SOMMERSET: Continued from 11

Sommerset has a rural feel and offers ample space both in and out of the buildings.

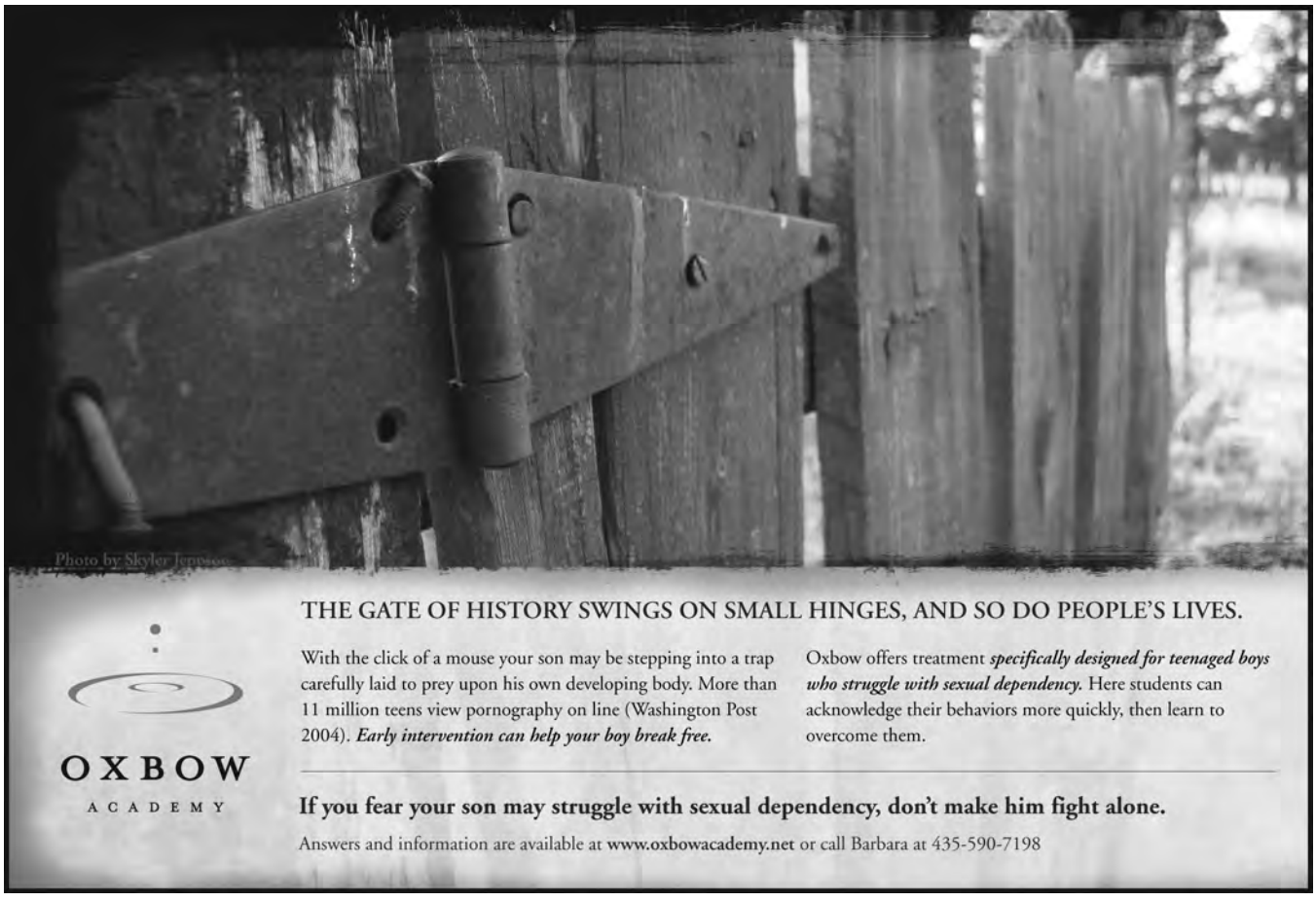
The program leadership includes Jeremy Cottle, PhD, Chief Executive Officer, Brad Gerrard, Chief Operating Officer and Larry Winn, MS, LMFT, the Clinical Director. Dr. Cottle has his doctorate degree in philosophy, education and supervision with a minor in marriage and family studies. He is also an LCSW and has been a program director and therapist for five programs prior to Sommerset. Brad began his career in the early 90's at North Idaho Behavioral Health. Following NIBH, Brad served as the Director of Business Development for Provo Canyon School and for Universal Health Services. Brad has also worked with Aspen Education Group as the Director of Business Development.

Larry Winn formerly worked as the clinical director for early adolescents at Provo Canyon School for four years and has twenty years experience working as a clinician at Provo. Larry reported that this young population requires a different approach than the older adolescent. Slight but important adjustments have been made. For example, the program has employed more female staff, emphasizing the importance of nurturing. Sommerset uses quiet rooms instead of time out rooms for self-soothing and de-escalation. The building was formerly built for an older adolescent population and the program is currently in the process of "downsizing" and transforming the various furnishings to meet the needs of a younger population.

Sommerset uses a multi-disciplinary approach to treating its young adolescent population, with licensed therapists, a Board certified psychiatrist and RN nursing staff who are on site seven days a week. The clinical director said that the overarching philosophy underlying treatment includes relationship based approaches and mood regulation work. Specifically, the treatment includes medical management, individual weekly therapy, weekly family therapy via telephone, on-site family visits, gender specific groups, recreational therapy including winter and spring overnight trips and weekly leisure activities such as swimming, fitness, snowshoeing, rope courses, rock climbing, fishing, skiing, and bowling. Recreational therapists oversee all therapeutic recreational therapy activities.

The year-around academic program covers higher elementary and middle school, grades 5-9 and includes gender specific classrooms. The teacher to student ratio is 1 teacher to 6 students for the elementary classes and 1 to 9 for the middle school. The individualized academic program includes special education services and year around programming. Fifty percent of the Sommerset teachers hold special education credentials and the other fifty percent are in process of obtaining them. Upon admission, each student is given a standardized achievement evaluation to pin point academic needs and to have a pre-and post treatment evaluation tool.

I toured the facility and was able to meet with a boy and a girl both from California. The girl had been at the program for only one month and the boy for eight months. "Mary" told me that she liked Sommerset and her only complaint was that she was used to more people in her life. Sommerset made it harder for her to "hide" and to do what she wanted to do. She said there were too many rules and



Sober College, contact Annika Richards, Director of Marketing at 866-757-6237.

LA AMISTAD ADDS HOSPITAL
(November 19, 2008) Jan Ellison-Sheay, Assistant Administrator at La Amistad Behavioral Health Services, Maitland, FL, 407-370-0111 announced the opening of Central Florida Behavioral Hospital, an affiliate of La Amistad. This 120 bed facility offers specialty programs that include addiction treatment (Dual Diagnosis unit), adolescent eating disorders and child/adolescent autism spectrum disorders.

NUGENT AT PAT MOORE FOUNDATION
(November 19, 2008) The Pat Moore Foundation in Costa Mesa, CA, has named Jill Nugent as its new Admissions Director. Jill has had an extensive background in the field of recovery which includes working for the Aspen Education Group. For more information contact the Pat Moore Foundation at 888-342-7748.

CALDER TO SPEAK ON COMIC STRIP
(November 19, 2008) Summit Preparatory School's boy's team therapist, Jason Calder, LMFT, LCPC,has been invited to speak at the upcoming NATSAP Conference to be held in Austin, TX, in January 2009. He will be presenting on the topic: Comic Strip Conversations: A Supportive Intervention for NLD and Asperger's Disorder. For more information, contact Summit Preparatory School, Kalispell, MT, 406-758-8100.

WHITMORE ACADEMY SUIT SETTLED
(November 19, 2008) Deseret News has posted that the owners of the former Whitmore Academy in Nephi, UT, Mark and Cheryl Sudweeks, have agreed to a $450,000 settlement to eight former students who accused them of different types of abuse that led to criminal charges filed against Cheryl Sudweek.

GROVE SCHOOL HAPPENINGS
(November 20, 2008) Kelly Webster, Assistant Director at the Grove School, announced several happenings at the school, including recognition of Patricia Emmerich, Executive Secretary, for 32 years of outstanding service. She was rewarded with an all-expense paid trip to Aruba. New staff members that have been added include Jaime Muliero, LCSW, who previously worked as a clinical instructor at the Yale Child Study Center as a new clinician, and Jennifer Padovani who has been hired as a Residential Administrator, working with the Girls Program. Jen recently completed her MSW from the Hunter College School of Social Work and will be pursuing her license as a therapist. For more information about the Grove School in Madison, CT, call 203-245-2778.

GROVE SCHOOL ARTS AND YOGA PROGRAMS
(November 20, 2008) The Grove School is preparing a performance of "A Christmas Carol" in December, after a successful production of "Into the Woods" this past summer. In addition, singer/songwriter Chad Hollister conducted a week long songwriting and performance workshop with the students. Grove School has begun to offer individual and group art therapy. Also, Grove School Administrator, Janel Lynch, was recently certified as a 500 hour Registered Yoga Teacher and currently facilitates a weekly mindfulness group. She teaches several courses in Ashtanga and Kripalu yoga, meditation and guided imagery to the students and staff of Grove School.

FFS STUDENTS SHARE STORIES OF RECOVERY
(November 20, 2008) The Family Foundation School, Hancock, NY, 845-887-5213, recently held an Alcohol and Drug Awareness Week in October, with four of their students sharing their stories of recovery with approximately 50 students in grades 7-12 at the nearby Youngsville Day School.

NEW GRIEF AND LOSS SURVIVOR GROUP AT FFS
(November 20, 2008) Jeff Brain, M.A., C.T.S. (Certified Trauma Specialist) and counselor at The Family Foundation School, 845-887-5213, has expanded the school's support group for students experiencing grief and loss. The new "Grief and Loss Survivor Group" goes beyond the issues of death and dying to other losses that have an emotional and functional impact on students. These losses can be of sponsors, counselors or friends who leave the school, a parent or family member through divorce or other family crisis, a loved activity, or even of the lifestyle and friends left behind when the student was sent to the school. For more information contact Ann Kozak, Marketing Specialist for the Family Foundation School, 845-887-5213.

TIMBER RIDGE NEWS
(November 20, 2008) The girls of Timber Ridge Preparatory School in Clark Fork, ID, have been volunteering and helping out with several community projects including the local Soup Kitchen in Sandpoint, the Animal Shelter and, most recently, a spaghetti feed to benefit a little boy who is suffering from brain cancer. In addition, the girls were invited to lend a hand in the Heron Dinner Theater's production of "The Godfather of Heron" which was written by a local writer, where the girls acted at the hosts, seated guests, served the meal and helped with the cleanup afterwards. The Heron Dinner Theater has already requested their participation in the next dinner theater production. Good job girls! For more information on Timber Ridge, contact Virginia Short, Admissions Director at 425-398-6483.

GATEHOUSE ACADEMY'S FIRST ISSUE PUBLICATION
(November 20, 2008) The Gatehouse Academy Reporter, a publication completely produced by the residents of Gatehouse Academy to be viewed online, published its first issue. This publication is to give viewers the chance to see into the lives of students at Gatehouse. To view this newsletter, visit the Gatehouse website or for more information, contact Michael Baldassare at 928-231-5004.

ACADEMY AT SISTERS GIRLS PERFORM
(November 20, 2008) To help celebrate Veterans Day, 19 girls from the Reed Campus of the Academy at Sisters volunteered at the Aubrey House Senior Care Center. Dressed in costumes, they sang and danced a series of Andrew Sisters' numbers, and there was a demand for an encore performance. Following the show the girls assisted residents with crafts, painting fingernails and playing Bingo. Contact Guy LeGuyonne, Admissions and Marketing Coordinator at 800-910-0412.

MAMOUN JOINS OPI
(November 20, 2008) The Optimum Performance Institute in Woodland Hills, CA is pleased to announce Michael Mamoun, M.D. has joined the staff as its new Associate Director. Dr. Mamoun is a resident Physician of Psychiatry at the UCLA Medical Center Neuropsychiatric Institute in Los Angeles. He also is a psychiatrist at Homeless Healthcare Los Angeles. For further information contact Anne LaRiviere, Director of Admissions, at 888- 558-0617.

OPI PARTICIPANTS BUSIER THAN EVER!
(November 20, 2008) Optimum Performance Institute participants were exceptionally busy in November by helping to serve food at the Midnight Mission in Los Angeles and visiting the La Brea Tar Pits as well as the Los Angeles Science Center where they saw Body Works Exhibit III. They went rock climbing and snowboarding and traveled to the Griffith Observatory. For more information about OPI call 888-558-0617.

The ultimate measure of an individual is not where they stand in moments of comfort and convenience, but where they stand in times of challenge and controversy.

~ Martin Luther King