



Paint Rock Valley

Trenton, Alabama





*“I never dreamed I would have my son’s name linked with words like **“hard worker”**, **“responsible”** and **“leader”**. Three Springs has helped my son find these things in himself when I could not and my hope is that each and every one of you will tough it out and see your son find his inner strengths and start down a better path!”*



OUR TREATMENT PHILOSOPHY

For over 20 years, Three Springs of Paint Rock Valley has provided a unique treatment approach that focuses on helping teens to accept personal responsibility for their actions and teaches skills to help build healthy relationships. We believe in treating the whole person - mind, body and spirit.

Using a combination of traditional psychological and psychiatric treatment, our program helps teens to identify destructive patterns of behavior and teaches them coping skills to improve their ability to manage strong emotions, peer pressure and conflicts within the family. Our on-site accredited school promotes positive learning experiences while catering to your teen’s unique learning style. These therapeutic learning experiences help to increase self-awareness and improve self-esteem while helping teens to discover their inner strength.

We teach teens how to find solutions to daily challenges by combining traditional therapy with an experiential approach to learning academic and social skills.

Three Springs is a nationally-recognized leader in youth services. Founded in 1985 to provide therapy and education to adolescents struggling with emotional, behavioral and learning issues, our experienced, trained staff members strive to provide compassionate, professional support to the children in our care.

OUR CLINICAL APPROACH



Upon arrival at Paint Rock Valley, your teen will receive assessments by a multi-disciplinary team of professionals. This team includes a Psychiatrist, Psychologist, Clinicians, and Educational Staff. Together with the family and referring professional, the team creates and implements an individualized treatment plan. Throughout your teen's stay, this plan will be modified and updated to promote the greatest level of change. Our professional staff help to promote that change through weekly individualized counseling, daily general group sessions, weekly specialized group sessions, monthly family counseling sessions, and experiential learning opportunities. Your child will also be reviewed for psychopharmacological intervention and, if necessary, monitored by our psychiatrist. This multi-faceted approach promotes healthy relationships and an improved sense of self for your teen.



"Before Three Springs any source of disagreement went in one direction-a full blown argument. By using the tools he learned, my son is able to express himself and come to a reasonable conclusion."

— A Student's Parent

OUR ACADEMIC APPROACH

SUCCESSFUL LEARNING OCCURS IN ENVIRONMENTS THAT CAN ACCOMMODATE A VARIETY OF LEARNING STYLES. STUDENTS LEARN IN A STRUCTURED CLASSROOM SETTING WITH A SMALL STUDENT/TEACHER RATIO.

Our academic team engages in instructional practices that build on a student's strengths and provide support in areas that require further development. Instructional time helps students to improve communication and problem solving skills. Special Education services are also available. Our focus is to promote the growth of confident, self-directed and life-long learners.

Our curriculum offers a variety of electives that are aligned with the Alabama State Department of Education Course of Study. Paint Rock Valley School is SACS

CASI accredited, operating from separate boys' and girls' campuses. Traditional team sports, equestrian programs, field trips, experiential and family activities are offered. Students can obtain a high school or general equivalency diploma. Students can also receive guidance for career interests and post-secondary education.

Working together with a parent or guardian and utilizing the student's previous school records, our educational staff develops a personalized program of instruction for each student.

"Three Springs is a wonderful program and it gave us our son back!"





ABOUT OUR STUDENTS

At Paint Rock Valley we specialize in helping students ages 13 to 18, who are experiencing emotional and behavioral issues. Most families have tried several other interventions, with little or no success, and have found that their student continues to struggle socially or academically. Most share an inability to follow rules and have low self-esteem. Many of our students share common diagnoses such as:

- Oppositional Defiant Disorder
- Depression
- Learning Disabilities and Issues
- Bipolar Disorder
- Anxiety Issues
- Conduct Disorder
- Adjustment Disorder
- Post Traumatic Stress Disorder

These students frequently experience difficulty navigating interpersonal relationships in a healthy way and may engage in poor peer relationship choices. Families may feel that their student's behavior is spiraling out of control causing conflicts at home, in school or in their community.

Once students are admitted to Paint Rock Valley, they will receive a treatment and academic plan that is tailored to address their individual needs in order to maximize their potential for success.

"I wish I could find words that better describe the love I have for each of you in my heart. You have given my family a gift that goes beyond what words can say."

— A Student's Parent

FAMILY SUPPORT MAKES THE LARGEST IMPACT



Family participation is an essential aspect of our program. We encourage families to be actively involved in treatment throughout their teen's stay at Paint Rock Valley. Our approach to helping families is non-judgmental, therapeutic and educational.

In a supportive environment, our program staff can help teens and their families to identify and work through issues that have negatively impacted the family in the past. Family counseling sessions provide a forum to discuss your teen's individual goals and to work toward family goals. Families who participate in our therapeutic process will gain a better understanding of family strengths and dynamics.

In our therapeutic environment, your family will have access to the support, tools, and resources needed to strengthen the family system and to help your teen improve academically, behaviorally, and emotionally. Families are invited to parent workshops and activities. A network of families with similar issues offers a supportive environment that is only possible when connecting with others who have walked the same path. Your family will practice skills learned at the program through frequent passes and visits, both on campus and in the home environment. Program staff communicate often with families, updating them on progress, offering guidance, assisting with needed change, and helping the family through the transition of the teen back to the home environment.



ACTIVITIES FOR MIND, BODY, AND SPIRIT

PAINT ROCK VALLEY PROVIDES A DYNAMIC SETTING WHERE STUDENTS CAN EXPERIENCE A VARIETY OF THERAPEUTIC AND EDUCATIONAL CHALLENGES.

Each activity is designed to empower teens by allowing them to develop skills such as communication, teamwork, trust and problem-solving during experiential, therapeutic, athletic and academic programming.

Adventure programming can help teens to gain insight into their own behaviors. This programming includes adventure trips, climbing tower and ropes course activities. Our equine elective combines basic care and management of horses with therapeutic activities designed to assist teens in building confidence, assertiveness and self-esteem.

Artistic expression is encouraged and supported at Paint Rock Valley as are environmental education and community service. Competitive and non-competitive sports such as basketball, running, baseball and softball promote team-building and sportsmanship while weight lifting, aerobics and onsite swimming help build athletic ability and promote overall health.

All of our activities provide a forum for connection with our students where staff affirm and acknowledge accomplishments, and offer caring support and encouragement to help students improve self-confidence and self-esteem.



The feeling of accomplishment my daughter gained by graduating gives her the ability to recall that great feeling and realize her hard work has paid off in the end. It helps her to identify exactly what "being successful" means to her.

— A Graduate's Parent



HOW WE CAN HELP



At Three Springs Paint Rock Valley, nature's beauty provides an environment where teens can learn how to communicate and solve problems effectively while discovering their untapped potential. Our outdoor therapeutic program provides treatment, academics and activities designed to nurture the mind, body and spirit. Skills and insights gained from these experiences will not only serve students as they meet the challenges of adolescence, but can also help them to prepare for their transition to adulthood.

We encourage all families to participate in the program and to support their teen's efforts toward achieving personal goals. Family support is essential to your teen's success in making these changes. Our program is designed to help troubled teens and their families to regain a sense of connection and hope for the future.

We look forward to working with you.



Paint Rock Valley
Trenton, AL

Tel: 256.776.2503 • www.threesprings.com/paintrock
A program of Three Springs, Inc.

OUTCOMES

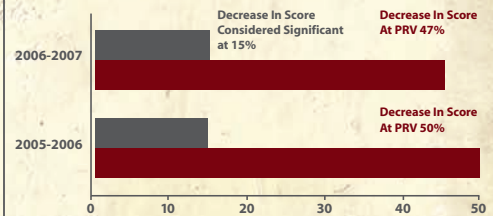
Why do we measure outcomes?

Review of our program is an ongoing process that helps us to identify internal strengths and provides us with opportunities for continuous quality improvement. Outcomes can demonstrate progress made by our students toward therapeutic and academic goals and objectives. Our quality improvement initiatives also evaluate the standards of day to day service delivery.

Our mission is the healing and restoration of children and their families. It is important for us to inquire about our services as they are experienced by the families and referral sources that we serve.

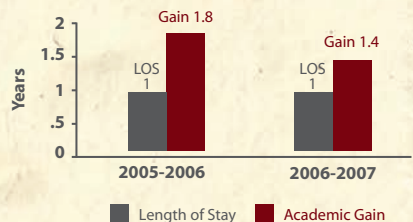
Therapeutic Gain

Paint Rock Valley measures therapeutic gain using the Youth Outcome Questionnaire and YOQ Self-Report. A decrease of 15% in total score shows a significant level of therapeutic gain. Discharging students at PRV have a decrease in total score between 47% and 50%. In addition, the discharge scores averaged 35, denoting significant therapeutic recovery.



Academic Gain

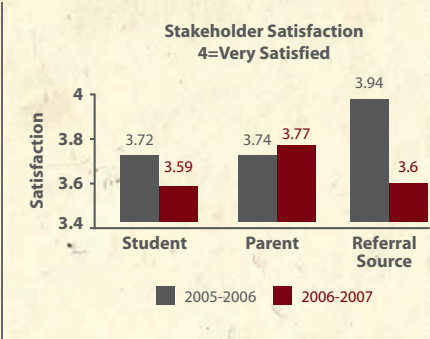
On average, students made between 40% and 80% more academic gain than expected during their stay in the program. Students who discharged from the PRV program during the last two years averaged about 1 year in the program, but averaged between 1.4 and 1.8 years of academic gain using the Woodcock Johnson III.



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Satisfaction Gain

As a student discharges the program, satisfaction of the student, parent, and referral source are measured using a Likert Scale where 4=Very Satisfied. Stakeholders are more than satisfied with the services of the program, with averages ranging from 3.59 to 3.94 on a scale of 1 to 4.



ADMISSIONS

To inquire about our program and services, you can call toll free at 888.758.4356 to speak to a referral professional, or call Paint Rock Valley admissions directly at 256.776.2503. Once our staff has completed the initial inquiry process with you, we can usually provide an answer about your teen's acceptance to the program within 2 business days. As you consider admission for your teen, we encourage you to tour our campus and meet our staff in person. We believe that proper intervention can lead to a brighter future for adolescents who are experiencing significant emotional and behavioral problems.

Population Served: Boys/Girls ages 13 -18 (separate campuses)

Common Primary Diagnosis:

Oppositional Defiant Disorder, Mood Disorders, Learning Disabilities and Issues, Attention Deficit Hyperactivity Disorder, Anxiety Issues, Conduct Disorder, Adjustment Disorder, and Post Traumatic Stress Disorder

Length of Stay: 9 to 12 months

Cost: \$180.00 per day /\$65,700 per year

Additional charges apply for medication management and psychological testing

Payment Arrangements

Monthly payment arrangements are available. We also accept Mastercard and Visa. Financial assistance is available through educational loans.

Contact: Kathy Demellier, MA – Admissions Director

Email: kathy.demellier@threesprings.com

Phone: 256.776.2503

Fax: 256.776.2561

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Licenses and Accreditations

State of Alabama, Department of Youth Services

Southern Association of Colleges and Schools/Council on Accreditation and School Improvement (SACS/CASI)

Affiliations

Association for Experiential Education (AEE)

EAGALA – Staff certified through Equine Assisted Growth and Learning Association

Policy of Nondiscrimination

Three Springs of Paint Rock Valley provides services to all persons regardless of race, color, religion, creed, sex, sexual orientation, national origin or residence.

www.threesprings.com/paintrock

CLINICAL SERVICES

Paint Rock Valley's clinical services are provided for students using several modalities to assist them in gaining insight, setting goals, and achieving success. The treatment team, with the support of a licensed clinical director and in cooperation with your family and referral source, tailors an individualized master treatment plan specifically for your teenager. Services within that plan include:

Psychological Testing and Services

Each student who enters our program is given a comprehensive psychological evaluation. Each student in our program is evaluated at least quarterly by our psychologist to assist the team and parents with ongoing planning. Specific psychological testing, including intelligence testing and personality testing, is available as well.

Psychiatric Evaluation and Medication Monitoring

Each student that enters our program on psychotropic medication is assessed by our consulting psychiatrist and monitored throughout his or her stay for medication effectiveness, side-effects, and compliance. Students, staff, or parents can request that a student be seen by the psychiatrist. Parents can request to communicate directly with the psychiatrist if needed.

Individual Counseling

Each student is assigned a Masters level clinician who oversees the therapeutic process and provides weekly individual counseling to the student throughout his or her stay in the program. Individual sessions address issues specific to the student, with the focus on the plan of treatment and the teen's transition to the program. As the student progresses through the stage system, the individual counseling will change focus to accommodate the needs of your teen or the family. As your teenager prepares for discharge, individual counseling focuses on the transition to the home environment.

Family Counseling

Family dynamics are crucial to understanding how to effectively change behaviors to maximize your family's potential for success. Masters level clinicians guide your family in counseling sessions to address issues such as broken trust, effective communication, boundaries, family rules, and explorations of goals for the future. Sessions occur monthly throughout your teen's stay.

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Specialty Group Counseling

Many of the students enrolled in our program have similar issues and benefit from sharing experiences and promoting change in a group of peers. Paint Rock Valley uses specialty group counseling to focus on specific issues of concern in an environment that the students find safe. The program is flexible in responding to the needs of the students and the topics for these 10-14 week sessions change accordingly. Substance Abuse Education and Prevention, Adoption Issues, Abuse Survivorship, Healthy Boundaries, Social Skills, and Grief are examples of topics that the program may cover in these specialized weekly counseling sessions.

Group Sessions

Each night, the students meet with their primary group counselor and their group members to discuss their feelings, goals, and plans for the future. These nightly group sessions provide ongoing, intensive exploration of behaviors and feelings as well as providing structured and positive peer interaction that promotes healthy and honest relationships.

Multi-Family Group Sessions

During the monthly Family Support Days, all families have the opportunity to interact in a structured multi-family group setting, exploring issues and sharing experiences with other families with similar issues. These sessions are led by Masters level clinicians who are skilled in helping families to learn from one another in a supportive environment.

Therapeutic Activities

All activities during the day are designed to promote insight-oriented discussion. Each activity, whether it is outdoor recreation or the clean-up after a meal for example, is debriefed and discussed. These discussions provide a forum where students can reflect on the impact of their thoughts and behaviors. The immediacy of this feedback can help them to gain insight and replace destructive patterns with healthy and affirming ones.

Aftercare Services

Paint Rock Valley is dedicated to the success of your teen and your family during the course of treatment and as your teen transitions home. Completely free of charge, Paint Rock Valley offers monthly aftercare weekends to our students as they graduate our program and transition into their new environment. Many of our former students continue to return for our aftercare services for months and even years after graduation from the program.

EDUCATION

Our focus is to promote the growth of confident, self-directed and life-long learners. Students who complete our program often demonstrate the emotional maturity to handle the rigors and independence of a traditional learning environment. They also learn to work independently and in a group setting.

Success for students attending the Three Springs School at Paint Rock Valley can be defined in numerous ways. For many students, the experience provides opportunities for them to regain their grade level and develop a more positive attitude toward school and learning.

For our older teens, opportunities to earn high school diplomas and to advance to higher educational endeavors are provided. The success of the educational program at Three Springs is evidenced by the accomplishments of our graduates. Many of our graduates have continued their post-secondary educations at prestigious colleges and universities, including Oxford, William & Mary, and West Point.

The School Year

The school year is divided into four, nine-week grading periods and a summer session. The summer session provides opportunities for those students who need to complete missing credits. Grade reports are provided at the end of each grading period and summer session. Other educational updates include parent/teacher conferences and weekly educational reports. Teachers are also available to speak with parents at each monthly family support weekend.

Graduation, Testing, Transfer of High School Credits and College Credits

Three Springs School is an official testing site for the PSAT, SAT, ACT and ASVAB. With the assistance, guidance, and support of the educational staff, students can obtain information about their career interests and post-secondary educational options.

Since we are a SACS/CASI (Southeastern Association of Colleges and Schools and Council on Accreditation and School Improvement) accredited school, the credits your child receives can be transferred to his or her home school once the student leaves Paint Rock Valley. Our older teens have opportunities to earn a diploma from Paint Rock Valley and to attend a traditional graduation ceremony. In exceptional circumstances, students also have

the option of pursuing the General Equivalency Diploma. For those students who have received their high school diplomas, on-line college courses are available through Northeast Alabama Community College, which is also a SACS/CASI accredited institution.

Library

The on-campus library is continually being updated with the latest educational materials. By using an automated card catalogue system and utilizing an exchange program with local public libraries, students can check out a variety of books. Our library's media specialist ensures that the reference material, periodicals and books are current and relate to students' interests and instructional programs. Reference materials and periodicals are also available by CD-ROM. In addition, students can complete research through the school's access to the Alabama Virtual Library and to the Northeast Alabama Community College Library's on-line resources. Each campus has a well-equipped computer lab with secure, monitored internet access for students' use. The library also houses additional computers for student use in word processing and to practice test-taking skills.

Course Work

Science—Physical Science, Earth and Space Science, Environmental Science, Integrated Science, Biology I and II, Chemistry, Physics, Anatomy, Physiology, Health and Wellness

English—World Literature, English Literature, American Literature, Grammar and Mechanics, and Composition

Math—Pre-Algebra, Algebra I and II, Algebraic Connections, Geometry, Pre-Calculus, Trigonometry, Calculus

History—World History I and II, US History I and II, Government, Economics

Foreign Language—Spanish I and II

Honors—Advanced studies in English and History

College—Dual enrollment, Online courses at Northeast Alabama Community College

Elective Credits

Three Springs' unique "elective" system provides your teenager opportunities to earn the elective credits he or she needs to graduate from high school. The electives run for nine weeks at a time, and typically, a student will participate in all electives during his or her stay at Paint Rock Valley. The electives include: Vocational, Equine Sciences and Adventure Programming.

Vocational

The Three Springs' Vocational Program is designed to allow students to develop the technical and social skills that are required for success in the workplace. This program concentrates on activities to combine higher-level academic courses with quality vocational studies, especially for those students who grasp information more readily through practical applications, rather than through abstract learning models. An effective mixture of both academic and vocational studies is the program's means to attaining the goal of preparing students to work and learn. In vocational education, basic skills along with process skills, such as decision-making, problem-solving and critical thinking, are integrated into the instructional program. The course achieves its academic credibility and reinforces basic skills because it is imbedded heavily with mathematical, science, language arts, and social science concepts. The content standards of the program provide opportunities for the practical application of these skills through real-life situations.

Equine Sciences

At Paint Rock Valley, we have the unique opportunity to offer our students an elective course focused on horses, horse care, and horsemanship. Students learn anatomy, proper care, and participate in EAGALA (Equine Assisted Growth and Learning Association) activities. The emphasis in the course is for students to interact with horses in a positive manner and to learn life-lessons from these powerful teachers. Both of our instructors hold EAGALA I & II certifications, which provide the knowledge and training necessary for facilitating activities effectively

Adventure Programming

This elective provides your child with opportunities to learn and grow in exciting new ways. Team-building activities, ropes course, climbing tower, and other fun outdoor activities are facilitated by trained staff. Adolescents have a developmental need for risk-taking behaviors and adventure programming is a healthy way for your child to meet this need. The curriculum focuses on issues of communication skills, healthy self-concept, leadership qualities, and creative problem-solving.

Athletics

Both the boys' and girls' campuses are actively involved in high school athletics. Athletic activities are important for building coping skills, developing a strong work ethic, and

competing in a positive environment. The ability to play on one of our teams is linked to the teen's behavior in the program. Paint Rock Valley is a member of the Alabama High School Athletic Association (AHSAA) and competes with local high schools in a variety of sports. Both campuses organize a variety of teams to match the dynamics and population of the teens in the program. Examples of teams include: baseball/softball, soccer and basketball.