

Academy at Sisters

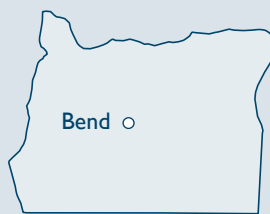
(Therapeutic Boarding School)

CONTACT		PROGRAM OUTLINE	
Phone:	(541) 389-2748	Gender:	Girls Only
Executive Contact:	Stephanie Alvstad	Ages:	13 to 18
Admission Contact:	Chesley Strowd	Grades:	8 to 12/College Prep
Email:	cstrowd@academyatsisters.org	Enrollment:	25 (Read Campus) 30 (Lodge Campus)
Fax:	(541) 389-2897 (Read Campus)	Duration:	14 to 18 months
Address:	PO Box 5986 Bend, OR 97708	Founded:	1995
Website:	www.academyatsisters.org		



NATSAP

Member Since: 1999



Bend ○

Airport: Redmond

Academy at Sisters AAS uses individualized treatment plans and goals specific to her needs. We offer an Equine Assisted Psychotherapy Group with OK Corral Certified Facilitators, other therapeutic and specialty groups, and individualized sessions with on-staff Licensed Psychologist & Treatment Coordinators. We utilize CBT, DBT, Motivational Interviewing, Transtheoretical Model of Change and other validated best practices to ensure the internal motivation and success of each girl.

Families are an integral part of each student's success. We support parents through a variety of weekly and quarterly Conference Calls with progress reports, bi monthly family groups, quarterly parent workshops, and parent visitation weekends. Additionally, we provide coaching sessions with an ICF Certified Parent Coach and Individual Family Therapy and Equine Family Therapy with our Licensed Clinical Psychologist.

Our innovative Academic Program employs a Proficiency Based Model with experiential learning in a small classroom setting with many resources. This ensures that all of our students achieve individual success by becoming aware of their learning styles and how to build on their personal strengths and compensate for any weaknesses. Last year, our students, on average, climbed 2 grade levels in Writing, 4.2 grade levels in Math, and 2.3 grade levels in Reading.

Community Service Projects such as volunteering for Habitat for Humanity, helping children to learn to read or working at local events are a big part of our program. This fosters a sense of awareness and connection to their community and allows students to cultivate compassion and empathy for others.

Recreational opportunities abound every season with everything from snowboarding and cross-country skiing to rock climbing, rafting, horseback riding, hiking and mountain biking.

AAS is also focused heavily on transitioning students back to their families and normal lives with logical stages: as a student advances through the program they have the option to attend a local public high school. When a student graduates the therapeutic program, they may continue living in special housing that allows them to continue their studies or work locally. When they move home, Treatment Coordinators continue to monitor their progress with regular family conference calls. Eventually, the students transfer into the alumni program which includes a yearly get together to celebrate their success in life.

Individual Psychotherapy Available: Yes

Accreditation, Licensure: Oregon Department of Human Services, Child Caring Agency; Northwest Accreditation Commission (NWAC); Oregon Department of Education; Approved by SEVIS

Professional Affiliations: NATSAP-Full Member; Northwest Network for Youth (NNY); Oregon Alliance of Children's Programs; Coalition of Advocates for Equal Access for Girls National Network for Youth; IECA; Big Brothers, Big Sisters of Central Oregon (BBBSCO)