

STORM RIDGE RANCH

Monroe, Utah
Brian Wood, Assistant Director
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www.stormridge.com

Storm Ridge Ranch is a Residential Treatment Center with two locations, licensed by the State of Utah and Department of Human Services, for boys ages 13-17 that are experiencing negative behaviors such as disrespect for others, disregard of authority, aggression, lying, stealing and fighting. They may have been diagnosed with ADD, ADHD, depression or oppositional defiance. In addition, the students have struggled with loss and grief issues, adoption issues, academic struggles, truancy, and poor peer relations. The average length of stay is 9-12 months. Storm Ridge North in Monroe has 16 beds, and Storm Ridge South in Marysvale has 24 beds.

Designed as working ranches, Storm Ridge offers a structured environment for young men in academics and life skills. Accredited by the Northwest Association of Accredited Schools, students participate in year round school with a 1 to 12 teacher to student ratio. In addition to traditional

core classes, an integral part of the curriculum includes art, music, crafts, sports and service projects.

All therapists and counselors are licensed as LMFT, LCSW or LPC with the State of Utah and each boy has one hour of individual therapy, one hour of Substance Abuse counseling sessions (as needed), and seven hours of group therapy weekly. Family therapy, provided through phone conferences and on campus workshops, will assist students in learning "conflict resolution within the family system." The key staff in Storm Ridge North includes Mary Ann Larsen, program director, Richard Larsen, Farm & Ranch Manager, Brian Wood, Assistant Director, and Trina Swalberg as Academic Director. Key staff in Storm Ridge South includes Darren Swalbert, program Director, Mandi Molchan, Assistant Director, Kevin Mikhan, Assistant Director and SueAnn Swalberg as Academic Director.

Recreational activities include seasonal camping and fishing exhibitions, house boating trips to Lake Powell, sledding, tubing and winter snow hiking.

[Information for this New Perspectives was gathered from their web page]



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SOMMERVILLE
Young Adult Community

Sommerville Young Adult Community has been built from the ground up on current research and best practices for people with multiple diagnoses and neurobehavioral characteristics. Sommerville staff has been trained by—and will continue working with—leading professionals to understand the link between brain function and behaviors, establishing and strengthening relationships that are essential for healing and successful community life.

Sommerville is a community, not a school or program. We believe in the importance of a sense of belonging, and of shared growth among all people in our community.

Sommerville is a healing community unlike any other, for young adults ages 18 and over.

Each of our community activities relates to the others, providing an integrated approach for exploring interests and maximizing each person's potential. These areas include:

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- Nature-Based Ecological Activities – Interdependence
- Horses and Other Animals – Respect
- Overall Health – Self Actualization
- Individual Development – Passion

281-313-1908
650 Anthony Road
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EXTENDED INSIGHTS...

THE GIFT, NOT THE CURSE, OF ADD

A Brief Commentary on Edwin M. Hallowell, MD

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Extended Insight by Judith Bessette, EdD

Imagine you are an adult with ADD (or ADHD)...that you and your spouse have three kids...that two of the kids also have ADD...and that it is your child *without* ADD who feels left out...that he (or she) wants to have it, too!

That exact scenario describes the family situation of Edwin (Ned) M. Hallowell, MD, an international expert on ADD and ADHD. Hallowell was recently a guest speaker to staff, donors and friends at Rogers Memorial Hospital – who graciously shared his visit with staff at Children's Hospital of Wisconsin. Hallowell is a board-certified child /adolescent psychiatrist who specializes in working with kids and adults with ADD and ADHD.

Many parents and professionals working with troubled teens know of Hallowell's book **Driven to Distraction**

and its sequel, **Answers to Distraction**. Written in the early 90's, they remain the cornerstones of any reading list dealing with ADD and ADHD. The first describes the condition and offers coping strategies; the latter answers many of the questions posed to Hallowell and his co-author, John J. Ratey, MD.

I was not aware of the other books – another 12 to be exact – that have come from this prolific writer. Hallowell finds the time to see patients as he has for the past 30 or so years, lectures internationally and makes time for his greatest passion – his wife and three children. (He did give up teaching at the Harvard Medical School in 2003.) His most recent book speaks to the fast pace of the 21st Century, **CrazyBusy: Overbooked, Overstretched and about to Snap**.

He has written a charming children's book, **A Walk in the Rain with a Brain** which fine-tuned a story he used to tell his daughter Lucy to help her understand her ADHD. And, in 2005, he (and Ratey) authored **Delivered from Distraction**, a handbook if you will, for those living with ADD and ADHD.

In the preface to the 2006 edition of **Delivered from Distraction**, Hallowell draws on one of his many non-ADD books – **the childhood roots of adult happiness** – and reframes our thinking about ADD. Hallowell

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Defiant or Out-of-Control Behavior	ADD

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For more information, contact:
Barbara Potignano

800-260-9178 or 936-447-4617

The capacity for getting along with our neighbor depends to a large extent on the capacity for getting along with ourselves. The self-respecting individual will try to be as tolerant of his neighbor's shortcomings as he is of his own.

~ Eric Hoffer

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Los Angeles Times Magazine

"...one of the nation's most reputable programs...."
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**ASPEN ACHIEVEMENT
ACADEMY HAS BEEN HELPING
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suggests we begin to think about a strength-based approach to ADD rather than continue to think about ADD through the more traditional emphasis on the deficits it may cause. In an effort to help us understand the *gift of ADD* rather than *the curse*, he suggests substituting irresistible curiosity for distractibility, creativity for impulsivity and extra energy for hyperactivity. He points out that you cannot buy – or teach – these traits but that you can learn to control them and use them to their best advantage.

The childhood roots of adult happiness offers advice to all parents on rearing kids that will turn out to be happy, well-adjusted adults. The book elaborates on a simple 5-step cycle that keeps rolling forward as your kids grow up. The cycle includes (1) connection; (2) play; (3) practice; (4) mastery; and (5) recognition. His eloquent explanation of each step in the cycle and his many examples from his own family as well as from the families of his patients lay out a road map to success – helping parents help kids create and sustain lifelong joy.

Hallowell is an entertaining and informative speaker. If you have the chance to hear him in person, you'll be glad you did! **To learn about his speaking schedule, check out the EVENTS section of his website.** And, if not, take a look at his books. They are engaging and well-written...and offer advice on a wide range of psychological topics.

LETTER FROM LOST PRAIRIE

By Rosemary McKinnon, MSW

Summer is a glorious time in Montana. The days are long. It stays light till 10:00 p.m. The skies are blue and the water warms up enough for swimming and boating. The snow has almost finished melting in the high-country, the flowers are in bloom and the high country trails are open for hiking. On the ranch students recently spent the weekend bucking bales of hay to put in the barn for winter. This weekend some of them will drive down to Flathead Lake to a friend's orchard to pick cherries for the whole campus to enjoy.

We drive down Lost Prairie Road in a cloud of dust noting that the grass is dry and turning brown, and we begin to worry about forest fires and step up our practice drills. Four years ago there were ferocious fires in Glacier Park. The smoke plumes were visible across the mountains on the drive into Kalispell. Yet it is also possible to have snow almost at any time of the year in mountain country. Some years ago John and I were hiking the Hi-line trail in Glacier Park with our three young daughters in mid August to spend a night at Granite Park chalet. There was a freak snowstorm that night which dumped a foot of snow and closed Logan Pass. That same night there

was also an encounter between a backpacker and a grizzly sow with cubs. Both were using the same mountain pass in the blizzard. It was a sharp reminder of the speed with which danger can arise in the back country. Dr. Tim Corson, as you all know by now, was recently injured in a similar freak accident.

We want our students, your children, to experience the glories of this natural world safely. We have designed our calendar and our curriculum to take advantage of what Montana has to offer. We take three week-long breaks in the summer months to allow for off campus team trips, one long and two short. A couple of years ago our teams began to include parents in some of these shorter trips. These have, by and large, been important events. Parents have enjoyed time with their sons' and daughters' teams in Glacier Park, at Hot Springs and in various other locations. They have forged bonds with other parents and with staff and had opportunities to get close to their sons' and daughters' friends and teammates, to observe their struggles and successes. Parents have laughed and shared together and enjoyed some of Montana's superb scenery. Some have continued to meet with one another long after their children have graduated.

These wilderness experiences take a lot of planning by our staff. For example, Team 2 put in for the lottery to canoe the Smith River back in February. Katie Boyd, the Team 2 weekend team leader, who is also an experienced river guide worked with Victoria and Mary'l to organize a number of pre-trip training exercises to get the whole team ready. Back in mid May the staff held canoe training on chilly Lake McGregor. They took the students out one rainy weekend on the local Fisher River to experience river currents and to drill dumping and righting their canoes without panicking. Just to make sure that they were prepared, they took a final trial run on the Swan River with a local canoe expert. Mary'l and Victoria planned together with Katie, and the team's two senior leaders, for food and gear to last for 6 days on the river and prepared for various contingencies. The result was a resounding success. No one even dumped her canoe!

Other teams planned and executed other kinds of trips. Team 4 had a new team member with an injured knee who could not hike long distances, so they planned to make a base camp and took day hikes in Glacier Park. Team 6 was headed for backpacking in the Anaconda-Pintlar range. But Amy felt the team was not ready. So she and the staff stayed on campus a couple of extra days to practice working

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