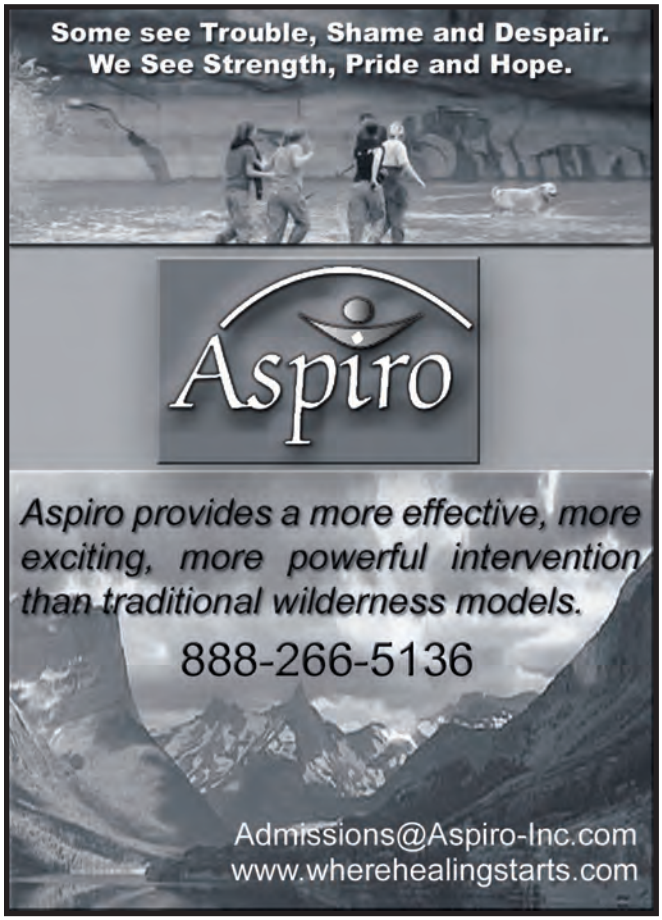




RED HILL ACADEMY

San Anselmo, California
Robin Hughes, Admissions Director
888-864-5437
rhughes@redhillacademy.org
www.redhillacademy.org

Red Hill Academy, founded in September 2008, is a specialized co-ed day and boarding school for young men and women ages 14-17 years old who struggle with learning differences, including dyslexia, dysgraphia, dyscalculia, ADHD and Asperger's Syndrome. In addition, these students have difficulties with social, emotional and behavioral issues due to their learning differences.

Brad Freed is the Executive Director at Red Hill Academy and is a licensed Marriage and Family therapist, holding a Master's degree in clinical psychology. Jodie Mathison is the Marketing Director for Red Hill Academy and previously worked at James R. Sylla School, a nonpublic special education school, as the principal. She holds a Master's degree in education. Laura Taylor is the After School Program Director and has worked with special needs adolescents for 25 years. Red Hill Academy is a program of Sunny Hills Services. Sunny Hills Services is a member of the Child Welfare League of America and the California Alliance for Child and Family Services.

Red Hill offers three distinct programs for students, which include the residential program, after school program and the academic program, offered to both day and residential students. Academically, each student is assessed weekly, is required to document a plan daily and is required to evaluate him or herself at the end of each period. Curriculum includes project based learning, skills tutorial classes, hands-on career counseling classes, elective courses including an art media lab, music, art and athletics. Core classes include reading, language arts, math, science, social studies and PE. Additional student support includes the RHA resource specialist who also provides one-to-one tutoring in reading and math and Assistive Technology, which is computer support, using the Kurzweil Educational System.

The after school program is required for residential students, optional for day students and available for students attending other schools in the community. Recreational activities, an equestrian program, experiential activities and skills building groups are offered.

[This information came from the Red Hill Academy website.]

Platos idea of education was that it was like a slow vegetable growth - a notion almost wholly absent from the individualistic methods of sophists.

~ W. Jaeger

BOOK REVIEWS...

BEAUTIFUL BOY:
A Father's Journey through his Son's Addiction
by David Sheff
Houghton Mifflin Co.
ISBN-10: 0618683356

TWEAK:
Growing Up on Methamphetamines
by Nic Sheff
Ginee Seo Books, February 19, 1008
ISBN-10: 1416913627

Reviewed by Judith E. Bessette, EdD

The Partnership for a Drug-Free America defines methamphetamine — also known as meth, crystal meth, crank or speed — as an addictive central nervous system stimulant that can be smoked, snorted or injected. Its use is at epidemic levels in the US — with the highest percentage of users falling between the ages of 16 and 25.

David Sheff, a brilliant writer best known for works that have appeared in various newspapers and magazines including the *New York Times Magazine, Rolling Stone,* and *Fortune*, has written a remarkable book, **Beautiful Boy**, that traces his journey through his son's addiction to crystal meth.

A companion book, **Tweak**, was written by Sheff's son, Nic. It is a memoir that reflects the young author's recollections of *growing up on methamphetamines* which is the subtitle of the book. A twenty-something who battles daily to stay clean and sober, Nic is also a writer with articles published in *Newsweek, The San Francisco Chronicle* and *Nerve*, an on-line publication.

These two books paint a powerful, albeit painful, picture of addiction — its effects on the user and on the entire family. Reviewers have described the books as honest, harrowing and heartbreaking...but not without hope.

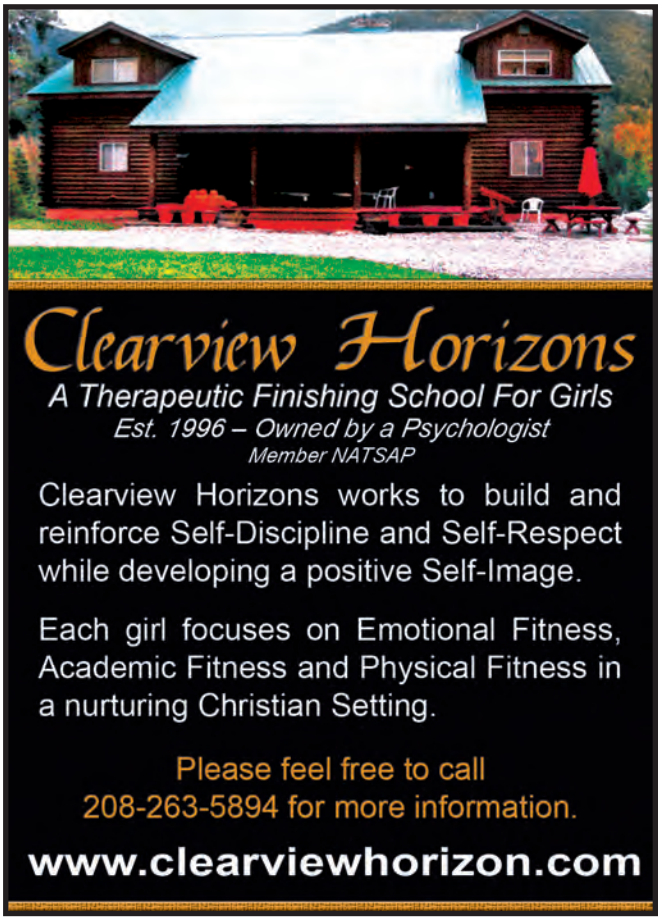
David Sheff decided to write his book after the enormous success and public acclaim he received for an article he wrote in 2005 for the **Sunday New York Times Magazine** entitled *My Addicted Son.* The article won an award from The American Psychological Association for *Outstanding Contribution to Advancing the Understanding of Addiction.*

Beautiful Boy tells the story of the charming, funny young man — a varsity athlete and an honor student — who becomes addicted to meth. It chronicles how a father attempts to intervene, time and time again, and help his son get clean and sober.

Much of the book is focused on David's obsession with Nic's addiction — almost an addiction in itself. At the end of the book, as David is learning to let go, he shares some of the wisdom he gained on his journey.

The book is beautifully written and offers both truth and healing. At the very least, the book lets other parents in similar situations know they are not alone. Hopefully, it will also save lives.

Continued: **BOOKS/** pg 16





BOOKS: Continued from 15

Nic's book is raw and often disturbing. He describes the first time he got drunk (at age eleven) and takes the reader through treatment, recovery and relapse. The book is peppered with gritty details about his day-to-day existence...dumpster-diving for food...stealing from his parents, their friends and even his eight-year old brother...to his eventual prostitution to support his out-of-control need for meth.

While often brutal, Nic's story ends on a hopeful note — his understanding of the need for truth and authenticity in his life. The need for truth and authenticity in all of our lives is one of the great lessons from this book.

Asked for some words of advice in a recent interview that appeared in US News & World Report, David said, *"There are many things I wish I could redo as a parent. Talk to your children about drugs. Have an open conversation with them. You need to prepare them for what will probably happen."* (Read more at www.davidsheff.com)

Nic added, *"If I could just tell young people, if you feel insecure and scared, that's ok. It's a burden, but nothing that you ever look for outside of yourself is ever, ever, ever going to fill that hole."* (And...www.nicsheff.com)

For those of you who prefer to listen rather than read...two short podcasts featuring the authors are available at Amazon.com and a more in-depth interview is available from radio KQED's *Forum* (3/13/08) on Mefeedia.com.

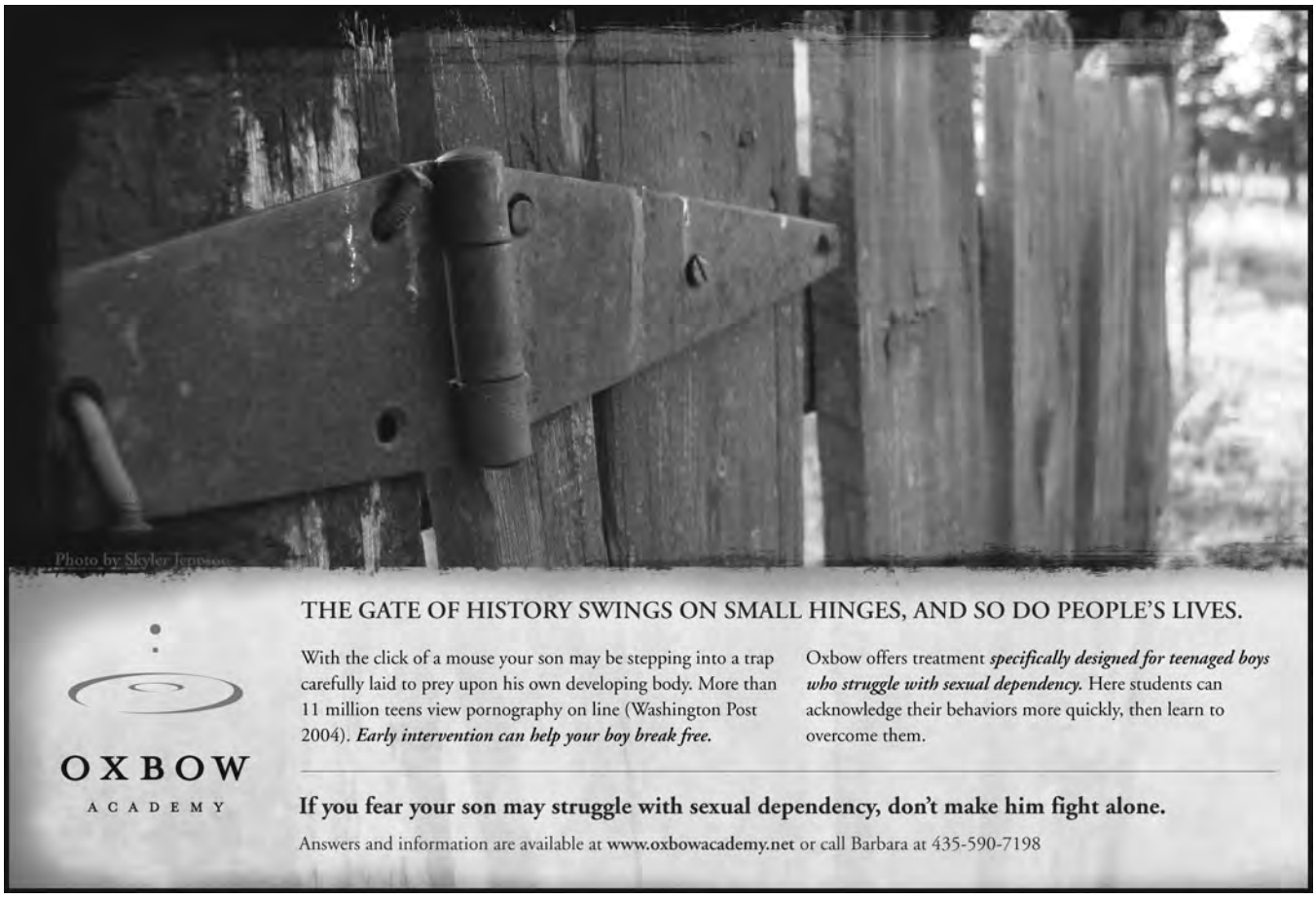
SEEN N HEARD

SOBER COLLEGE IN SUICIDE PREVENTION WALK
(September 13, 2008) Seventeen residents, four alumni and three staff members of Sober College in Santa Monica, CA, 866-757-6237, volunteered for the annual Out of the Darkness walk, for suicide prevention and awareness that took place in Santa Monica. The event brought in 600 participants and almost $60,000 in donations.

RED HILL'S NEW SCHOOL
(September 17, 2008) Executive Director of Red Hill Academy, San Anselmo, CA, 415-256-9312, Brad Freed, announced the grand opening of the new campus based school program for high school age children with learning challenges at Red Hill. For more information about this new program, contact Robin Hughes, Admissions Director.

NEW RESIDENTIAL PROGRAM AT MCLEAN HOSPITAL
(September 19, 2008) Blaise Aguirre, MD, Medical Director at 3East McLean Hospital, Belmont, MA, 617-855-2000, announced McLean Hospital has opened a new residential dialectical behavior therapy (DBT) program for teen and college age young women, 3East, located on the McLean campus. For more information, call 877-967-7233 or email.

TIBBITTS A "TOP 40 UNDER 40"
(September 22, 2008) Dustin Tibbitts, LMFT, was honored in September as one of Utah Valley Magazine's "Top 40 Under 40" in the Business Quarterly edition. The article notes Tibbitts' leadership in quality of care, with 90% of New Haven's students going home or to college after treatment.



Tibbitts – the Executive Director of New Haven Residential Treatment Center in Provo, UT – is featured with other honorees on page 31 of the magazine. For more information on New Haven, call 801-794-1218.

NEW STAFF AT OAKLEY

(September 22, 2008) Oakley School in Oakley, UT, has several new staff members. Arwynn Harris Jensen is new to the Admissions staff, previously working at Oakley teaching Experiential Education classes. Lauren Alexander, MA, is the new College Counselor. She will be assisting in both the Admissions office and with Mark G. Del Vecchio, who is the new Academic Director for Oakley School. For information, contact Carrie Thompson, Admissions at 435-783-5001.

ZAUGG NEW CEO AT HERITAGE



(September 22, 2008) Glen R. Zaugg is the new CEO of Heritage Schools, Inc. Zaugg replaces Heritage founder and CEO Gerald Spanos. Glen Zaugg began working with Heritage Schools, Inc. in 1993, when he served as Chief Financial Officer. In 2004, he took over Chief Operating Officer responsibilities. Heritage Schools is located in Provo, UT. Call 800-433-9413 for more info.

SUMMIT PREP THANKS ED CONSULTANTS

(September 22, 2008) Co-Founders Rick Johnson, MSW, and Jan Johnson, LCSW, of Summit Preparatory School in Kalispell, MT, 406-758-8139, would like to thank all the Educational Consultants they have partnered with in serving the students and families at their school for the last five years. In addition, they would like to thank the program staff and the neighboring programs in Montana and Idaho for helping them reach this important milestone.

CATHERINE FREER WINS AWARD

(September 22, 2008) Catherine Freer Wilderness Therapy Programs in Albany, OR, won the 2008 Oregon Governor's Volunteer Awards for their region in the Outstanding Youth Volunteer Program category. They were nominated by the Middle Fork Ranger District for their more than 20 years of service in Willamette National Forest. This year alone, students and staff helped to develop a mountain bike trail, built a bridge, assisted with trail maintenance, stocked cross-country ski shelters with firewood and worked on a number of other recreation projects. For information, call 800-390-3983.

CARLBROOK VISITS WRI

(September 23, 2008) Darren Miller, and Gail and R. Grant Price of Carlbrook School, stopped by the Woodbury office during a trip visiting local young adult programs in the northwest.

Continued: **Seen N Heard/** pg 18



BENCHMARK YOUNG ADULT SCHOOL

The Solution for Troubled Teens & Young Adults

For students who are struggling to find success, Benchmark can be the answer. As a residential emotional growth school for young adults 18-28 years of age, Benchmark's mission is to prepare young people to become capable of attaining their own level of emancipation and independence.

Benchmark's proven results set the standard as a transitional living school by providing an environment built for success. Our established curriculum includes an exclusive combination of dynamic emotional growth classes, traditional educational options, independent living and relationship development situations, caring and experienced life coaches and mentors as well as real-life work skills opportunities. They will stretch their wings - and fly!

BENCHMARK Young Adult School
FOUNDED, 1993

For information and admissions call Richard Brimhall
1-800-474-4848
admissions@benchmarkyas.com

Visit our web site at www.BenchmarkYoungAdultSchool.com