

EXIT STRATEGY

For an exit strategy to work, the founder/owner must have three things. One is to have a very clear idea of their exit plan, whether it is to sell and walk away from it, or sell and help with the transition as a necessity, or to take a less active role but keep working in a way that allows more flexibility for personal activities.

Second, the founder/ owner must emotionally prepare for the transition, keeping in mind that their business will have become

accountable to somebody else.

Third, they need to find a person or corporation with integrity who will respect how the owner wants to transition, whether in a reduced role or to totally drop all responsibilities and fully retire.

All these steps must be navigated successfully for a founder of a program to achieve a successful exit strategy.

NEW PERSPECTIVES...

[New Perspectives schools and programs are those new to Woodbury Reports, Inc., and are presented to expand your knowledge, with the disclaimer that we know little more about them at this time than what appears here. Inclusion in Places for Struggling Teens™, of course, does not imply any endorsement by Woodbury Reports, Inc.]

HARMONY PLACE

Los Angeles, CA
Don Grant, Admissions Director
888-866-9778
www.harmonyplace.net

Harmony Place is a residential treatment center focusing specifically on women ages 18 and above who suffer from drug or alcohol addiction and or co-occurring disorders. Admission is voluntary and participants must be physically able to participate.

Psychiatrist and Addictionologist M. David Lewis received his undergraduate degree from the University of Missouri and his M.D. from the University of Colorado. He has served as Chief Psychiatry Resident at Wilford Hall Medical Center and as a clinical professor at UCLA. He is a presidential appointee to the White House Conference on Drug Free America. Mary Lou Devlin, M.S., is the Executive Director for Harmony Place. She is a licensed MFT and has worked in the addiction field for

almost 20 years. She has also served as the primary therapist for the facility and as Clinical Director.

Harmony Place's treatment program takes a holistic approach to recovery from addiction. The program uses proactive relapse prevention education, cognitive and psychodynamic theories, as well as the 12-step philosophy. Group counseling, individual, and family counseling are important components of the program. Harmony Place also offers detoxification services and pain education groups. As part of the recovery process and the holistic, whole-body approach to healing, Harmony Place offers Pilates classes, TAO wellness group, and Spirituality Group. The Spirituality Group introduces or strengthens the patient's relationships and connections with others.

Harmony Place is located on a country estate in a Los Angeles neighborhood. Gourmet chefs prepare meals daily and clients live in the treatment center which houses a pool, Jacuzzi, fitness equipment, and deluxe bedrooms.

This information came from their website.

DAKOTA BOYS AND GIRLS RANCH

Minot, ND
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Founded in 1952, Dakota Boys and Girls Ranch, Minot, is one of three campuses operated by Dakota Boys and Girls Ranch. It provides residential treatment facilities to girls and boys ages 10 to 17 that have psychiatric issues, substance abuse issues, sexual issues, autism spectrum disorders, and academic difficulties. Youth who pose an extreme safety issue to themselves or others are not admitted.

The Dakota Boys and Girls Ranch is accredited by the Council on Accreditation of Rehabilitation Facilities.

Youth in the program receive counseling and therapy on an individual and group level. Family therapy is also used to include the family in the process. Equine therapy is also utilized by the program. The campus includes an on-site school for grades 1 through 12 and approximately two thirds of the residents attend this school. The sexual responsibility program is male specific and treats males determined to be in need of 24 hour intensive care for recovery purposes.

The program includes extensive recreational activities including biking, sledding, aerobics, hiking, swimming, and more. An independent living program is available for older youth making the transition into adult living.

[This information came from the Dakota Boys and Girls Ranch website.]

MOUNT PLEASANT ACADEMY

Mt. Pleasant, UT
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Mount Pleasant Academy is a residential treatment center for males, ages 12-18, who are struggling with compulsive sexual behaviors or sensitive sexual issues and digital addictions. The average length of stay is 8-13 months or as needed.

Upon a student's enrollment a comprehensive Sexual Behavior Risk Assessment (SBRA) will be made based on student observation, history, bio-psycho-social evaluations and other assessments. From the information gathered, each student receives an individualized treatment plan that includes standard sex offense treatment and group, individual, family, and experiential therapy, which consists of equine therapy, animal responsibility and adventure based activities.

Through a positive peer culture, the young men at Mount Pleasant learn conflict resolution, allowing students to be creative in problem solving and using the power of choice, experiencing the positive and negative consequences that come with those choices. Peers help each other stay focused and hold each other accountable for behaviors. Other areas focused on include kindness, respect, dignity, anger management, positive communication skills, moral reasoning and accountability. Within this open and honest culture, students can talk about their issues without shame or guilt or secrecy and therefore there is less likelihood of negative acting out.

Recreational and experiential activities include basketball, boxing, flag football and other team sports. Once gaining the trust of staff and peers other off campus activities include bowling, camping, hiking and fishing, tennis and winter sports.

Mount Pleasant holds membership in NATSAP, IECA, US Dept. of Homeland Security and NAAS. Academics are accredited through the Northwest Accreditation Commission.

[This information came from the Mount Pleasant website.]