

NATSAP NEWS

The National Association of Therapeutic Schools and Programs

Fall 2003



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NATSAP Programs and The Journey to Tour Each and Every Member

I have written in the past regarding the visitation of NATSAP member programs while traveling to areas of our great country.

Recently, over four-and-one-half weeks, I was fortunate enough to once again visit several areas of the country and visit a number of NATSAP Member Programs (and call on a couple of potential members).

Last year I visited New England, Utah and Montana and it was great to see first hand NATSAP at work serving youth and families. Recently I was back in New England and decided that I would meet some of our new members in the area and catch a couple I had missed the last trip.

I had the chance to visit Elan School (Maine); Spring Lake Ranch (Vermont); Hunter School and Shortridge Academy in New Hampshire. Then on my drive back to Clearwater I was able to stop along the way and visit other NATSAP Members.



Valley View School

I visited Valley View School in Massachusetts, The Caron Adolescent Residential Treatment Center in Pennsylvania; New Lifestyles in Virginia; and Auldern Academy in North Carolina.

NATSAP held a Board meeting in Portland, Oregon on September 19, 2003 and I was once again fortunate enough to visit members in the area, I visited Catherine Freer owners, Paul Smith and Rob Cooley; The Academy at Sisters; NorthStar Center; SageWalk, The Wilderness School and Bridges Academy (potential member). Bend, Oregon is a very special place.

While attending the Utah Regional Conference September 26, 2003 I also visited programs as time allowed. I visited Avalon Hills Residential Eating Disorders Program; UINTA Girls Program (potential new member); and Logan River Academy.

I did not get to visit all programs in an area, but I saw all the programs that time would allow. I plan to see all of our member programs. It is a goal of mine. One brought about by the genuine hospitality and positive interactions that occur when I get to sit down with the staff, young people and families

that do such great work. It makes it real, both for the programs and myself. It will take time and opportunity to see all our Member Programs, as we have a limited budget. Yet these visits made me extremely proud of the work that members are doing.

NATSAP Members talk about the persons they serve, their pride in being entrepreneurs, and their desire to be the best program possible. They believe in our Ethical Principles and understand the need for a strong united association that keeps them connected.

I hope to see you soon at your program.

Andy Anderson
Executive Director
NATSAP, Inc.

People never improve
unless they look to some
standard or example higher
and better than themselves.
Tyron Edwards

UTAH REGIONAL CONFERENCE 2003



*Jerry Spanos, CEO
Heritage Schools*

The Third Annual NATSAP Utah Regional Conference was a huge success. Held at the Heritage Schools state of the art facilities, on September 26, 2003, the conference was filled with opportunities for learning and sharing as peers taught peers with 150 people attending.

This event was started as a means of bringing NATSAP Members in Utah together to share and learn from one another. It was meant to build new relationships and solidify old ones.

That has been the case, but this year it has truly built momentum and blossomed. NATSAP Member Programs and nonmembers alike said, it was one of the best Regional Conferences they had ever attended.

The program began with an introduction and orientation by Heritage School's CEO, Jerry Spanos. Jerry and his staff were wonderful hosts for the day. We had eight direct care staff from eight different facilities share insights regarding everything from Challenge of Crisis, Respect Factor, The burnout battle to A Noble Profession and Ten things I really wish I knew before I took this job.

Our speakers then discussed Animal Assisted Therapy, Taming the Test Master, Orienting Parents vs. Damage Control, Trends in Psychotropic Medication, Involving Families for Successful Transition to home and an Administration Round Table led by Larry Carter.

Jerry Spanos ended the day with a general session on The Human Response to Psychological Trauma: Applications for Clients as well as Caregivers. Special thanks to Jerry and his staff and use of Heritage Schools facilities. We also thank Kimball DeLaMare and Craig LaMont for their on location shepherding of the conference. Thank you also goes to Island View RTC, Oakley School and New Haven RTC for sponsoring breaks and to Heritage Schools for sponsoring a wonderful lunch.

We look forward to next year's Fourth Annual Utah Regional Conference!

NATSAP WEBSITE NOW POSTING JOBS FOR MEMBER PROGRAMS!

We told you it was coming, and now it is here! The NATSAP website has the ability to put your jobs in front of prospective employees. This new member service can be utilized by sending an e-mail (or fax) to aanderson1537@yahoo.com with the following information included:

- ◆ Job Title
- ◆ Job Category (Administrative, Direct Care, Clinical, Education, Medical)
- ◆ Program Type (Residential Treatment Center, Boarding School, Wilderness, etc.)
- ◆ Job Description
- ◆ Job Qualifications
- ◆ Salary (optional)
- ◆ Date Posted
- ◆ Date Expires
- ◆ Program Name
- ◆ Contact Name
- ◆ Contact Telephone Number
- ◆ Contact e-mail address
- ◆ Program Website
- ◆ Category (Outdoor, Boarding School, RTC, etc.)
- ◆ Locations (City, State)

We hope this new service helps you find the employees you desire.

NATSAP BOARD ELECTION

Nominations due to the NATSAP Office by December 12th

Academy at Sisters Hosts 1st Annual Oregon Regional Conference

On November 14, 2003 The Academy at Sisters hosted the First Annual Oregon NATSAP Regional Conference at the Riverhouse in Bend, OR.

This marks a very special occurrence, as it is our second region to take on such an educational venture. Much praise to NATSAP Board Member Betsy Jacobson-Warren and her staff and sponsors.

More to come on this event in the next issue of the NATSAP News!



**WELCOME TO OUR
NEW NATSAP MEMBER**
The Menninger Clinic

REMINDER FOR ALL MEMBERS

I mentioned this several times at the Annual Conference in the Member Meeting in Santa Barbara, CA. If anyone is aware of an Ethical concern (regarding any program, person, or contact within the industry) and is not comfortable addressing that concern because of fears of retribution or any other reason, please pick up the phone and call me in total confidentiality. I will pursue the concern to the source and determine if in fact your concerns require action. If so I will pass it along to the President and Ethics Committee.

Andy Anderson

NEW MEMBERSHIP APPROVED BY NATSAP BOARD OF DIRECTORS

There is a new member category in NATSAP. The membership is Supporting Member. It is a non-voting, individual membership. It is a means of bringing our individual friends closer. An individual who may join includes a referring professional, psychologist, psychiatrist, licensed counselor, College/ University Professors, a student and a Staff member of NATSAP Member Programs.

Costs:

One-Year Supporting membership-\$150.00
Two-Year Supporting Membership-\$250.00

Benefits:

- ◆ Quarterly copies of the NATSAP News
- ◆ 10% discount on the NATSAP Annual Conference
- ◆ 10% discount on NATSAP Regional Conferences
- ◆ NATSAP T-Shirt or a NATSAP Cross Writing Pen
- ◆ Electronic updates on trends and issues in the industry
- ◆ NATSAP Directory
- ◆ Special recognition in NATSAP materials

JOHN SANTA, PH.D. ELECTED NATSAP PRESIDENT FOR 2004

John Santa, Ph.D was chosen by the NATSAP Board of Directors as the next President of the association. John is one of the owners of Montana Academy, a 60 bed Boarding School based in Marion, Montana.

John brings clinical, academic, management and great practical experience to the role of NATSAP President. John's wife Carol Santa, Ph.D. is a co-owner of Montana Academy. John and Carol have two children, a son and a daughter.

In January, 2004 John will take over the reigns of the NATSAP Board from 2003 President, Paul Smith, M.S. ED. Paul's role on the Board will be that of Past President. Please join me in welcoming John to his new position and in thanking Paul for a job well done.



NATSAP 2004 ANNUAL CONFERENCE BEST PRACTICES SHERATON SAND KEY HOTEL CLEARWATER BEACH, FLORIDA JANUARY 29-31, 2004

Will White of Summit Achievement and his conference committee has been very busy. Along with the help of the NATSAP Board of Directors and others they have picked a beautiful venue sitting on the white sand beaches on the Gulf of Mexico.

The Best Practices will be evident as three fabulous keynote speakers; Dr. Ed Hallowell; Mike Gass, Ph.D.; and Carol Santa, Ph.D. along with 28 speakers will make this the NATSAP Conference with the greatest amount of knowledge available ever.

The choices of sessions to attend are difficult as there are so many good sessions to choose from and attend. To fly to Clearwater Beach, Florida you should fly into Tampa International Airport and then rent a car, a taxi or

shuttle and make the approximate 40-45 minute trip to the Sheraton on Sand Key depending on your travel time.

Sand Key has some of the best beaches in the world and the Sheraton has eleven acres of beach for you to enjoy. It is adjacent to a 95-acre nature preserve and beach. So make sure you join us for the 2004 NATSAP Annual Conference. If you have a question or need a brochure or registration form, call Andy Anderson at (727) 442-7667.



NATSAP NEWS

NATSAP's 2004 Conference

"Best Practices"

January 29-31, 2004

Sheraton Sand Key
Clearwater Beach, FL
(727) 595-1611
Book Early!

Room Rates
\$159 per night!!
11 acres of beachfront

Will White, L.C.S.W.
Summit Achievement
Conference Chairman

Professional Library

One of the goals of the Strategic Plan of NATSAP includes developing a Professional Library.

Please send in reviews of books that you feel would benefit others in the organization that could be published in our new book review column.

NATSAP NEWS Future Articles

*Therapeutic Boarding
Schools ~ A Perspective*

*Schools and Programs in
NATSAP ~ Education is
Everybody's Business*

*Adult Programs
Serving Children
Under 12*

*Safety Practices and
Therapeutic Holds*

Equestrian Therapy

Eating Disorders

Asperger's Syndrome

FALL 2003

NATSAP

Vision Statement

Our vision is a nation of healthy children. We are the voice inspiring, nurturing, and validating the courageous work of our schools and programs

NATSAP

Mission Statement

The National Association of Therapeutic Schools and Programs serves as an advocate and resource for innovative organizations which devote themselves to society's need for the effective care and education of struggling young people and their families.

You will soon be receiving a copy of your 2003 Directory page for any necessary changes or corrections for the 2004 Directory.

Very Important!
Please Contact the NATSAP office with any changes in information about your program so we can keep the NATSAP Website current.
Thank you!

NATSAP NEWS

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Vickie Anderson
Design and Layout

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THE CHILDHOOD ROOTS of
ADULT HAPPINESS:
Five Steps to Help Kids Create and Sustain Lifelong Joy

Here, at last, is a book brimming with the good news of raising children—the basic reassuring news about happiness and unconditional love, about enduring family connections and kids who grow up right. Edward M. Hallowell, M.D., father of three and a clinical psychiatrist, has thought long and hard about what makes children feel good about themselves and the world they live in. Now, in *The Childhood Roots of Adult Happiness*, Dr. Hallowell shares his findings with all of us who care about children.

As Dr. Hallowell argues, we don't need statistical studies or complicated expert opinions to raise children. What we *do* need is love, wonder, and the confidence to trust our instincts. This inspiring book outlines a 5-step plan that all parents can use in giving their children the gift of happiness that will last a lifetime. Connection, play, practice, mastery, and recognition: as fundamental as these five concepts are, they hold the key to raising children with healthy self-esteem, moral awareness, and spiritual values. Dr. Hallowell explores each step in depth and shows how they work together to foster trust, respect, and joy.

Privilege, wealth, and expensive “extras” are *not* necessary for happiness—there are many stories here of children who have overcome poverty, abandonment, and shocking deprivation to find true fulfillment. Dr. Hallowell encourages us as parents to reconnect with the moments in our own childhoods that made a difference; he explores the



Dr. Edward M. Hallowell, M.D.

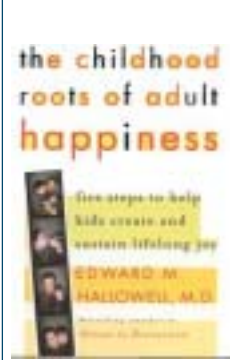
impact of genetics and environmental factors on the inner workings of a child's mind; and he discusses how activities like team sports, community service, religious observance, and household chores can foster a child's sense of mastery.

Like the works of T. Berry Brazelton and Benjamin Spock, *The Childhood Roots of Adult Happiness* is infused with the wisdom and humanity of a doctor who truly loves and understands children. Writing with the warmth of a friend and the authority of an expert, Dr. Hallowell gives us a book at once practical and exuberant, joyous and informative, eye opening and reassuring. Ultimately, this book is a celebration of childhood and of the magic that happens between parents and the children they love.

Edward M. Hallowell, M.D., is an instructor at Harvard Medical School and director of the Hallowell Center for Cognitive and Emotional Health in Sudbury, Massachusetts, an outpatient treatment center serving children and adults with a wide range of emotional and learning problems. He is the coauthor of *Driven to Distraction* (with John J. Ratey, M.D.) and the author of *When You Worry About the Child You Love*, *Worry*, and *Connect*, among other titles. He and his wife have three children and they live in Arlington, Massachusetts. He welcomes hearing from readers, and can be reached through his Web site: www.DrHallowell.com

Ballantine Books
New York, NY
Visit our Web site at www.ballantinebooks.com





NATSAP 2004
Best Practices
Keynote Speaker

January 29, 2004
‘Taking Care of Ourselves and Others’
7:00 PM Dinner Gala

January 30, 2004
‘The Human Face of ADHD: Update’
8:30 AM