Places for Struggling Teens™

"It is more important to get it right, than to get it first."

Published by - Woodbury Reports, Inc.™



February 2008 - Issue #162

2007 IN REVIEW

By: Lon Woodbury



The year 2007 might wind up being a pivotal year for the network of private residential parent-choice schools and programs for struggling teens. We might have just gone through a paradigm shift in the environment we work in several areas. It is unclear at the present whether the changes might be good or bad for the needs of the children.

The main change is the visibility of the network. For years we operated "under the radar," partly due to the inability of the media and state regulatory agencies to fit the wide variety of approaches in our network into neat simple categories, and partly because of the relatively small size of this network. (Estimates are our private pay residential network brings in about $2 billion nationally, which as a comparison is not much more than the total public school spending in Idaho alone). We have gradually become more visible in recent years, but with the October 10, 2007, hearings by Congressman George Miller, we became a national story and are an object for possible federal national policy. The media and public scrutiny will only be increasing.

There are several distinguishing characteristics of the schools and programs in this network that in the past have made it different from traditional residential mental health, substance abuse, hospitals, Social Service and Law Enforcement programs. Those elements include private parent-choice, small student bodies, relatively easy entry for new programs, use of alternative education concepts, use of wilderness, personal relationships between staff and students and a strong influence from therapeutic community concepts (structure). It is these elements that make this network of schools, programs and consultants different from traditional programs for troubled teens.

Continued: **Review/** pg 3

INSIDE...

Essays:
Managing For Safety /3
Ten Steps To Empower /6

Visits:
Cherry Gulch /8
Summit Achievement /10

New Perspectives:
Catalyst /13
Cirque Lodge /14
Discovery School For Girls /15
New Vision Wilderness /16
Safe Harbor /17

Book Reviews:
Price Of Privilege /18

Extended Insights:
Valuable Lessons /20
Horizon Academy /22
Christmas in the City /23
Today's NATWC /25

News & Views /27
Seen N' Heard /28

SEEN 'N HEARD...

Heartlight launches radio program...
2008 Parent Empowerment Handbook available...
Montcalm For Girls expands...
Conway leaves Gatehouse...
OnPoint celebrates first anniversary...
Elk Mountain Academy celebrates 14 years...
Schrom Therapeutic Home Care...
The Family Times wins gold...
Little Keswick Education Symposium...
Life Designs student runs half marathon...
Many Additional Staff Changes...

Full **SEEN N' HEARD/** ***Pg 28***

[Essays and articles appearing in this publication are the opinions of the authors, and do not necessarily reflect the policy of Woodbury Reports, Inc.,™ or StrugglingTeens.com.™ We urge our readers to conduct their own investigation of the products and services identified herein.]

NEW VISION WILDERNESS

Therapeutic Outdoor Programs
Milwaukee, Wisconsin
Drew Hornbeck, BA, Executive Director
414-526-5747
dhornbeck@newvisionwilderness.com
www.newvisionwilderness.com

Two experienced outdoorsmen, with a passion for the wilderness and the lessons it can teach, coupled with a commitment to make such experiences available to more teens in the Midwest, have started a new program that takes advantage of the Chequamegon National Forest in northern Wisconsin. The program focuses on teens ages 12 to 18. Students may be struggling with issues such as: Relationships, Alcohol and Other Drug Abuse, Low self-esteem or, Legal Problems, lack of motivation, Trauma/Abuse Histories, Decision making, ADHD/ADD, Anger management, Bi-Polar Disorder, Impulse control, Anxiety, Communication, Depression, Trusting others, and/or School attendance.

Drew Hornbeck spent several years as field staff in programs out west, including serving as director of a wilderness residential program prior to his work as the lead experiential therapist at Rogers Memorial's Child Adolescent Center. Steve Sawyer, MSW, APSW, CSAC, the Clinical Director, recently left a similar leadership position in a Milwaukee out-patient clinic to devote more of his time to New Vision. In addition to his clinical expertise, Steve is an expert in survival skills and wild edibles, and has worked in other adventure-based programs. Drew and Steve work closely with new staff members as they join the New Vision team.

New Vision was launched last summer with several 5-day treks. Starting in March, New Vision will offer eight or more 21-day sessions with the option for a participant to return after some time back home for a 5-day refresher. The 5-day trips are also open to teens that have completed wilderness programs elsewhere but are in need of a "tune-up."

The program believes in empowering youth – not in breaking kids down. Using a strength-based approach, staff works to build self-esteem by using nature's vulnerability to build self-confidence. Group therapy activities including issues like family dynamics, Alcohol and Other Drug Abuse (AODA) issues and stress management are built into the schedule twice each day. Individual therapy sessions are scheduled at least once each day and include work trauma resolution, somatic interventions and AODA relapse prevention planning. Staff members

