The Wayback Machine - https://web.archive.org/web/19980629053358/http://www.threesprings.com:80/boys_progs/leaps…

SHORT TERM - HIGH IMPACT ADVENTURE: L.E.A.P.S.

The L.E.A.P.S. Program at Duck River (Letting Experiential Adventure Prepare for Success)



The Three Springs of Duck River L.E.A.P.S. Program is designed to treat emotionally and behaviorally disturbed adolescent boys ages 13 - 17. It utilizes advanced experiential, adventure, and family systems based treatment philosophies. Boys attend an 8 week outdoor residential program while the family is involved with weekly therapy and education.

The L.E.A.P.S. Program addresses the unique needs of children and their families who have the social, emotional, psychological assets to benefit from a system of focused interventions that places an emphasis on improving: Physical and Mental Health, Intellectual Development, Character Development, Social adjustment, Creativeness, Happiness, and Satisfaction.

Boys live in groups of 8 to 12 under the direct supervision of Group Counselors and Experiential Educators trained and experienced in child/adolescent therapy, use of group process, and outdoor therapeutic treatment. Counselors facilitate healthy group process such that peer group feedback is continuous and group problem solving is given a high priority. The outdoor nature of the program supports a "here and now" orientation that often has a significant impact on residents. A large portion of time is spent in outdoor activities which removes boys from the distractions of television, radio, telephone and negative peer culture. Successful adjustment to the natural environment is itself often very quieting and facilitates the development of new behavior patterns. The overall goal is to help each child and family improve their level of functioning in daily living and community interaction.

Intervention within the family is key to long term growth and change. While the child is making progress to improve positive peer interaction and self-worth, the family is involved in weekly therapy and education which focuses on the following areas: Trust, Communication, Building Confidence and Self-esteem in a Child, Setting Boundaries and Problem Solving, Learning to Use Consequences, How Past Experiences Effect Parenting Skills, Identifying and Dealing with Drugs and Sexual Issues.

Families not from the immediate Nashville area will work through our family treatment curriculum with an approved therapist in their home community. This process will introduce practical reality based skills that will support on-going growth, and development of family strengths.

The objective is to support the strengths and skills learned during the treatment process. Family therapy sessions are designed to sustain the progress attained during the previous treatment interventions. This period of treatment is also conducted and coordinated through the Child and Adolescent Behavioral Health Center in Nashville, Tennessee.

The experiential education process gives meaning to the physical and adventure experiences encountered while in the L.E.A.P.S. program. Experiential education programming helps children maximize their ability to make the best use of this enriched environment. Children are helped to focus on identifying and improving the essential skills and attitudes needed to meet future learning and education goals. Each child receives individual attention to assess their talents, skills, and aptitudes in the context of learning, changing, and growing. Families

directly experience the value of this education process by participating at the program site at specific points in the child's treatment.