

hospital based residential treatment program, medications are monitored for longer periods of time. An intensive residential treatment program is designed to promote stabilization and produce long-term treatment gains.

#### HOW DO YOU EVALUATE AN EFFECTIVE DBT RESIDENTIAL PROGRAM?

As with any evaluation of residential treatment, being able to schedule tours, visit, talk with staff and learn about a program is of key importance. To evaluate a DBT program, ask if DBT skills are taught throughout the entire day. Mindfulness activities can start in the morning by brushing teeth! Ask how all staff members are trained in the use of DBT. Here is a short list of what to look for in a good DBT program:

- 24 hour staff trained in DBT
- Including behavioral health care workers, nurses, teachers, and therapists
- DBT skills groups run by trained DBT therapists
- Daily mindfulness activities and groups
- From residents level groups to consequences based on DBT concepts
- On call therapists 24 hours a day 7 days a week
- Individual therapy by trained DBT therapists
- Weekly staff meetings with all DBT staff
- Intense family involvement and education

Resources for Dialectical Behavioral Therapy can be found at [www.behavioraltech.org](http://www.behavioraltech.org).

**About The Authors:** *Melissa Dutcher is the Program Director at South Shore Academy. Kim Lahman is Director of Business Development at the Midwest Center for Youth and Families. Contact Kim Lahman by phone by 219-766-2999, Ext. 110, or email [kim.lahman@uhsinc.com](mailto:kim.lahman@uhsinc.com). Contact Melissa Dutcher at by email at [Melissa.dutcher@uhsinc.com](mailto:Melissa.dutcher@uhsinc.com).*

## SEEN N' HEARD

**CARON TREATMENT CENTERS TO OPEN ADULT PROGRAM IN DALLAS** (August 31, 2009) Caron Treatment Centers will open a 40-bed residential treatment facility which will be known as Caron Texas. It is expected to open in July 2010. This RTC will provide primary addiction treatment to adults who may also suffer from co-occurring disorders. To learn more, contact Karen Pasternack, Director of Public Relations, at 610-743-6576.

**FORMAN SCHOOL WELCOMES NEW STAFF** (September 2009) Adam K. Man, Head of School at The Forman School, Litchfield, CT, 860-567-1802, welcomes three new additions to The Forman School community: Sara Lynn Leavenworth Renda as Director of Admissions, Francisca Fenton as Dean of Student Affairs and Jane Benson as Director of ADD Services. Sara Lynn served as Director of Admissions and Financial Aid at Westover School in Middlebury, CT, prior to joining Forman; Francisca served as Dean of Students at Cheshire Academy in Cheshire, CT, from 2004-2008; and Jane Benson, a Forman School alumnus, previously was employed as a certified coach and consultant for the Center for Psychology and Education in Chapel Hill, NC.

**ELK RIVER CAMPUS BUILDING A NEW CHAPEL** (September 2009) Alexa Nuessle, Huntsville, AL, 256-518-9998, announced The Elk River campus is building a new chapel! This outdoor worship space, set under the trees will be built amphitheater style and will also serve as a meeting place for other campus activities. Plans include a natural slate floor, cypress benches, fire pit and a stone podium.

**MENNINGER WEB SITE GOES LIVE** (September 2009) The Menninger Clinic in Houston, TX, announced the launch of the new Menninger Patient Alumni Web site where former patients can sign up to stay connected and utilize the resources to continue what they learned in treatment to support their recovery. This web site was designed with the help of patient alumni, who are also planning the first alumni weekend on November 6 and 7, 2009, in Houston.

**EX-DARRINGTON ACADEMY HEAD INVESTIGATED** (September 3, 2009) A Nevada news source reports Richard Darrington, former headmaster of Darrington Academy in Blue Ridge, GA, is the new dean of students and athletic director at Whittell High School in NV.

CONTINUED: SNH/ 10



## 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!



For information  
and admissions call  
Richard Brimhall

**1-800-474-4848**

[admissions@benchmarkyas.com](mailto:admissions@benchmarkyas.com)

Visit our web site at [www.BenchmarkYoungAdultSchool.com](http://www.BenchmarkYoungAdultSchool.com)