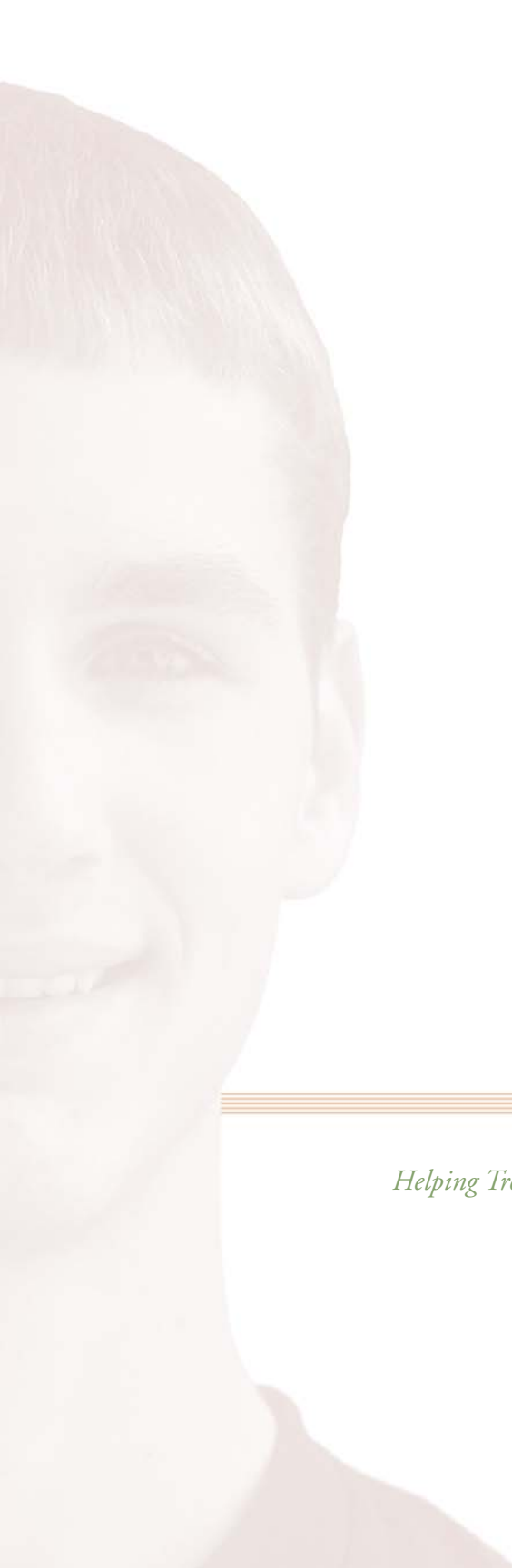




THREE SPRINGS
New Direction

Helping Troubled Children Discover Lasting Solutions

respect



General Information

Three Springs New Direction program is located in Huntsville, Alabama. This peaceful, rural setting provides an array of services and opportunities for adolescent males, ages 15-19. In this setting the adolescents acquire those independent living skills aimed at promoting self-reliance and self-discipline. The home-like environment and live-in staff provide opportunity for each individual's needs to be addressed contributes to the development of interests and skills for current and future success, and creates relationships with positive peers and caring adults.



The population of adolescents served in our program typically has experienced disruptions in the appropriate cognitive, emotional and behavioral development of a youngster. Such adolescents tend to exhibit defective cognitive skills, labile emotional states, and unacceptable or disruptive behaviors.

These adolescents present a variety of diagnoses that can include, but are not limited to ADHD, Oppositional Defiant Disorder, Depressive Disorders, Conduct Disorders and Adjustment Disorders. They may have a secondary diagnosis such as substance abuse and learning disabilities.

We offer a comprehensive opportunity for each adolescent placed into our program. Our purpose is the restoration and reunification of the adolescent and family. To this end all of our resources will be implemented. Our concentrated program is designed around four components: Emotional Growth, Personal Development, Education and Adventure Based Programming. Each of these components is aimed toward ensuring the development of a healthier adolescent upon their exit from our program.

Each adolescent receives facilitation in his development via a group process model. Skilled counselors guide this development and progression of the group process. Residents follow a daily schedule aimed at emphasizing acceptance of responsibility in school, counseling, daily living and self-management. Emphasis is placed on development of communication skills, assertiveness and viable skills. Residents anticipated length of stay may vary between 3-6 months.





Education

The staff at New Direction School sees education as a critical aspect in our approach to aiding in the restoration of the adolescent. Our academic program is licensed by the State Department of Education and is accredited by the Southern Association of Colleges and Schools. Each of our teachers is certified and has the ability to address the multiple academic needs of our residents with the quality of our academic programming being overseen by our school principal.

Each student entering in to the school receives appropriate educational assessments and individualized care plans, to address their academic needs. Those students with specialized learning needs receive an Individualized Education Plan. Those students identified as college bound may either attend a local college or complete course work via other arrangements. Eligible students (case by case basis) may also attend the local public high school, if age appropriate.

New Direction School follows the Alabama Core Curriculum and each student is required to participate in the Alabama High School Graduation Exam if age appropriate. Our school schedule follows that of our local public school system. Report cards are issued at the end of each 9 weeks. Students attend school six hours per day, which includes academic classes, experiential learning, physical education/health activities, vocational education and life skills training. Throughout the school day students have opportunities for individual and group activities as well as opportunities for enrichment and remediation. Cooperative learning activities and tutoring are a part of the daily curriculum. All classrooms are equipped with a computer, TV and VCR.

New Direction believes that the restoration of an adolescent comes through meeting the needs of the mind, body and spirit. Each of our youth is given opportunity to participate in various adventure based and experiential activities, these may include: day and weekend trips, low and high ROPES, Alpine Tower and Climbing Wall. Certified Instructors provide direction and supervision for students as they progress through the challenges of low and high ROPES course. The Alpine Tower and Climbing Wall offer the ultimate challenge of skill and self-confidence. Through our adventure based/experiential education programming students increase their self-esteem, appropriately deal with anger and frustration, learn about trust, and achieve success as a group.



*treatment
family*



Treatment Services

Three Springs believes in focusing on the "here and now" issues of the adolescent's life. The focus is consistently seen through the utilization of a reality-based counseling approach, which through the use of cognitive behavioral techniques emphasizes the development of problem solving, coping, self-help and socialization skills. This orientation places significant expectations on the adolescent to take responsibility for his situation and to address it in a proper manner.

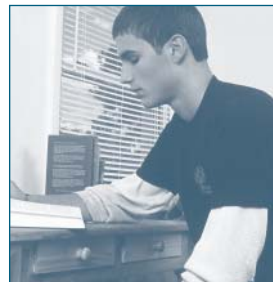
Each resident and their family, upon admission, participate in the development of a plan of care. The staff of New Direction strongly encourages this involvement and ownership of treatment. Throughout the adolescent's stay, goals, objectives and interventions will be established and re-evaluated. Updates will be reviewed and generated by a multi-disciplinary team and includes resident and family involvement. Discharge planning begins at the time of admission and is updated with each change in the adolescent's plan of care.

Three Springs has found that the use of a positive peer group model is the most effective method in the facilitation of change in the adolescents of today. It is through the group that the adolescent learns that others experience the same difficulties as he and that through cooperatively working through daily issues and tasks, success is possible. Each member of the group learns that regardless of what group he is a member of, be it peers or family, problem resolution and growth only occur if each member contributes and works as a cooperative member.

While the use of group process is seen as the primary therapeutic intervention necessary to achieve lasting changes, New Direction recognizes the need for additional therapeutic efforts and utilizes them as a part of the comprehensive treatment program. Individual counseling, family counseling, psychiatric consultation and personal development are areas in which services are provided.

Family Counseling

Three Springs believes the family must be involved in a resident's treatment and expects such involvement during placement. New Direction believes that family involvement is critical to the healing and change process. Three Springs encourages and supports family involvement by: holding frequent family conferences/sessions, providing parent with telephone and progress updates, holding open houses, our monthly family weekend and parent support activities.





A Family Service Worker is assigned to each adolescent upon entry into the program. This individual serves as the liaison between the family and the program. The Family Service Worker is responsible for the following:

- Informing family of the adolescent's initial adjustment to the program.
- Discussing with the adolescent and family, the student's individualized treatment plan.
- Discussing with the family any assessment needs of the student.
- Providing counseling to the family and the student.
- Scheduling family conferences and sessions.
- Coordinating student passes and visits.



Alcohol and Drug Services

The staff at New Direction recognizes that a large portion of adolescents today have experimented or consistently abused drugs in their lives. With this recognition comes the responsibility of providing adequate services to address these needs. Within our program we seek to provide regular drug education through our personal management programming. This program is aimed at educating the adolescent regarding the negative impact of drugs upon their physical and emotional well-being. Alcohol and drug issues may also be examined during group or individual counseling. We accomplish this through the use of cognitive restructuring techniques whereby the adolescent assesses those self-defeating thoughts that occur in these situations and develops alternative constructive self-talk to act upon rather than drug usage.

For those adolescents who have received previous treatment for these issues and for whom the family and treatment team feel there is need for ongoing treatment, we provide services through consultative services with certified specialists in this area. These services may be contracted between the family and the specialist as separate costs. Transportation to these services plus support meeting such as AA or NA is provided by the staff at New Direction and is considered ancillary services.

Personal Development

Our personal development program is aimed at assisting the adolescent in the transition from more intense structured environments into a less structured environment. This transition occurs through progressive skill acquisition thereby preparing him for independent functioning. The program is centered on components that include Self-Management, Money Management, Goal Setting and Problem Solving and Job Skill Development. Each of these components involves written work, group counseling and experiential learning. Completion of the components culminates with a real life experience such as buying and preparing meals for the group, taking a driver's license test, acquisition of a job or attendance of college or technical school.



Under our self-management module the student learns about finding the strengths within, learning how to discover and build upon their personal resources and provides opportunity to experience success through choices. Each lesson is aimed at inspiring the student to grow as they set goals for personal development.

Money management is aimed at the student acquiring skills in establishing and maintaining their own bank account. As a group, students have the direct responsibility for managing a household budget and must work cooperatively with others in order to meet day to day needs within their budget.

Through the goal setting and problem-solving module students learn to develop concrete goals, develop steps to problem solving, and learn methods to assess the success of these processes.

Job skills development teaches each student the methods for locating a job: appropriate application and interviewing skills, and responsibility in being employed. This module concludes with the student obtaining a job and maintaining employment for the remainder of their stay at the program.

Community Involvement

A significant component of New Direction is teaching the adolescents the importance of responsibility to the community in which they live. Residents participate both weekly and monthly in various activities such as Adopt-A-Mile, volunteering at nursing homes, the American Red Cross and the Humane Society. Residents also assist the local Land Trust Association in maintaining local parks. By providing many different opportunities for community involvement the adolescents are better able to experience the feeling of giving back and the fulfillment that has to offer.

Transition Program

New Direction is also established to serve as a step-down program for those males who may have required prior placement in a residential setting. Our transition program is aimed at the successful transition of the teen from a highly structured environment to a gradual reclamation into a less structured environment. It is during this process the young man learns more responsibility as well as responsibility toward independent living. We find that during this time the adolescent learns individual responsibility as well as responsibility to others. From this develops improved self-esteem and a sense of preparedness for movement back into his family and community





Aftercare Program

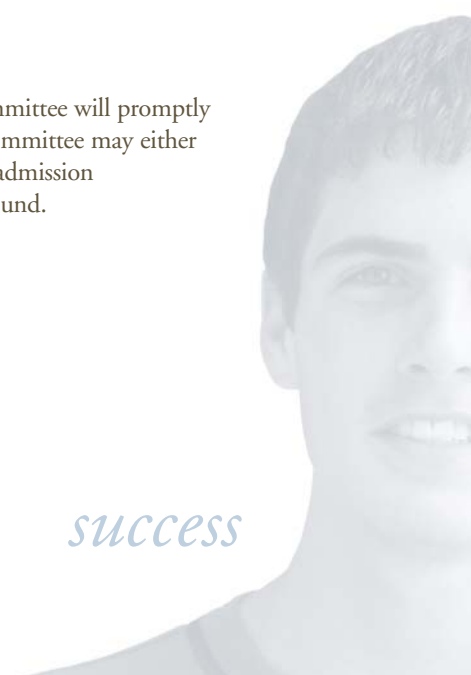
New Direction provides structured aftercare services for the resident and their families. Through program visits, scheduled conference calls and follow-up contacts, assistance is provided to ensure successful placement back into the home and reunification of the family. Staff is available via telephone conferences for crisis situations.

Admissions

Professionals and/or parents may make referrals to New Direction 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

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.



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1007 Douglass Road
Huntsville, AL 35806

(256) 830-9913
www.threesprings.com