

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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www.dakotaranch.org

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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www.mtpleasantacademy.com

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.]

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For more information, please contact:

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ASCEND RECOVERY

Highland, Utah
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www.ascendrecovery.com

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 moment, 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**