Ascend Recovery

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Ascend Recovery is a drug and alcohol addiction treatment facility for men and women aged 18 and over. The program has three options for treatment length: 30, 60, and 90 days.

Clinical Director, Ryan Salter, LCSW, received his Master's degree from the University of Utah. Ryan has an extensive clinical background and specializes in working with addiction issues. He is also a professor at Utah Valley University. Johanna Salter is the Program Director. She received her bachelor's degree from the University of Utah and has training in both mental and physical health. Johanna previously owned and operated a holistic education company.

Ascend Recovery is a dual diagnosis facility that uses individual therapy, experiential therapies, medical intervention, and western physical assessment to treat dual diagnosis patients. The program is equipped to treat both alcohol and drug addicts as well as additional mental health issues. Ascend Recovery uses a holistic approach, treating not just the patient's addiction issue, but also addressing needs like nutrition. A family therapy meeting is held once a week for each patient where their family comes to the facility for a counseling session on the recovery process. Ascend is unique in that they offer lifetime aftercare support to their clients.

The location of Ascend Recovery allows for extensive outdoor recreation opportunities. The outdoor recreation is a crucial part of the program and clients have the opportunity to participate in hiking, swimming, water skiing, and more.

[This information came from the Ascend Recovery website.]

Extended Insights...

Acceptance and Commitment Therapy

In the Treatment of Trauma

By Jennifer Lombardi

Trauma is common, with about 60 percent of adults in the United States experiencing at least one trauma in their life. People experience a range of reactions following trauma, and while most people recover given a little time, a small but significant number go on to develop more serious problems, like Post Traumatic Stress Disorder (PTSD). The men and women struggling with eating disorders often have very painful thoughts about sad and traumatic experiences on their minds, and they judge themselves harshly as a result.

Acceptance and Commitment Therapy (ACT) is a cognitive behavioral therapy that teaches patients the skills and practices needed to take steps toward the life they value and not be ruled by their emotions, thoughts or feelings. This therapeutic approach is used extensively in adult treatment at Eating Recovery Center, and can help individuals with eating disorders live a rich, full and meaningful life. Additionally, ACT specifically includes each of the components of PTSD treatment that are known to have the most effective outcomes, including psycho-education, anxiety management and exposure/ tolerance/ acceptance work.

Dr. Steven Hayes, one of the founders of ACT, notes a special relationship between Acceptance and Commitment Therapy and trauma recovery. Dr. Hayes states:

"Bad things do happen to good people. It does not have to be for a reason. Often, things are beyond our control. Trauma survivors know how deeply this reaches. ACT helps people learn to let go of the "we are in control" when that is no longer working. Instead it walks through the process needed to come into the present member, and to still care, and to move toward the lives we want to live. ACT creates a way to help trauma survivors to be themselves, to be present, and to care, without first trying to create some kind of order of the mix of thoughts, feelings and traumatic experience they leave behind." (Forward from "ACT for the Treatment of Post-Traumatic Stress Disorder & Trauma Related Problems," Walser, PhD, Westrup, PhD, 2007)

PTSD limits and narrows people's lives in many ways. Trauma sufferers are most likely working hard to avoid anything that might "trigger" the thoughts, feeling or memories of their experiences, and avoidance behaviors can often spiral into evasion of many other things that aren't directly related to the trauma. Many people, including those suffering from anorexia, bulimia, EDNOS and binge eating disorder, turn to numbing, addictive processes to try to be free of past painful experiences. While these harmful practices might give short term relief to the sufferings, untimely addictive processes add to the suffering problem, causing people to lose connection with the life they want and value.

Trauma recovery means being able to be fully involved in a life that is rich with value rather than one ruled by past painful experiences and avoidance strategies, no matter what thoughts or feelings or body sensations show up in the mind. ACT processes are designed to help people learn how to take "committed actions" toward the life they want for themselves.

ACT and Trauma at Eating Recovery Center: The Course of Recovery

From the ACT perspective, people are not broken-rather, they are stuck. No one is taught the skills necessary to be able to tolerate pain and function after a traumatic event. ACT is focused on helping people change their relationship with the difficult emotions so their lives are not ruled by them and they are free to make the choices toward their valued lives. At Eating Recovery Center, the trauma recovery process is based in ACT processes and includes the following components:

Medically and Nutritional Stability: Simply put, no one has the ability to do the hard work of trauma recovery without this basic platform.

Values Work: Identifying values and valued life directions is a key part of trauma work. Values serve as a compass for people's lives, helping to understand why change is necessary, even when it feels overwhelmingly difficult. People who have had traumatic experiences can be at risk of never focusing on or having developed an idea of what they value. Values work sheds light on the "big picture," as

Continued: Acceptance/ 6

opposed to the everyday small experiences which can fill our lives and steal our time.

Mindfulness Skills: Mindfulness means being able to be present, as opposed to slipping into thinking about the past, or jumping ahead to worrying about what is next in the future. Gaining the skills to not turn to old addictive coping methods to manage the moment when having flashbacks or becoming flooded by emotion when discussing trauma is critical to trauma recovery.

Grounding, Safety and Containment Skills: This set of skills allows the trauma sufferer to be able to tolerate that which shows up in her or his mind. These skills provide the "outlet" for painful feelings so that individuals do not become so overwhelmed that they turn to old behaviors to "numb out" and avoid emotions.

Exposure Work: Cognitive and exposure-based treatments have empirical evidence of the best outcomes for treatment of trauma. Together with their therapists, patients work to slowly tolerate exposure to the "feared" things so that they may learn to accept these things instead of being ruled by them.

Cognitive Work: The ability to be able to "think about how we think" is a key part of trauma recovery. Patients cultivate the ability to examine their thoughts and perceptions, and learn to notice how their minds work, which thoughts show up and how they react.

Psycho-Educational Work: Patients learn how the brain functions, including how they are "wired" and have been "programmed" into beliefs about themselves and others over the years. The brain likes to judge, evaluate, compare and make connections, and these simple mental processes can cause trouble until they are understood and managed.

About: *Jennifer Lombardi, MFT is the Chief Admissions Officer for Eating Recovery Center in Denver, CO. For more information about Acceptance and Commitment Therapy and its use in the treatment of eating disorders at Eating Recovery Center, visit their website at www.EatingRecoveryCenter.com, or contact Jennifer at 877-218-1344 or info@EatingRecoveryCenter.com.*

Seen N Heard...

Parent Choices Hosts White: "The Miracle of Wilderness Therapy - II" According to Dr. William White, co-founder of Summit Achievement in Stow, ME, "Wilderness therapy is chocked full of story tellers and their stories, with the origins of wilderness therapy dating back to the late 1800's." This is the inspiration that led to Will's doctoral dissertation on the Evolution of Wilderness Therapy. 207-697-2020

FFS Plans Summer School Enrichment Program: The Family Foundation School will offer a Summer School Enrichment Program for students completing the residential program and in need of transitioning support through the summer. The schedule includes college-credit classes and transcript-building assistance, 12-Step recovery support, individual and group transition counseling, and extracurricular activities including soccer and basketball clinics. 845-887-5213

Pacific Quest Hosts Hiring Seminar: Pacific Quest Wilderness Therapy Program held a four-day hiring seminar with fourteen applicants and three facilitators in the Bay Area in April. The goal of the event was to move beyond basic phone interviews and create a more interactive interview process, offering prospective staff a hands-on experience of what life at Pacific Quest entails. Facilitators included Chris Kaiser, co-founder, Oren Grimm, former Field Instructor and Field Supervisor, and Rene Fay, former Field Instructor, Solo Supervisor and current HR Recruiter. The seminar started with an overview of the program, and an opportunity for facilitators to share their own unique and personal experiences with Pacific Quest including facilitator presentations- complete with video footage from the PQ gardens in Hawaii. The seminar also allowed applicants to demonstrate their leadership and teaching skills, providing several opportunities for applicants to showcase their creativity and group interactions. 808-987-7809

WellBalance Opens Basic Training For Young Adults: WellBalance has announced the opening of WellBalance Basic Training, a two-week intensive weight loss management for adults aged 20-29. The food and fitness weight loss boot camp was designed by famous TV fit coach John Taylor. 617-792-4121

Asheville Academy Develops Bullying Campaign: Asheville Academy for Girls has developed a curriculum for teens and families to identify bullying and how to prevent it. "Bullies look to inflict the same sense of hopelessness and vulnerability they feel, which is why we help our students and their families strategize how they can help change the bullies' bullying behavior," explains Equine Therapist Robert Jacoby, MS, LPC, NCC. Asheville Academy's Bullying GamePlan is a curriculum specifically developed for troubled girls and parents to help develop assertive communication skills, one of the cornerstones to successfully dealing with bullying. Through the GamePlan lessons girls recognize the signs of bullying, develop skills for assertiveness, and are challenged to stand up for themselves and others who are bullied. The lessons also highlight the nature of the bullies and how support and understanding can lead the bullies to find more positive means to gain attention. 800-264-8709

Family Foundation School Adds to Counseling Staff: Mark P. Vogel, PhD, Director of Counseling, The Family Foundation School, has announced the addition of Rochelle L. Rhyno, MSW to the school's counseling department. Ms. Rhyno holds degrees in human development and social services from Binghamton University where her research projects focused on children and youth protection services. Previously employed by the Department of Social Services, she has 15 years' experience in the field of addiction and anxiety-related disorders. 845-887-5213

ASR Enhances Visual Arts Program: The Academy at Swift River (ASR) is pleased to announce enhancements to its Visual Arts program including photography, studio art and painting / printmaking. 860-227-3316

Eating Recovery Center Contracts with United Behavioral Health: Eating Recovery Centers are pleased to announce their comprehensive eating disorders treatment programs will be an in-network provider for patients insured by United Behavioral Health. They "understand that navigating the broad spectrum of available eating disorders treatment options can be overwhelming for patients, families and referring professionals alike." Upon finding the treatment program that best fits their needs, securing the financial resources to make it work often represents another hurdle. Contracting with United Behavioral Health removes this critical barrier to treatment for hundreds of patients and families seeking a higher level of care at Eating Recovery Center each year. 720-258-4052

Life Designs Introduces LifeTreks Expeditions: Life Designs, Inc. is thrilled to announce that they are adding a domestic and international expedition component (called LifeTreks) to the program. Beginning in May, all Life Designs clients will participate in one or more guided, domestic expeditions. Partnering with Breakwater Expeditions upcoming treks include: 1) Upper Missouri River Breaks (Montana) Canoe Expedition; 2) San Juan Islands Sea Kayaking Expedition. For Alumni, they are offering international expeditions partnered with TrekEpic.org. Upcoming treks include: 1) Offa's Dyke Trek Pass on the English/Welsh border; 2) The Lake District/ Hadrian's Wall, England. 509-671-2487

PRN for Families Introduces Sarah Kornegay: PRN for Families is happy to announce that Sarah Kornegay has joined our team. Sarah received her Bachelor of Arts in Speech Communications from Metropolitan State College. Sarah will be handling marketing and public relations for PRN for Families and is eager to create new relationships and learn about the field.

Continued: Seen N Heard/ 9

Please feel free to reach out to her if you have any questions about PRN, or to simply introduce yourself and share tips that you might have about this business. 888-762-5973



Alpine Academy Visits Woodbury Reports: Christian Egan, Admissions Director, and Jason Stout, Residential Supervisor from Alpine Academy stopped by the Woodbury office while in town for a regional NATSAP conference. 800-244-1113

Parent Choices Hosts Cash and Clark: "Internet Gaming: The Plusses and Minuses" - The guests on Parent Choices for Struggling Teens episode for April 16 hold different perspectives of the fast-growing industry of Internet Gaming. Dr. Hilarie Cash, PhD, cofounder of reStart, and Neils Clark, lecturer for DigiPen, discussed the plusses and minuses of the gaming industry, barely touched the tip of the iceberg in this controversial epidemic influencing our kids and young adults. Dr. Hilarie Cash, PhD is the co-founder and partner of reStart: Internet Addiction Recovery Program, started specializing in Internet and video game addiction in the 90s, and started an outpatient clinic for Internet/Computer Addiction Services, in 1999. Neils Clark, MA is a lecturer at DigiPen, where he teaches Media and Ethics and Introductory Psychology. This episode was sponsored by Spring Ridge Academy. Hilarie: 425-417-1715 | Neils: 253-514-3775

Gillan Smith PhD Joins Aspiro Programs: Please join us in welcoming Gillan Smith, PhD, to the Aspiro Family of Programs! Gillan brings more than 20 years of counseling experience working with families and adolescents in a wide variety of clinical settings. His clinical experiences include Program Director for Turnabout Day Treatment, Clinical Supervisor for Norton Sound Behavioral Health, Adjunct Professor in the Clinical Psychology Department at the University of Alaska, Clinical Director for Outback Therapeutic Expeditions and most recently the Dean of Advising at Carlbrook School in Virginia. 801-349-2740

Summit Achievement Selects Blueprint Education For Academic Blend: Blueprint Education and Summit Achievement are pleased to announce a new academic partnership. This partnership will enhance academics and learning for Summit Achievement participants by expanding curriculum options to better meet their students' needs. "This partnership expands our ability to provide an individualized academic experience for our students and allows us to more precisely meet their academic objectives" says Adam Tsapis, External Relations Director for Summit Achievement. "We now offer an expansive variety of accredited courses in addition to the core English, math, social studies, and sciences." Summit Achievement's Academic Director, Jeff Hudson, will work with families and schools to select courses that will provide appropriate support for students with learning differences and to engage and intellectually challenge the most motivated students. 800-426-1952 ext. 4840

Rossiter New Executive Director At Santiam Crossing: Santiam Crossing School is pleased to announce that Brian Rossiter is joining the program as its new Executive Director. Rossiter brings more than 20 years of experience working in the field of therapeutic education to the position. His experience ranges from leadership and management roles, program and curriculum development, staff supervision and training, marketing and referral development, to working directly with adolescent clients. He has worked in both therapeutic wilderness programs and therapeutic boarding school settings. 208-265-8355

Rocky Mountain Regional NATSAP: "The Black Hole of Cyberspace" was the theme for the Rocky Mountain Regional NATSAP Conference in Sandpoint, ID. Hosts Christopher Edwards, Clinical Director for SUWS Adolescent and Youth Programs, and Jason Calder, Assistant Clinical Director of Summit Preparatory School announced the conference theme was directed on how technology impacts adolescents. The conference kicked off with a collaboration session on the main topic. Hilarie Cash, PhD, was the Keynote speaker. Christopher: 888-879-7897 | Jason: 406-758-8112

Parent Choices Hosts Olsen and Sanchez: "The Miracle of Wilderness Therapy" - Lon Woodbury interviewed two of the "pioneers" of wilderness therapy: Larry Dean Olsen and Ezekiel Sanchez, Founders of Anasazi Foundation on April 9, 2012. In an emotional interview, the two shared their history as leaders in wilderness therapy. They shared that the mission at Anasazi Foundation has always been the Ten Guiding Principles of the Anasazi Way: to prepare the parents and the children to turn their hearts to one another, begin anew and walk in harmony in the wilderness of the world. 800-678-3445

Eating Recovery Center Welcomes Michael Spaulding-Barclay MD: Eating Recovery Center is pleased to announce that Michael Spaulding-Barclay, MD, MS, FAAP, has joined its medical team as Attending Physician, Child and Adolescent Services. In this role, Dr. Spaulding-Barclay will work collaboratively with Medical Director of Child and Adolescent Services Ovidio Bermudez, MD, FAAP, FSAHM, FAED, CEDS and the multidisciplinary treatment team to develop and deliver comprehensive eating disorders treatment plans to boys and girls ages 10 through 17. 877-218-1344

Fourth Annual Eating Disorder Conference: The 4th Annual Eating Recovery Center Foundation Eating Disorders Conference will be held Friday, August 10 and Saturday, August 11, 2012 at the Denver Marriott City Center. Formerly known as the Rocky Mountain Eating Disorders Conference, this two-day event explores the trends, research and emerging best practices shaping the field and offers an invaluable opportunity to learn from and connect with the leaders that develop standards of excellence and drive innovation in the treatment of eating disorders. Conference agenda, continuing education information and registration will be available online soon. The event is being coordinated by Sarah Gilstrap, Marketing Communications Specialist at Eating Recovery Center. 720-258-4008

New Autism Guide Provides Tools for Families and Professionals: The first comprehensive guide to evidence-based interventions for individuals with Autism Spectrum Disorders will be published in Summer 2012. "The Guide is unique because it brings together summaries of six recent nationally recognized systematic research reviews of evidence-based ASD interventions in a clear, concise manner both parents and professionals can understand," says Bernard Simons, Director of the Division of Developmental Disabilities for the Missouri Department of Mental Health. 573-795-1198

First Annual Campus Cookout Scheduled at NSI Academy: Rather than hold our standard formal banquet again this year, we have decided to shift to a more casual, fun annual campus cookout. We'll be inviting families of our students and staff as well as many of our supporters, to include community members, elected officials, local businesses, probation officers, social workers, case managers and judges. I assure you that there will be fun games, entertainment and, of course, good food! 307-674-6878

Dr. Melillo Speaks At Green Valley Ranch: For parents and teachers concerned their children might have a learning or behavioral disorder, help has arrived. In conjunction with the grand opening of The Brain Balance Achievement Center in Henderson, NV, program founder, Dr. Robert Melillo, presented a lecture in Southern Nevada in April. 702-778-9500

Avalanche At Santiam Crossing School: A number of Santiam Crossing School students are now American Institute for Avalanche Research and Education (AIARE) Level 1 certified as part of the therapeutic boarding school's outdoor leadership and professional development program. The certification in avalanche hazard management was held in Willamette

Continued: Seen N Heard/ 10