

Academy at Sisters

(Therapeutic Boarding School)

CONTACT		PROGRAM OUTLINE	
Phone:	(800) 910-0412	Gender:	Girls Only
Executive Contact:	Stephanie Alvstad	Ages:	13 to 18
Admission Contact:	Chesley Strowd or Denise Kelly-Simpson	Grades:	8 to 12
Email:	cstrowd@academyatsisters.org dksimpson@academyatsisters.org	Enrollment:	25 (Read Campus) 30 (Lodge Campus)
Fax:	(541) 389-2897 (Read Campus) (541) 585-1511 (Lodge Campus)	Duration:	14 to 18 months
Address:	PO Box 5986 Bend, OR 97708-5986	Founded:	1995
Website:	www.academyatsisters.org		
			
Member Since: 1999		Airport: Redmond	

Academy at Sisters is a small, therapeutic boarding school for adolescent girls who have demonstrated at-risk behaviors due to psychological, behavioral, emotional, and academic difficulties. We work with teens who have demonstrated maladaptive behaviors such as lying, stealing, manipulation, poor peer relationships, drug or alcohol use, academic failure or decline and truancy.

Dr. Julie Schneider, our lead psychologist, provides mental health services such as diagnostic evaluations and psychotherapy, allowing us to address issues such as mood disorders, RAD, Adoptions issues, PTSD, trauma, learning disabilities, ADD, ADHD, grief, loss, etc.

Our program is cognitive-behavioral and therefore evidence-based. (The NIH recognizes cognitive-behavioral treatments as the most effective in working with troubled teens.) First, the girls learn to identify how their thinking affects both their emotions and their behavior and how irrational and thinking patterns lead to maladaptive or ineffective behavioral responses. Once the girls can identify these patterns, then they make changes to both their thinking and behavior and begin to improve their functioning in all areas.

Parents are a key part of our program, participating in weekly conference calls with progress reports, quarterly family workshops, and parent visitations.

For academics, the girls earn an Oregon high school diploma in small, individual classes utilizing a Proficiency-Based Model. (All teachers have advanced degrees.) As the girls progress through the program, they may elect to attend a local high school. All girls work together on community service projects such as building houses for the homeless or designing a local park. The girls also participate in recreational activities such as: snowboarding and cross country skiing, rock climbing, rafting, caving, horseback riding, hiking, and mountain biking.

An optional program, the Equine Assisted Psychotherapy Group allows the girls to work with horses to identify their own emotional, behavioral, thinking and interpersonal patterns. The girls apply what they learned from working with the horses to their daily lives. (Dr. Julie Schneider is an OK Corral Certified Facilitator.)

Individual Psychotherapy Available: Yes

Accreditation, Licensure: Oregon Department of Human Services, Child Caring Agency; Northwest Accreditation Commission;

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