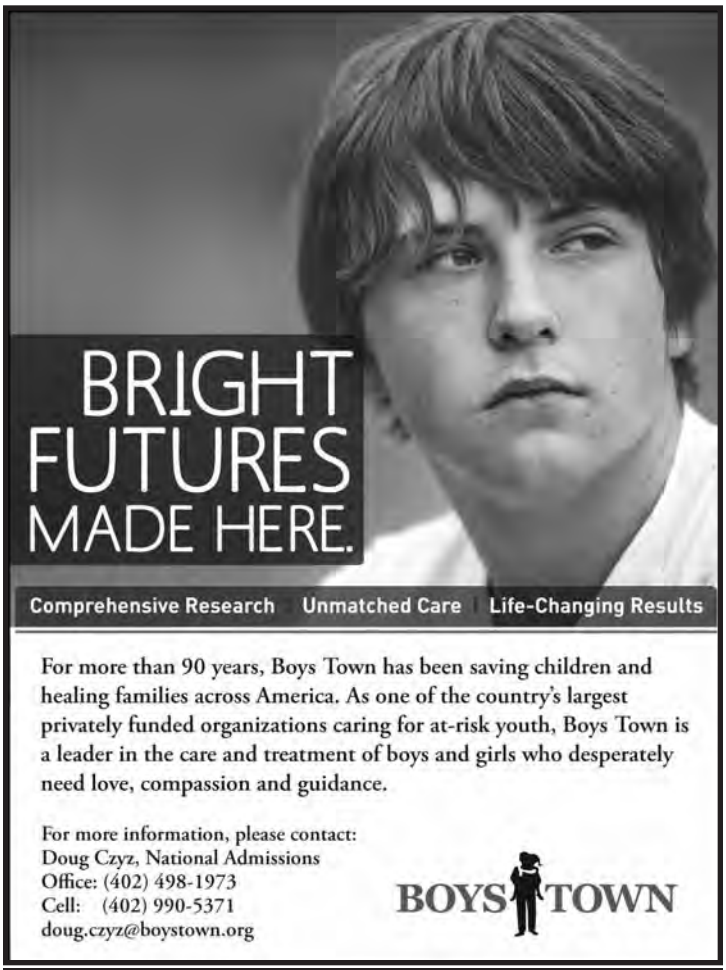




La Paloma Treatment Center

with several Fortune 500 companies before obtaining her MBA, where she worked in NC and CA. Jocelyn Penner, MA, MA, LMHC, CAP, ICADC is the Clinical Director and held the position of Director of Family Services at the Hanley Center in Florida and Pat Friedman, LPC is the Director of the Detox and Assessment Unit. Rob Waggener is the CEO of the Foundations Recovery Network. The FRN is accredited by CARF and NAATP.

Using the Foundations Treatment Model which incorporates motivational methods and strategies, patients participate in medically supervised detox if necessary, daily group sessions and individual therapy, CBT therapy, intro to 12 step principals, including AA, NA and DRA; life skill classes and optional therapies including yoga, music and EMDR.

There are separate residences for men and women on campus, a complete fitness room, and meditation areas around the grounds, a basketball court, in addition to daily recreational activities.

[This information came from their website.]

Rushford at Stonegate Springs

Durham, CT
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www.rushford.org

Rushford at Stonegate is a residential treatment program for young men ages 13-17, located on the 43 acre Stonegate Springs campus. This 90 day program is designed for adolescent males and their families who are struggling with drug and alcohol addictions.

Rushford is licensed by the State of Connecticut and accredited by the Joint Commission. Vice President of child and adolescent services at Rushford, a Hartford Healthcare Partner is Dr. Frank Bartolomeo, who has been working with adolescents and their families for over twenty years in a variety of settings including RTC's, schools, clinics and hospitals and most recently as the Executive Director at Academy at Swift River.

Therapy techniques at Rushford focus on positioning themselves as partners in problem solving with the young men they work with. Other therapies included at Rushford include cognitive behavior, motivational enhancement therapy, the use of the "Seven Challenges ® Harm Reduction Model", 12 step interventions and support, the Gorski - Cenaps® Model for Recovery and Relapse Prevention and twice weekly family therapy to strengthen the family bond for long term recovery support. With the focus on helping these young men overcome their addiction problems, counselors assist in empowering them in making the changes necessary to live a healthy life without the dependence on drugs or alcohol.

Recreational therapy for young men in this age bracket includes working out in a fitness center, participating in the challenge course, hiking the many trails on the campus and playing on the basketball courts.

[This information came from their website.]

coping behaviors. He began to talk about his thoughts and emotions. His therapist, Jamie Kaczmarek, worked with Cameron on developing specific social relationship management skills. Cameron, who had significant executive functioning deficits, became more independent and learned to cook his own meals, pack his backpack, keep track of his gear, plan ahead, transition more quickly, and make good decisions. Although Cameron will probably never be what society considers "normal", he began to feel more normal and accepted during his stay with Vantage Point. When he left, Cameron was more confident in social situations, he was able to more independently care for himself and he had further developed his ability to face challenging situations and overcome. He felt more "normal."

That is what I know Vantage Point to be.

It is, hands-down, the best place for these kids to make some serious changes in their emotional, behavioral and social well-being. In an effort to become the best treatment program that we can be, we have made some excellent additions to our clinical team in the last year.

As a Vantage Point therapist, I have a very strong belief that our clinical team is the best out there. We love our jobs, our company, and the amazing students we work with. As a former Vantage Point field guide, however, I know it's not just about the therapists! As a field guide, I was involved in extensive training in working with Vantage Point students. After all, it is a very unique population; I'd even say the most interesting and fun-loving population! Our Vantage Point field guides are particularly patient and maintain a focus on keeping Vantage Point students engaged in treatment. After all, these students have become skilled at avoiding engagement in school, with family or with other people in general. I can recall many, many times "on trail" when a Vantage Point student would shut down because they were overwhelmed, anxious and/or emotionally dysregulated. It required copious amounts of patience, empathy and creativity to assist these students in processing their thoughts and emotions to overcome their shut downs and continue through the day. Our field guides are so caring and skilled. I am very proud that I get to work with these amazing people.

One of my favorite theoretical frameworks is Positive Psychology. Within this framework is a belief in actively expressing gratitude, and how this active pursuit of being grateful can improve our "happiness." In that spirit, I will close by saying that I am grateful for my past year at Aspiro and the Vantage Point Program. I am grateful for a company and its professionals that care about the happiness of our students. Further, I am grateful for the happiness that working with these wonderful, quirky, and fun loving young men and women provides me!

Aspiro Group family of programs are based on a Wilderness Adventure Therapy (WAT) model. The Aspiro family of programs are a hybrid between traditional wilderness therapy, and adventure programs such as Outward Bound or NOLS.For more information, contact Josh Watson, LCSW, Director of Admissions and Marketing, 801-349-2740, jwatson@aspiroadventure.com, or visit www.aspiroadventure.com.

Seen N Heard...

News from Echo Springs: Echo Springs has some exciting announcements, as some team members take advantage of new adventures. Lisa Sutton, Admissions Advisor, is taking her career in a new direction. She'll be greatly missed, having made a significant contribution to Echo Springs over the past eight years. We wish her well in her career advancement. We are pleased to announce that Lucinda Kay, President of Let It Shine, LLC will be expanding her role with us to include admissions counseling. Lucinda has worked behind the scenes with Echo Springs for over three years on message development and communications, website management and expanding our social media presence. 208-267-1111

Woodbury Reports Visits New England Programs: Kristie Campbell, BS Psy, Educational Consultant, and Ron Campbell, BS both with Woodbury Reports, Inc., recently visited several New England schools and programs. Among them were Chamberlain School, Latham Centers, Cardinal Cushing Center, Germaine Lawrence the Merck Center, Berkshire Hills Music Academy, Academy at Swift River, Lakeview NeuroRehabilitation Center and Shortridge Academy. 208-267-5550

Q&A Associates Inc Discontinues Operation Of Willow Creek Lodge: Angie Shockley owner of Q&A Associates along with our management team are deeply saddened to announce that we will no longer be a managing owner of Willow Creek Lodge. Willow Creek Lodge, which opened in December of last year, has seen remarkable results with the young adult clients they have served over the past months. The program has been extremely successful in treating clients that have suffered from chronic stress and anxiety, trauma, depression, ADHD, Borderline Personality Disorder and Asperger's Syndrome. Unfortunately Angie was notified very recently that the owners of the Willow Creek property will no longer be honoring their lease agreement. This has come to a shock to the team at Q&A and we extend our sincerest apologies to those families and referring professionals that had prospective clients coming our way. This program and clinical model is a unique and successful program and our intention is to re-create this in West Virginia, where the other Q&A programs are located. 208-207-0930

Creating A New Dream: Sober College's proposal has been accepted by Guinness World Records to break the record for the world's largest dream catcher. For a young adult in recovery, the battle to live a healthy and sober life is ongoing. One can even say the nightmare is never really over as they struggle to maintain their sobriety. Sober College, a residential treatment facility for young adults (17-26) recognizes this struggle and in an attempt to create a symbol of hope for their future, its residents and staff will attempt to construct the world's largest dream catcher. 818-274-0304 ext. 107

Seen N Heard/ Continued pg 14