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blends the daily 12-Step meetings, morning work ethic, therapy, physical workouts, life/ social skills training recreation, and participation in school with clinical, medical and psychiatric services. We talked with a group of students dressed in karate outfits on our way to view the group homes. The students appeared to be filled with pride as they left campus and walked toward their karate class. We left the admin building and crossed the side street to walk through the girls' housing, which included a couple of tidy cabins and young women busily preparing dinner in the kitchen. The dinner table was set for 13 young women, and those who weren't cooking were busy straightening up the kitchen for easy cleanup.



On the other side of the administration building sat several group homes for the young men, and I found it ironic that the men's houses were much cleaner than the women's. The men were also busily preparing dinner while showing off their newly acquired skills and singing along to Christmas carols on the radio. I was impressed with how candid and responsible the residents appeared, because everyone we talked with made excellent eye contact and seemed genuinely appreciative of the Gatehouse recovery program.

After chatting with several students for a short while, we headed back to the administration building where we had a chance to talk with one of the main houseparents. As someone who had been sober for 13 years, she was the perfect mentor for the residents at Gatehouse Academy. I feel comfortable using Gatehouse Academy for the young adult who is struggling with chemical dependency issues and needs a supportive community to learn how to live a healthy life.

After a wonderful day of visiting with the students, touring the campuses and chatting with various staff members, we climbed into the car and drove away from Gatehouse. It had been a relaxing day that left the feeling of hope for the future of the residents.

The mind is not a vessel to be filled but a fire to be kindled.

~Plutarch

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