

The miracle continues.

The miracle that begins in rehab, a wilderness program, or emotional growth school shouldn't end when a recovering teen goes off to college.

Our safe, sober dorm offers young adults, 18-24, a caring, family-oriented environment, the support of like-minded peers, a Life Skills curriculum that incorporates 12-Step principles, guidance and mentorship, plus all the resources it takes to succeed in school.

BETTON HOUSE

On your own but not alone.

Michael and Roxanne Losicco
Directors-in-Residence
501 Madison Avenue, Scranton, PA 18510
877-723-8866, www.bettonhouse.com

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Changes that Last a Lifetime

Adolescent Treatment Programs

- Beyond Parental Control
- Abusing Alcohol or Drugs
- Defiant
- Choosing the Wrong Friends
- Suffering from Attention Deficit
- Resistant to Outpatient Therapy

Therapeutically Intensive
A therapist lives in the field with clients throughout the expedition

Meeting Individual Needs
21 and 51-day wilderness therapy programs, therapeutic outdoor school, transition home program

Family Reunification
Daylong multi-family meetings and individual family consultation

Lasting Results
Longitudinal study demonstrates that 90 percent of graduates report wilderness treatment still effective two years later

A Healthy Environment
Stabilization, clinical assessment, and supervision

(800) 390-3983
cfreer.com

Catherine Freer
WILDERNESS THERAPY PROGRAMS

JCAHO accredited and licensed by the State of Oregon, Oregon Office of Alcohol and Drug Programs, and the Oregon Office of Mental Health Services

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In October, Linda Cain and I met Brian Church at Utah Olympic Park, built in Park City for the Winter Olympics in 2002. Brian is the Director of Business Development. It was a gorgeous, crisp, sunshine-filled day and the ride to Hanna, where Aspiro's base camp is located, was beautiful. As we came up to the top of a hill, the base camp came into view, set in front of an unusual formation of red rock. And, a river runs through it – a lovely stretch of the Duchesne.

We sat down with Randy and watched an amazing video. It was amazing on several levels – not the least of which was the footage of various adventure activities including whitewater river rafting and canoeing, skiing, snowboarding, top-rope rock climbing, caving (in slot canyons, mind you) , mountain-biking, horseback riding and the like – but also because the video captured the sense of accomplishment of the students in the program. One of the hallmarks of Aspiro's program is taking kids to the highest of highs in their outdoor experiences and you could see the results of that approach. When we learned that this video was a creation of one of the students, it made it even more remarkable.

We had the opportunity to meet Ken Betts, Program Director, Justin Robinson, the Director of Clinical Services as well as Farrah and Bridger Jensen, both Field Directors for Aspiro. Their combined years in the wilderness, working with troubled teens are impressive. I was struck by the fact that each of these individuals articulated the same mission and vision of the organization. Each talked about the importance of genuine relationships, of developing self-efficacy and about the true meaning of wilderness therapy versus offering therapy in the wilderness.

Randy has dreamed of running a program like Aspiro – which means to achieve, aspire or infuse with spirit – since 1988. At an IECA Conference in 2004, Randy (who was then at West Ridge Academy) participated in a brainstorming session with other West Ridge staff focused on "what a wilderness program might look like if you were designing it for your own kids." At the conclusion of the conversation, Ken Allen, the head of West Ridge (and a strong financial backer of both programs) asked Randy to figure out what he needed to get the program off the ground…and Aspiro took its first students in April of 2006.

While a number of their first students were kids having trouble at West Ridge, those students are no longer the majority of the students at Aspiro. In addition to taking referrals from educational consultants, Aspiro is also working with students