Places for Struggling Teens™

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"It is more important to get it right, than to get it first."

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Helping Struggling Teens

By Lon Woodbury



Raising adolescents was not considered much of a problem for ancient societies. As children, they were considered little adults and given adult responsibilities and privileges as soon as feasible (usually about the time of puberty). For the most part the girls were quickly married off and became housewives and mothers, while the boys joined the men in their work as seemed appropriate for their size and skill. Any teen angst that we know of today was absorbed into the adult culture with adult punishment if needed.

Childhood became recognized as a unique stage of life in the late middle ages in Western culture. What we now think of as the teen years was a kind of grey area. Childhood was sometimes extended but teens that acted out were dealt with as adults. Another approach was to knock arrogance out of male adolescents by enlisting them in the military which was developed partly to make men out of boys, or sent them to sea or to the colonies for the same reason.

Urban areas in this country during the late 19th and early 20th centuries had the problem of gangs of young males (and a few females) running riot in the streets. The famous novel The Adventures of Oliver Twist by Charles Dickens describes some of what was happening in London, which was similar to what happened in the United States. The boy problem, or what we would now call Struggling Teens, was expected to be handled by the law, which included imprisonment, severe physical punishment or perhaps commitment to a mental institution.

What we would now call a teen problem was approached in several other ways in the US during the late 19th century and the early 20th century. Reform schools were established, which were basically a prison for young people. Significant public funds were expended on punishing and locking up young people, and yet the problem showed no sign of improving. As another attempt, the mandatory school attendance movement flourished at the beginning of the 20th century to redirect that youthful energy into something that was hoped would redirect these young people into a more positive direction and prepare them for adult work and life.

A backlash to the all too common punishment mentality occurred in the early 20th century. One of the best known was Father Flannigan who founded Boys Town in Nebraska in 1917. His philosophy was based on the idea that he had never met a bad boy, just those in bad circumstances such as loss of parents. This more humane approach caught on and over the years a number of other similar residential programs, both Christian and secular, were established, including later many boys ranches around the country.

However, the punishment mentality continued strong through the 20th century and up into the early 21st century with boot camps and juvenile justice facilities, all for the most part focused on compliance through punishment. This included some private efforts influenced by the Scared Straight movement in the later middle part of the 20th century which basically took the punishment mentality in public institutions and applied it in private facilities. In addition, by the middle of the 20th century, psychological treatment was being accepted and a large number of hospitals,

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Penikese Island in Massachusetts's Buzzards Bay. We plan to open on July 1. 603-989-3500

Treadaway Visits WRI: Reid Treadaway, Admissions and Business Development for Boulder Creek Academy stopped by the Woodbury office to describe how the school is doing.

Sibcy House Reports Patient Improvement: Lindner Center Of Hope's Sibcy House program reports meaningful improvement in patients. As the field of medicine continues to place greater importance on measuring outcomes, Lindner Center of HOPE recognized the need to measure and evaluate how effectively staff, programs and services deliver the mission of improving the lives of individuals suffering with mental illness. 513-536-0316



Harris Kramer Associates LLC Opens: We are excited to announce the opening of Harris Kramer Associates LLC, a multifaceted, educational, therapeutic placement and advocacy practice serving children, adolescents, young adults and adults with diverse needs. Myrna Harris is directing our New York office and Marcia Kramer is directing our New Jersey office. Jodi Liston will be bringing her educational and mental health advocacy skills to the practice, as well as her expertise as an educational consultant. 914-401-4442

Shockley Awarded Business Person of the Year: We are so proud to announce that our very own Angie Shockley had been recognized in her community as the Tucker County Chamber of Commerce Business Person of the Year for 2013. This award is given as recognition of all that she does to go the extra mile to help make Tucker County a better place to live and work. Q&A Associates employs 18 full time employees in Davis, WV as well as another 11 full and part-time employees in Asheville,NC. We have 5 young adult programs that serve up 30 clients in all 5 programs. Also as part of our programs in WV, we have 4 individual businesses that our clients run and are employed by. Angie has such a strong entrepreneurial spirit that it has overflowed to our clients and given them the opportunity to explore their passions in a variety of ways. 207-356-0930

New Staff Positions at New Lifestyles: New Lifestyles staff structure has been modified to reflect a new and more dynamic treatment team approach. John Wood, Program Director has assumed management of both the Student Life and Clinical departments and will focus on integration of services. Sally Newton, who has been a member of the New Lifestyles staff since 2010 and has assumed multiple roles to include House Manger and Student Life Manger, has been promoted to Program Supervisor. Tina Tomalesky, previously a House Manager, has been appointed Progress Coordinator and will gather, track, and analyze specific data that predicts a student's readiness for independent living. Teresa Shepard and Craig Cole, Senior House Managers, will provide in-vivo supervision of students and staff in each resident house. 540-722-4521 ext. 221

Alpine Academy Students Go To Mexico: Alpine Academy has just completed another successful service-learning excursion to the border of Mexico. Eight of our students, accompanied by two of our seasoned staff members, spent a week on both sides of the border providing service by helping on farms, teaching children, and helping the homeless and displaced. 800-244-1113

Rosecrance Designated One Of America's Healthiest Companies: Rosecrance Health Network has been recognized as one of the "Healthiest Companies in America," a national award given by Interactive Health Solutions (IHS), the leading provider of outcomes-based wellness solutions. Rosecrance was one of 72 honorees (among 1,600 eligible companies) for health and wellness initiatives in 2012. The "Healthiest Companies in America" award is given to organizations across the nation that attain a company-wide low-health-risk status while achieving high employee participation in their wellness program. 815-387-5605

Skyland Trail Welcomes Ayo Yetunde As Pastoral Counselor: Skyland Trail, a nationally recognized nonprofit treatment organization for adults with mental illness, is pleased to welcome Pamela Ayo Yetunde as pastoral counselor. Previously, Yetunde worked as a pastoral counselor and marriage and family resident at the Care and Counseling Center of Georgia. 404-273-6054

The Meadows Staff Presents at International Trauma Conference: The Meadows Senior Fellow, Shelley Uram, MD, and Meadows Psychiatrist, Jon G. Caldwell, DO, PhD, presented at the 24th Annual International Trauma Conference on May 29 - June 1, 2013, at the Seaport World Trade Center in Boston, Mass. The conference director, Bessel A. van der Kolk, MD, is a Senior Fellow at The Meadows and the Founder and Medical Director of the Trauma Center at Justice Resource Institute. 317-344-2922

Rosecrance Opens Therapeutic Conservatory: The recently completed Ipsen Conservatory, which rises to a peak of 17 feet, sits on a rooftop at the Rosecrance Griffin Williamson adolescent treatment center and overlooks the 7-acre Healing Garden. The new 735-square-foot conservatory will function as a glass-and-steel classroom, allowing Rosecrance's Experiential Therapies Department to offer horticultural therapy throughout the year to adolescents in treatment for substance abuse at the residential campus. Programming in the new conservatory will work in tandem with the horticultural activities and nature-based experiential therapies that take place in the Healing Garden. 815-387-5605

Florence Crittenton Announces National Accreditation: Florence Crittenton has achieved national accreditation through the New York-based Council on Accreditation (COA). Florence Crittenton provides innovative, comprehensive services and nurturing programs that empower young pregnant women and parenting families to thrive and build productive lives. In February 2013, COA conducted an extensive on-site evaluation of all components of Florence Crittenton's Residential Program, Community Outreach Services and their Child Enrichment Center. In addition they evaluated their management and administration, including the organization's ethical practices, financial transparency, and oversight of the organization as a whole. As a result of their investigation the agency was awarded an expedited accreditation status. 406-442-6950 ext. 209

New Financing Options At New Lifestyles: New Lifestyles is pleased to announce that on June 1, 2013, we will partner with American Health Care Lending to offer program financing for families. In addition, New Lifestyles is pleased to announce the availability of program scholarships. 540-722-4521 ext. 221

Lorri Hanna Charts A New Course: Lorri Hanna, Co-founder of Soltreks, announces she will be leaving the helm as Executive Director after serving her position for more than 16 years. Lorri states, "It has been a privilege and an honor to have provided life changing personal growth experiences for hundreds of adolescents, adults and families. The outdoors remains my sanctuary for connection," says Lorri, who has worked for 27 years in the outdoor behavioral health field. Lorri is excited to take her expertise in several new directions. She plans to offer Shake Your Soul ® Yoga Dance classes, individual counseling, wilderness retreats for those training as therapists, and women's wellness retreats, including breast cancer patients and survivors. 757-870-6311

Parent Choices For Struggling Teens:

The following Guests were featured on Lon's Internet Talk Radio Show, Parent Choices For Struggling Teens in June 2013, which airs Monday at 12:00pm Pacific Time on www.latalkradio.com, Channel 1.

Children of Unbalanced Marriages

Hellen Chen, matchmakerchen@gmail.com, matchmakerofthecentury.com, (phone through agent Yin Chen 323-842-3108) facilitator of workshops internationally on topics related to marriage and family matters and author of The Matchmaker of the Century. She talks about how parents can create a marriage balanced between work, family and relationships. In raising emotionally healthy children, she explains the importance of being sure to talk with them honestly frequently and with no real secrets, really listening to them and take their concerns seriously, and the need to work at building a healthy relationship with their spouse. She observes that children of parents with unbalanced marriages all too often grow up into unbalanced young people.

Restorative Justice Circles in Therapeutic Boarding Schools

Lisa Hester, 208-267-7522 x3022, Director of Student Life at Boulder Creek Academy, Idaho, bouldercreekacademy.com, talks about how adding restorative Justice Circles concept last year transformed their whole school to create better emotional safety and a respectful procedure to develop a cooperative culture and effectively with dignity handle incidents of real or perceived bullying and other potential conflicts.

Who Am I? Our Voyage Of Self-Discovery

Randy Russell, 509-671-1598, randy@innerpathworks.com, innerpathworks.com, empoweringyoungadults.com, Co-founder of Soulful Passages and Innerpathworks talks about different times in life where the question of Who Am I? becomes important in helping the person successfully grow to the next stage in life. One of the results of our society doing a poor job of facilitating those passages are adults who see no meaning in life and with no purpose in life and still in the adolescent stage.

Not The Brady Bunch

Tricia Powe 951-313-1984, TPowe@stepfamilysystems.org, stepfamilysystems.org, Ex. Dir. of Stepfamily Systems Co-parenting Center, describes the various types of step and blended families, the myths about them and how step-families often don't measure up to the often unrealistic ideals of the 1970s TV series "The Brady Bunch" and what is needed to have a successful blended family.

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Lon Woodbury, **Publisher -** IECA, MA, CEP, is an educational consultant who has worked in schools and programs for emotional growth, character education, and consulting for parents of struggling teens since 1984. Prior to that, he taught in public schools and was involved in public policy while working for the US Senate and the Executive Office of the President. Lon received his BS and MA degrees from the University of Idaho. His practice includes a referral service for parents and professionals, and the publication of this Newsletter and the ***Parent Empowerment Handbook,***™ a resource of ***Places for Struggling Teens.***™

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Personalized Help For Parents In Crisis

Woodbury Reports Educational Consultations help parents think through the out-of-control behaviors their child is exhibiting and suggest appropriate placement options. All of our consultants have raised teenagers and helped hundreds of parents professionally. We believe parents should be in charge of decisions regarding their children so we research options to make educated suggestions rather than telling our clients what to do.



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