Sainer added that the data will allow Aspen to demonstrate they are making a clear difference. Preliminary results from the study support this. "We also spend a lot of time on best practices and ways to learn from each other. We believe our size is an advantage because it allows us to implement the components that are working in one program into another program."

Lon Woodbury asked whether Sainer thought the "generalist" (therapeutic community emotional growth) type of school such as Mount Bachelor Academy or the former CEDU program, Rocky Mountain Academy, was becoming less important with the demand for more clinical specialization.

"I wouldn't say less important, but I think the generalist school, as you defined generalist school, is going to have to really improve their clinical competence or they are going to be out of business. If you go back 10 years and make a list of the top schools at that time, you'd have several on that list that aren't even around today. Cascade would be the classic example but so would a few of the generalist CEDU schools. In my opinion, these schools didn't change with the times and perhaps failed to meet the demands of clinical competence. Fairly or unfairly, that's measured by families or referral sources; a lot of the programs didn't have people with both the experience and licensure to help kids clinically on staff. We experienced this ourselves with some of our programs, but we had the financial and organizational structure in place to meet the demand and evolve."

Sainer also discussed the evolution of parents and his belief that they are now demanding more program accountability both in terms of outcomes and communication. "Whether people like it or not, parents use the internet to research programs and narrow down their choices of which ones to visit or select for their child. I wouldn't say parents are more concerned today about their kids then they were five years ago, but I think they hold programs and staff to a higher standard."

Woodbury asked about Aspen's plans for the European market, and Sainer explained that at this point, Aspen has not really researched that area. "We are opening a Healthy Living Academy (weight loss) summer program this year in the United Kingdom (UK), which is experiencing a growing epidemic of obesity similar to the US. But beyond testing the water, we have not spent

Continued: **Sainer/** 20



NEW PERSPECTIVES

The following section contains programs that are either new to Woodbury Reports, Inc., or they have a new program element. We present them to expand your knowledge, with the disclaimer that we know little more about them than what appears here. Inclusion, of course, does not imply any endorsement by ***Woodbury Reports, Inc.*** *~ Lon*

BLUE SAGE YOUTH SERVICES

Manti, Utah
Kelly Husbands, MSW, Program Director
435-835-4053

Blue Sage Youth Services is a residential treatment program for girls ages 13-17, who have a history of behavioral, emotional, educational delays, or a history of chemical abuse problems following a detoxification program. The program is licensed by the Utah Department of Human Services.

Blue Sage has a "strong" behavioral component that utilizes a "carefully guided" level system that emphasizes both positive and negative consequences in a "safe, secure" environment. Clients are evaluated on behavior, following rules, social skills, increased self esteem and other criteria from a list of appropriate behaviors and expectations. As they reach these goals they receive more rewards and bigger expectations.

Academics are based on the Utah State Core Curriculum; credits are accumulated at the rate of one class per year toward Utah high school graduation requirements. Blue Sage operates under the guidelines of Northwest Association of Schools and Colleges and all credits are transferable. The primary emphasis is on the basics: English, Math, Science, Physical Sciences, Physical Education and a variety of electives.

The program focuses on teaching students how to change their behaviors and gain the respect and trust of others. Blue Sage offers "comprehensive" psychological, social and educational assessment, individual treatment planning and medical services. Regular contact with the family is an integral part of the overall treatment plan for the teen.

Editors Note: *The information used in this New Perspective was gathered from the Blue Sage website.*

Copper Canyon
Academy
A Trailhead to Success

Nestled in a scenic Central Arizona valley, Copper Canyon Academy offers a boarding school for girls ages 13-17 with behavioral, emotional or learning problems. We believe that by combining a warm, caring, structured environment, students will develop self-esteem, self-awareness, self-reliance, self-confidence, and self-management.

Our program offers:

- Comprehensive, therapeutic program including individual therapy, group therapy and family therapy
- Equine therapy and canine therapy
- Essential and extensive family involvement
- Intensive physical fitness as part of daily life
- Accredited college prep academic program



Contact Darren L. Prince for more information
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"True learning stretches the intellect, challenges the body, and encourages healthy emotional expression"

*** Wilderness Experience**
*** Emotional Growth Curriculum**
*** Family Workshops**
*** Academic & Achievement Seminars**
*** Accredited College Prep Academy**

Located in the forested wilderness of Central Oregon, Mount Bachelor Academy guides youth, ages 13 to 18 through a 14 to 16 month program. For more information call or see our website:

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Prineville, OR 97754
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