make better decisions about future substance use. The program is designed to work simultaneously to address their drug problems and their psychological problems.

Robert Schwebel, PhD, who is still actively involved with clinical aspects and the implementation of it, developed the program. He is a psychologist specializing in couples and family issues and in the prevention and treatment of substance abuse, provides lectures and training sessions to professional and community audiences around the country and abroad. He developed the program in 1991 with adolescents in a Tucson, Arizona residential setting. In 2005, Sharon Conner became the director of Program Services. Her job is to assist organizations during their process of determining whether the Program is a good fit for their setting and if it is, then how to make a plan and arrangements for successful implementation. She also coordinates the licensing, training, and ongoing support process.

The challenges provide a framework for helping youth think through their own decisions about their lives and their use of alcohol and other drugs. Counselors using the program are teaching youth to identify and work on the issues most relevant to them. In sessions, as adolescents discuss the issues that matter most, counselors are able to integrate the Challenges as part of the conversation.

The books and journals used in the program are published by Viva Press and can only be obtained by people who have had the required training and are authorized. Some materials are available to download as samples from their website.

In Utah, Elements Wilderness Program uses the Seven Challenges as a major part of their program. Elements is a well-known wilderness program in the network of private parent-choice schools and programs. Dr. Robert Schwebel just completed his "annual support and fidelity visit" to Elements Wilderness this September 2010.

[This information came from The Seven Challenges website.]

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CAST Recovery

Santa Monica, CA
Mike Bayer, Executive Director
866-597-3422
mike@castrecovery.com
www.castrecovery.com

CAST (Complete Aftercare Support Team) Recovery is a service specializing in helping people recently discharged from an inpatient treatment program or experiencing an addiction relapse to transition into independent living and recovery. The program serves alcohol and narcotics addicts between the ages of

President, Founder, and Executive Director of CAST is Mike Bayer. He received a bachelor's degree in Alcohol and Drug Counseling from Metropolitan State University in Minnesota. He is a certified Alcohol and Drug Abuse Counselor in the state of California. Jose Hernandez Jr. serves as the Director of Recovery Services for CAST. He has been working in recovery for 4 years. He received his Drug and Alcohol Counseling certification from Loyola Marymount University in 2007. He assisted Mike Bayer in the development of the CAST program.

CAST Recovery offers a multitude of services to assist individuals in recovery through focusing on the recovery of the "whole person." Two of their most highly recommended recovery plans are The Aftercare Support Plan and The Sober Companion Plan. The Aftercare Support Plan is tailored to those individuals who may need some additional support or encouragement but are capable of managing their everyday affairs. Staff work with individuals using this plan to establish

CONTINUED: **SEEN N HEARD/ 10**

THE DISCOVERY SCHOOLS
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Boys and Girls schools located on two separate campuses in central Virginia

RESIDENTIAL SERVICES
The Discovery School uses a structured and effective group process along with the natural environment to promote a student's overall positive development. Groups are composed of ten students and three adult staff. The goal of the group is for each of its members to gain the self-esteem, maturity, self-control, and problem solving strategies needed to be successful in his or her family, school, and community.

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434-983-5616 email: dsadmissions@yahoo.com

Seen N Heard...

New Administrative Positions Added At CALO: Ken Huey, PhD, Founder of Change Academy at Lake of the Ozarks (CALO), announced CALO has created a new administrative position and added two additional people to the leadership team. Abby Mayer has moved into the new role of Registrar and works with transcripts, credits, treatment team summaries and IEPs for CALO. Krista Allison has moved into the role of Academic Director and Chris Allison is taking over the position as Program Director. 866-459-1364

Little Keswick School Breaks New Ground: Terry Columbus, Director of Little Keswick School, announced the ground breaking and construction of a new dormitory, the Monroe Dormitory. This project involves a major extension and renovation to the existing Cottage Dorm, which will double the space. Little Keswick School also plans on renovating several other areas of the campus as well. 434-295-0457

Santiam Crossing School In The News: The mother of a Santiam Crossing School alumni student has started a fund to help a troubled teen in her community. 208-265-8355

Completion Of A $1 Million Campaign: Judy Emerson, Director of Communications for Rosecrance stated that Rosecrance celebrated the completion of a campaign to serve veterans and others who suffer from co-occurring substance use and mental health disorders. 815-387-5605

Britepath - An Integrative Gap Year Program: Bradley Midgett, Co-Founder of Britepath announced the Britepath program is a response to the call that young people can benefit from being given space and encouragement to pursue their natural, creative and intuitive inclinations while also covering traditional learning. Britepath offers a Gap Year that works with college-aged young adults who are struggling to find their place in the world. 208-336-6023

Confidence Through Adventure At Elements: Elements Wilderness Program is excited to announce new Adventure-Based programming that incorporates both Rock Climbing and Rappelling. Elements will be aligned with American Mountain Guide Association (AMGA's) standards and training to facilitate our adventure-based experiences. 801-505-8481

Announcing Phoenix Educational Foundation: Cat Jennings announced a new foundation meant to help committed but underfunded families get the help they need. Phoenix Educational Foundation is a 501-(c)(3), not for profit foundation whose mission is to create access for families who need to place their children in private therapeutic environments and are unable to afford the full financial commitment. 828-772-7200

Parent Choices Hosts John Winton of Breakwater Expeditions: In an interview titled "Using Nature To Rebuild Families," host Lon Woodbury and co-host Larry Stednitz discussed the power of nature's healing qualities with John Winton. "When you get down to the brass roots of it, nature is earth and sky and land untouched by humans...something we really cherish," John said. 208-263-0277

Shortridge Academy Celebrates National Day on Writing: Shortridge Academy celebrated the National Day on Writing with a slew of writing activities during a special topic/student assembly block in November. Students participated in a Six-Word Memoir Contest, a Create-the-Caption contest (student Elena H drew the cartoon), a Haiku contest, a Write-Your-Life-from-A-Z Contest, and on-going Scrabble Slam and Boggle games. 877-903-8968

Continued: **Seen N Heard/ 12**

Habilitat Helps Hawaii Schools Raise Money: Habilitat, a nationally recognized substance abuse program, partnered with a local Christmas tree distributor to sell trees to raise funds for local schools in Hawaii. 808-235-3691

Pinnacle Schools Welcome Dr. Shaw: Dr. Aaron Shaw recently joined The Pinnacle Schools as a member of the clinical team at the Elk River Treatment Program. Dr. Shaw received a PhD in Marriage and Family Therapy at Brigham Young University after earning a Master's in Mental Health and Rehabilitation Counseling from the University of South Florida. He has several years of experience as a therapist working with children and families in outpatient and inpatient capacities. He comes to The Pinnacle Schools from private practice as owner and therapist at Therapy for Teens. 866-906-8336

Parent Choices Hosts Dr. Russell Hyken and Steve Walters of InnerChange: In an interview with Steve Walters, Social Media Director for InnerChange and Dr. Russell Hyken, EC, host Lon Woodbury discussed the benefits of social media for educators and parents. With over 200 million blogs/bloggers in the world, with 50 percent of those on social media, Lon and his guests discussed not only the benefits but also some of the challenges involved. Dr. Hyken: 314-691-7640, Steve Walters: 801-376-7225

Stavros Is New Partner At CALO: CALO announced Lia Capital, headed by Alex Stavros, is the new investment and operating partner of CALO. Alex has an MBA from Stanford that will provide us with tremendous in-house talent relative to business growth and financial stability. He also has the right heart and life experience to be part of our mission. Alex has moved to the lake and will work at CALO with oversight in many areas. Alex, Landon Kirk, Nicole Fuglsang, Rob Gent, and Ken Huey will be the guiding force behind growth and innovation at CALO. 866-459-1364

New Faces At Monarch School: Marney Sullivan, Admissions Director of Monarch School introduced the addition of several new staff members to the school. Chris Laviola, PsyD has recently joined Monarch School as their new Clinical Director. Chris received his Doctorate in Clinical Psychology at Pepperdine University in 2009 and has worked with adolescents in a variety of settings. Monarch School would like to welcome Mark Cheslic, the new Woodshop teacher and Ben Edstrom, who teaches drumming, and offers individual lessons in addition to facilitating a weekly group performance for the school. 406-847-5095

The Pinnacle Schools Help Sponsor Sober Spring Break 2012: The Pinnacle Schools has partnered with several other national companies to offer the "Clean Break Spring Break 2012" for high school and college students, ages 17-22, who choose to be drug and alcohol free on their spring breaks. 866-906-8336

The Academy At Sisters Focuses On Building Entrepreneurial Skills: As part of the Learning Center at the Academy at Sisters, students meet with local business owners to discuss the secrets to their success. Business leaders meeting with the students range from executives and managers from successful companies such as Nike, Google, Microsoft, IBM, NBC, and Apple to local small business owners such as a coffee shop, organic farm, and a video production studio. 541-550-8930

Flying Above the Radar: One of the common themes of incoming Oakley students is their incredible ability to appear high functioning while things are falling apart around them. Prior to enrolling at the Oakley School, many of our students have long relied on their excellent verbal and manipulative skills to avoid productivity and investment. In order to impact the lives of these