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THREE SPRINGS OF DUCK RIVER

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Three Springs of Duck River is located in Central Tennessee approximately 60 miles west of Nashville, Tennessee. The Outdoor Therapeutic Program of Duck River provides therapeutic treatment services to emotionally and/or behaviorally disturbed boys ages 10-17. This program offers a unique combination of traditional psychiatric/psychological treatment along with experiential/adventure based outdoor services and activities. The mission of Three Springs Duck River is to provide quality residential counseling services to adolescent boys who have emotional and behavioral disturbances, utilizing traditional, experiential, and adventure based program philosophies in a cost effective manner. Duck River is licensed as a Mental Health Treatment Facility, a Residential Care Facility, is accredited under the Joint Commission on the Accreditation of Healthcare Organizations, and operates a state approved private school on the campus. Services are provided 24 hours a day, 365 days a year.

Residents live in groups of 8 to 12 under the supervision of skilled Group Counselors, who are experienced in child/adolescent therapy, use of group process and outdoor therapeutic treatment. Three Springs focuses on the "here and now" issues of the resident's life. This focus is consistently reviewed through the utilization of a reality therapy counseling approach with an emphasis placed on the development of problem solving, coping, self help, and socialization skills. This orientation places significant expectations on the resident to take responsibility for his situation and to address it in a positive manner. The resident is not counseled or treated as one who is suffering from a "mental illness", but rather as an individual who has the capability, if he chooses, to acquire the skills to behave, to feel, and to think differently. Such an orientation does not dismiss the clinical validity of diagnoses and disabilities; however, the focus is on the practical realities of teaching the resident how to positively cope with the "here and now" and addresses the "learned helplessness" many of these residents demonstrate.



While the use of group process is seen as the primary, therapeutic intervention necessary to achieve lasting change, Three Springs recognizes the need for additional therapeutic efforts and utilizes them as part of their comprehensive treatment program. Psychiatric/Psychological services, individual counseling, family counseling, substance abuse counseling/education, abuse victims treatment and special educational services are examples of additional treatment services available to residents within our program. Such services more specifically address the individual needs of residents children in a manner which supports and complements the group process model.

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