy is a building process that every resident experiences beginning with therapeutic games and initiatives and the low ROPES course. Through group process, utilizing the same skills that are refined on the adventure trips, the resident then experiences the challenges offered by the high ROPES course and climbing the 64-foot tower.



confidence

Services Provided at Duck River

Group and Individual Counseling; Family Counseling; Social Work/Case Management Services; Recreation Activities; Adventure-Based Activities; Licensed, Certified and Accredited School Program with Certified Teachers; Routine, on-site Nursing Services; Specialty Groups; Admissions Psychiatric Assessment- Nursing Assessment; Psychosocial Assessment & Evaluation; Educational Assessment; State approved and SACS accredited Private Junior and Senior High School; Behavior Management Program; and Room and

Board, on campus after care for graduates. CARF (Commission on Accreditation of Rehabilitation Facilities) accredited program.

Graduates of Duck River may participate in weekend after-care offered each month at the program. This service is offered at no cost to the participant, and is aimed at helping former residents adjust to their respective communities.

achievement

Outdoor Therapeutic Programs

Duck River offers groups that are designed for male adolescents ages 13-17. Each group utilizes an action-oriented and goal-directed group process with focus placed on the "here and now" issues of the child's life. One group places extra prominence on exploring Christian values, through emphasizing prayer and scripture exploration.

The Medicine Wheel is used to enhance the therapeutic programming at Three Springs of Duck River. An ancient symbol used by many Native American people, it represents wholeness and unity, not only among all the parts of one's self, but among all people. The Medicine Wheel teaches us that we are composed of mind, body and spirit. In order to reach full potential, a balance must be achieved between these three aspects and the lessons each aspect has to offer. This is what we call "The Journey of the Medicine Wheel." It is not a physical journey, but rather a journey through mind, body and spirit. It is often a trying journey, for it requires that parts of one's self and events of the past be faced so that a better future can be built.

The journey begins here at Three Springs of Duck River with the willingness to change. The journey is guided by the adolescent's willingness, and is impeded only by one's own fear of change. We help children toward the right path and support them along their journey by teaching them to believe in themselves and in their ability to be successful.

The program is designed to serve adolescents that have had significant problems with peers, authority figures, and family. These adolescent males are usually self-absorbed to the point that they have limited awareness of others' feelings, needs, wants, or rights. They may also have a history of substance abuse and have been involved in previous treatment. Most boys admitted to Three Springs of Duck River have significant problems dealing with authority figures, and suffer from low self-esteem.

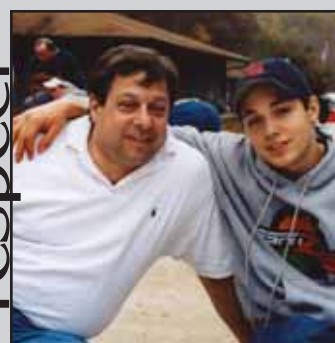


Christian Based Groups

Three Springs of Duck River offers two Christian based long-term groups. These groups are managed just like the other groups on campus in that we use the same therapeutic strategies that have proven to be effective in creating lasting change in our young men. The difference with the Christian oriented groups is that we incorporate Christian values, and teachings to help guide the young men in their spiritual journey.

Specific Activities:

- ♦ Weekly church services on campus.
- ♦ One off campus visit to a diversity of area churches per month.
- ♦ Weekly spirituality groups.
- ♦ Incorporation of Christian based references in stage system.
- ♦ Required spiritual goals for each status change within the stage system.
- ♦ Parent support dinner monthly prior to family day.
- ♦ Community service projects connected with area churches.



The populations of these groups vary; from the child that has actively been involved in Christian related activities his whole life, the child that is newly exploring, or the child that has rebelled against his Christian upbringing. Our approach tends to be successful with this population because we attempt to be as non-evasive as possible, and do not force religion on the child. We guide the young men through this spiritual journey by role-modeling, and providing a Christian foundation; yet, we still utilize the group process milieu that is most successful in dealing with the troubled adolescent.

respect

trust

self-esteem

Vision Statement

Through a collaborative effort, the treatment team strives to give each group member the autonomy to discover his unique identity and personal strengths while maintaining the group culture. We strive to instill personal growth, maturity, and empathy for others, creating a supportive environment for exploring Christian values, and helping them grow into strong, confident young men prepared to integrate back into society.

Family Participation

Family participation is the heart of the program. Residents who enter this program are involved in activities that are intended to change both attitudes and behaviors. The parents of these adolescents also need the opportunity to explore new options and be prepared for the changes that will occur in their child.



The Family Involvement component affords the family of way of breaking the old cycle of frustration and discouragement and to apply proven parenting skills when the adolescent returns home. The program strongly encourages the family to become actively involved in family counseling while their son is in the program. When the resident has graduated the program, your Family Service Worker will collaborate with the child's home therapist or educational consultant and procure an aftercare plan to best meet his needs.



Parents have the opportunity to attend Family Day each month. During the activity filled day, residents, parents and older siblings (12 years of age and above), and counselors

interact. These sessions include activities and interactions designed to integrate skills learned by both families and residents. Family Days provide the chance for counselors to give feedback to parents regarding their child's progress. The resident also has the opportunity to earn town passes and home passes. These passes are very structured and geared towards reintegrating the child back into his home and community.

There is a Parent Alumni Committee, made up of parents of boys who have graduated from Duck River. These parents volunteer for multiple tasks, including helping new parents through the initial separation process.



Each resident admitted to the program is assigned a Family Service Worker who serves as a liaison between the family and the program. Weekly telephone calls or emails from the Family Service Worker or Treatment Team member provide updates to the family on their child's progress. Residents are also given the opportunity to make bi-monthly telephone calls, and write and receive correspondence.

communication

Family Services

The Family Service Worker serves as liaison between the family and the program. The Family Services staff will maintain a minimum of bi-monthly phone contact to keep the family updated on the resident's progress. These phone conferences will include, but are not limited to: resident's adjustment to the program, medical issues, discussion of psychiatric evaluation an/or psychological testing, answering questions regarding the group, and scheduling conferences and visits.

Family Services assists in planning and evaluating family visits (on and off campus), holding open house and other types of family-oriented activities. Three Springs also provides monthly parent support groups and parenting education sessions.

One of the Family Services Department's primary goals is to keep parents informed regarding their child's treatment. Every effort is made to meet the needs of the child, parent, and program.

Staff Qualifications

Duck River is a multi-disciplinary team that includes a consulting Psychiatrist, Psychologist, Family Worker, Unit Director, Program Director, Nurse, Teachers, Activity Specialist and Counselors. This team is specially trained in the safety, therapeutic and development needs of residents in the program. Regular weekly treatment teams and periodic Quality Assurance reviews are conducted. The Duck River staff is able to identify and quickly adjust to changing therapeutic situations.



leadership



dedication



Length of Stay

The length of stay at Three Springs of Duck River averages twelve to eighteen months. The ten to fifteen month period is the minimum time required for a boy to have an opportunity to successfully complete the goals of his Treatment Plan. Residents' progress in the program is closely monitored by our Utilization Review staff, ensuring that each child remains in the program only while making progress toward his treatment goals.

accomplishment

Admissions

Professionals and/or parents may make referrals to Three Springs of Duck River by contacting the program directly or through our toll-free referral line (888-758-4356). Once the initial discussion of the presenting problems and previous treatment history has occurred, arrangements for obtaining records and/or visiting the program will be made. The following documents should be provided to assess the child for a program:

- ♦ Three Springs Application
- ♦ Resident/Family Social History
- ♦ Resident Health History
- ♦ Recent Diagnostic Evaluation/Testing (psychiatric/psychological)
- ♦ Educational Records including disciplinary reports
- ♦ Previous treatment reports



SUCCESS



Once these documents are submitted to the admissions staff, a screening committee will promptly determine if the resident can benefit from this intervention. The screening committee may either accept the child based on the information submitted or if appropriate, a pre admission assessment and campus visit may be scheduled. Admissions take place year round.

The day of admission parents and residents will spend approximately 1-2 hours in the admissions process. This serves as an orientation to both parents and new residents. An immunization record will be required before admission can occur. The Director of Admissions will discuss any other documents necessary for admission. A physical exam is required of all residents.



change

Three Springs of Duck River

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