Seen N Heard...

Pacific Quest Featured on National Public Radio: Pacific Quest Wilderness Therapy Program was recently recognized in NPR's food blog, The Salt, in a story titled "Can Gardening Help Troubled Minds Heal." The story focused on the growing evidence that horticultural therapy can be an effective tool in the treatment of individuals with mental health conditions. 808-987-7809

Inner Odysseys Announces Summer Backpacking Expedition: The Inner Odyssey Summer Expedition is an 8-day backpacking trip in the Sierra Nevada Mountains of California. Expedition participants will travel to a home base outside of Lake Tahoe to learn basic back country first aid wilderness skills and to acclimatize. The group will then embark on a five-day backpacking trek through spectacular scenery and several alpine lakes. Treks run July 28-August 4, 2012. 510-229-0156

Oakley School Celebrates Utah State Championships: We are proud to announce that Oakley's debate team took first place at the state championship in St. George, Utah! Individually, Oakley debaters finished first and second in Extemporaneous Speaking and Public Forum debate, first and third in Lincoln-Douglas Debate, medaled in Student Congress, and made it to the final round in Impromptu Speech and Original Oratory. In addition, At the recent 3A State Swim Meet at Brigham Young University, Oakley senior Ben successfully defended his title of 3A State Champion in the 200 individual medley. He went on to earn a second state title in the 100 backstroke, which he finished a mere .04 seconds before his closest competitor. 435-783-5001



Spring Break Shouldn't Be About Dieting: According to the staff at Timberline Knolls, far too many individuals start a vicious cycle of dieting and rebounding for spring break. As we find ourselves in the middle of spring break season, far too many young women begin to diet and exercise in order to feel comfortable in a bathing suit. And for many, this is often the start of something more dangerous. What seems to begin with good intent can turn into unhealthy levels of exercise and even eating disorders. "It is said that 95 percent of all diets fail," said Amy Sullivan, outreach representative at Timberline Knolls Residential Treatment Center and a registered dietitian. "Many pre-spring break dieters give up their diet on or after spring break and when this happens, overeating is often the result. This rebound effect can lead to feelings of low self-worth and depression." 602-359-6989

Former Chicago Bear Promotes Recovery At Rosecrance: "L.A. Mike" Richardson, a defensive back with the 1985 Super Bowl-winning Chicago Bears, brought his story of addiction and recovery to the Rosecrance Griffin Williamson Adolescent Treatment Center on Tuesday afternoon, March 27. Richardson was a soloist in the famous "Super Bowl Shuffle" rap video released by the team that year to the delight of millions of fans. He played for seven seasons in the NFL, six years with the Bears and one for the San Francisco 49ers. 815-387-5605

Insight Intensive Partners With Phoenix Multisport: Insight Intensive at Gold Lake, a therapeutic residential program for young men ages 18-26, is pleased to announce a partnership with Phoenix Multisport, a Boulder based nonprofit organization. Through such pursuits as climbing, biking, hiking, running, swimming, road and mountain biking, and other activities, Phoenix Multisport helps build a physically active community of individuals who are interested and motivated by a lifestyle free from drugs and alcohol. 512-516-7257

Penrith Farms Visits Woodbury Reports: Jeremy Hastings, Operations Manager, and Denny Vandermause, Lead Counselor, at Penrith Farms recently drove up from Newport, WA to visit the Woodbury office. While at the office they shared information about updating the Penrith Farms website to a new and integrated site, which will be launching soon. They also discussed other changes that have occurred at the Farm and encouraged consultants and program people to visit to discover who they are now. 509-671-7518

Mt. Pleasant Academy Opens: Mt. Pleasant Academy is a 16-bed facility for adolescent males, ages 12-18, who may be struggling with sexual behaviors issues, sensitive sexual issues, sexual compulsive behaviors, pornography and digital addictions. 435-229-1156

New Leaf Academy Expands Residential Living Options: In February New Leaf Academy opened the second of two distinct residential living environments, at their Rock Mesa campus, with the addition of Tumbleweed House to the existing Sagebrush House option. This addition allows students to have the benefit of living in smaller "neighborhoods" while still enjoying the advantages of academics, activities and meals together in the larger group. 541-617-8989