As part of his individualized treatment program, the therapists at SageWalk introduced him to the DBT skills of mindfulness and distress tolerance, and he gradually began to make progress. But after he returned home, he relapsed and began seeing a well-known clinical therapist recommended by SageWalk who specialized in dialectical-behavioral therapy. For months, no one heard how this boy was progressing, whether he had returned to his former ways or was thriving in his new environment, until Wilmot received a letter from the boy's family.

She learned that he had successfully graduated from high school, was about to start college and was making excellent progress with his DBT therapist. This once-depressed, drug-addicted teen did his senior project on "Sixty Days in the Wilderness" and how SageWalk had changed his life.

As Wilmot looked over his graduation picture and skateboarding photos, she said, "I was reminded once again how much the work we do really matters.

About the Author:
Meghan Vivo is a writer who joined Aspen Education Group after working at a publishing company specializing in alternative health and wellness. A former corporate and immigration attorney, Meghan graduated from Syracuse University College of Law, magna cum laude, in 2003, and has been pursuing her passion for writing ever since. Contact Meghan at mvivo@aspeneducation.com.

"...according to our theory the people are wiser than the government. Here the people do not look to the government for light, for instruction, but the government looks to the people. The people give law to the government.... to entrust government with the power of determining education which our children shall receive is entrusting our servant with the power of the master. The fundamental difference between the United States and Prussia has been overlooked by the board of education and its supporters."

~ Brownson





