# 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.]*

## MindStream Academy

Bluffton, South Carolina
843-757-2003
Ray Travaglione, Founder and CEO
www.mindstreamacademy.com

Rather than traditional weight loss programs and schools, this new co-ed therapeutic boarding program teaches teens, ages 14-18 how to obtain a healthy lifestyle, learn to have fun through exercise and activities, to get fit and to achieve a healthy weight and build their self esteem by focusing on the mind, body and spirit.

MindStream Academy was founded in 2010 by Ray Travaglione, who previously founded and created The Heritage School, located on Hilton Head Island, SC, the International Golf Academy and the International Junior Golf Tournament, yet left these ventures to work with kids he felt needed help the most. Dr. David Katz, MD, MPH, FACPM, FACP, recently joined MindStream as the Senior Medical Advisor. Dr. Katz has been the consultant on obesity control to the US Secretary of Health; the US FDA Commissioner; several Governors; private corporations; and the health insurance industry in addition, in 2009 he was nominated for the position of U.S. Surgeon General to the Obama Administration by the American College of Physicians, the American College of Preventive Medicine, and the Center for Science in the Public Interest. Another staff member is Patrick House, the 2010 winner of NBC's The Biggest Loser. MindStream also has a dietician and chef, fitness instructors, psychologists and equine specialist in addition to counselors, educators and therapists.

With this unique, 4 month- one semester program, teens maintain accredited academics through Advantage Online Private School, receiving an individualized academic program including college prep courses, Honors, AP and SAT/ACT prep courses. MindStream focuses on experiential learning, with the emphasis on fun. Students can take part in expressive arts which include music, drama, dance and creative writing; mindfulness practices that include yoga, meditation and martial arts.

MindStream uses the acronym "FLOW" which stands for fresh, local, organic, whole food as a nutrition program for its students. Students learn to have a natural relationship with simple healthy eating and how to select and prepare their own food, life skills for wellness and optimum weight.

Students participate in several types of therapy including individual, group and family counseling in addition to a variety of experiential therapeutic interventions that include neurofeedback, QEEG brain mapping and equine assisted psychotherapy. A follow up plan is set for each student at graduation that includes monthly phone calls and emails with the family and a wellness weekend retreat, counseling, a fitness program plan and nutrition education and culinary resources are set in place.

*[This information came from the MindStream Academy website.]*

## Michael's House

Palm Springs, California
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Michael's House was founded as a chemical dependency treatment center designed to treat co-occurring disorders. The program treats men and women aged 18 and over. The program operates two campuses. Length of stay varies by individual based on the issues being treated and severity of issues.

Krista Gilbert, CEO of Michael's House, has an extensive background as a therapist and as a Director of Outpatient Services. Barbara Lampert, MD, is the resident psychiatrist. She received her M.D. from SUNY Downstate Medical School and completed her internship at Georgetown Medical School. She previously served as Director of the University of New Mexico Mood Disorder Clinic. The program is accredited by CARF as an inpatient drug and alcoholism rehab facility.

Following admission, each client is evaluated by the intake staff of the program and provided a structured clinical program to address the clients' specific needs. This plan includes length or stay and types of therapy. The staff at Michael's House is trained in The Foundations Treatment Model. Therapies utilized by the program include 12-Step, group and individual therapy, and life skills classes. The program goes beyond counseling to teach patients life skills and personal accountability to aid in the recovery process. Michael's House offers an Extended Care program which caters to patients who require extended stays to ensure a full recovery.

The residential portion of Michael's House includes an exercise weight room, meditation and quiet time, daily recreation, and other leisure activities for residents. Located in the San Jacinto Mountain Range, the holistic approach of the program is complemented by the physical surroundings, including desert views and a private setting.

*[This information came from the Michael's House website.]*