

Wildflower Mountain Ranch

A GUIDE TO Success in Treatment



A quick start guide to doing well in treatment
and common rules



Welcome!

FREQUENTLY ASKED QUESTIONS BY NEW RESIDENTS

HOUSE RULES: RESPECT MATTERS

- NO SWEARING
- LEAVE OTHERS BELONGINGS ALONE UNLESS YOU HAVE PERMISSION
- BE KIND IN YOUR WORDS AND ACTIONS TO PEOPLE AND ANIMALS
- REMEMBER THAT YOUR LEVEL OF TRUST AND COOPERATION HAS A DIRECT IMPACT ON THE OPPORTUNITY FOR MORE EXCITING ACTIVITIES

THINGS TO KNOW:



- ◆ TV IS A LIMITED TIME ACTIVITY--ALL SHOWS ARE TO BE RATED G OR PG WITHOUT STAFF APPROVAL. NO SHOWS RATED ABOVE PG-13 WILL BE ALLOWED
- ◆ COMPUTERS ARE A PRIVLEDGE--ALL INTERNET IS MONITORED AND CAN BE TURNED OFF OR FURTHER RESRICTED
- ◆ WE ARE ONE TEAM--ALL STAFF REALLY WANT EVERYONE TO SUCCEED
- ◆ NO HANDHELD VIDEO GAMES OR ELECTRONICS ALLOWED FOR YOUTH

VISITATION



- ALL OFF CAMPUS VISITS MUST BE THERAPIST APPROVED TO ENSURE SAFETY
- OFF CAMPUS VISITS ARE NOT ALLOWED IN THE FIRST 30 DAYS
- ON CAMPUS VISITS ARE NOT ALLOWED IN THE FIRST 2 WEEKS
- PHONE CALLS TO ONLY APPROVED CALL LIST--WE MAY ASK YOU TO WAIT TO CALL IF YOU ARE UPSET TO ENSURE A RESPECTFUL CALL

Timeline

ARRIVAL

Welcome! We are so happy to meet you and help you. Meet the staff and the girls. Your belongings will be checked with you present and you will fill them out of a list to record them

MEET THE THERAPIST

On your first day, the therapist will ask you some basic safety questions to help ensure staff know how to keep you safe

GET INVOLVED IN THE ROUTINE

You will be included in activities from day one depending on safety recommendations---meet the animals, check out the approved spaces.

SCHOOL

Depending on your education plan, school will begin as soon as it is set up. While waiting for your school access, you will have other intake tasks

THERAPY ASSESSMENTS

To best understand you and your needs, your therapist will guide you through several assessments that ask questions about how you feel--be honest, there is no perfect answer

FOOD HANDLER'S PERMIT

As a life skill for independence, you will have the opportunity to help prepare food. In order to do so, every youth will obtain their food handler's permit while waiting for school to begin.

HEALING HABBITS

01

THOUGHTS MATTER

YOUR MIND WANTS TO BE RIGHT--WHAT YOU THINK ABOUT IS YOUR REALITY. WHAT DO YOU WANT TO BE RIGHT ABOUT?

02

HYGEINE IS MAGIC

CLEAN CLOTHES, SHOWERING, AND BRUSHING YOUR TEETH ARE HUGE STEPS IN SHOWING YOUR BODY YOU CARE --IT SETS YOUR BODY UP TO FEEL BETTER

03

BOREDOM

RESIDENTIAL TREATMENT IS DIFFERENT THAN HOME AND THERE WILL BE FREE TIME. THIS IS AN OPPORTUNITY TO LEARN NEW HABBITS AND HOBBIES. WE ARE HERE TO HELP YOU EXPLORE THOSE.

04

FRIEND OR FOE?

EVERY GIRL HERE IS HERE TO WORK THROUGH SOMETHING--WE ALL WILL NEED TIME FOR PATIENCE, FORGIVENESS, AND GRACE. THE MORE YOU GIVE, THE MORE YOU GET

05

SAFETY FIRST

EVERY RULE AND DECISION WE MAKE IS WITH THE SAFETY FOR ALL RESIDENTS AND STAFF. OPPORTUNITIES AND OUTINGS WILL ALL BE BASED ON INDIVIDUAL AND GROUP SAFETY--BEING HONEST AND GETTING ALONG MATTERS!



NOTES



28-DAY GRATITUDE JOURNAL CHALLENGE

DAY	WEEK 1	WEEK 2	WEEK 3	WEEK 4
1	Write down three things you are grateful for today.	Tell someone you appreciate why you are grateful for them.	Write about a person who has positively impacted your life and why you are thankful for them.	Make a list of five things that bring you joy and gratitude.
2	Take a moment to appreciate something in nature, whether it be a beautiful view or the feeling of the sun on your skin.	Write about a place you are grateful for, whether it be your home, a favorite vacation spot, or a cozy coffee shop.	Think about a talent or skill you have that you are grateful for and write about how it has positively impacted your life.	Write a thank you note to someone who has made a difference in your life.
3	Write about a moment or experience that made you feel grateful or blessed.	Take a moment to appreciate your body and write about three things you are thankful for in regards to your health.	Write about a material possession you are grateful for and why it brings you joy.	Take a moment to appreciate your courage and write about how it has positively impacted your life.
4	Write about a friend or family member who has been there for you through thick and thin, and how they have positively impacted your life.	Make a list of five things you are looking forward to in the future and why you are grateful for them.	Take a moment to appreciate your community and write about something you are thankful for in regards to where you live.	Write about a book or movie that has inspired you and how you are grateful for its impact on your life.
5	Write about a time when someone showed you kindness and how it impacted your life.	Write about a spiritual belief or practice that brings you gratitude and peace.	Take a moment to appreciate the technology you use on a daily basis and write about how it has positively impacted your life.	Write about a food or meal you are grateful for and why it brings you joy.
6	Write about a challenge or obstacle that you are grateful for because it taught you something important.	Make a list of ten things you are grateful for right now.	Write about a pet or animal you are grateful for and how they bring joy to your life.	Take a moment to appreciate your senses (sight, smell, taste, touch, and hearing) and write about three things you are grateful for in regards to each sense.
7	Write about a teacher or mentor who has positively impacted your life and how you are grateful for their influence.	Take a moment to appreciate your sense of humor and write about three things that make you laugh or smile.	Write about a historical figure or event that you are grateful for and how it has positively impacted your life.	Make a list of three things you are grateful for in regards to your personal growth or development.

WEEKLY GRATITUDE JOURNAL WORKSHEET

DAY	
1	
2	
3	
4	
5	
6	
7	

MOOD TRACKER

[illegible]

MANTRA OF THE YEAR

KEYS

- ☐ AMAZING
 - ☐ GOOD
 - ☐ PRODUCTIVE
 - ☐ AVERAGE
 - ☐ RELAXED
 - ☐ EXHAUSTED
 - ☐ DEPRESSED
 - ☐ BORED
 - ☐ SICK

NOTES

[illegible]

Thank You

Dear families,

Residential treatment is a big step for any person and any family. It means entrusting your care to someone else---we take that honor very seriously. We appreciate and value your trust.

This is not an easy journey for any youth or their family. We are here to help you and answer questions every step of the way. Our first priority is the safety of our Wildflower family. Our second priority is the well being and treatment of our girls and by extension their families.

We operate on a no secrets premise--we have no secrets from our families and believe in open, direct communication. We encourage you to ask questions and collaborate with us in this big healing adventure. We respect the confidentiality of our girls and families in treatment. Using these two elements, we are proud of what we have at Wildflower and are excited for our future together.

With love,
The Wildflower Team

