

PARENT APRIL-MAY 2005 SUPPORT NEWS



FOCUS
"THE BAR IS RAISED"

CHILDHOOD DREAMS & SEMINAR REALITIES

AS a child you ponder the dreams of the person that you want to become “when you get older”. The years pass and those dreams are covered up and forgotten. The reality of everyday life pushes you to become a person that you never dreamed of becoming. Friends, dating, your body... all of these things have overpowered the innocence of your childhood. This is where I started during Focus. I had just begun to dabble in the essence of who I truly was while still struggling to overpower the issues of acceptance I had with my peers.

As I walked into the brightly lit room I glanced towards the boys that were filing in. Running through my mind some of the things that they could possibly be thinking. I always had felt out of my element around them in seminars because of the lack of cosmetics that I felt I needed. Yet, I held my head high and forced myself to look as though I was perfectly confident with who I was.

The first day of the seminar progressed. I watched as boys and girls chose out for standing in resistance. I wanted to make it through this seminar so badly but I second guessed every thought that ran through my head. As I lay in bed that night, I analyzed everything that had happened that day. The processes and the homework that I had done before bed... it all seemed so far away, like it had happened years ago. I couldn't remember the facial expression of my peers when we had gotten feedback on our group purpose. I couldn't remember the closing thoughts of my small group leader. At that point I realized how closed I had been. I saw that I was missing out on so many things that held so much power and knowledge. I drifted off to sleep with the thought that tomorrow would be much different.

I focused on the pain and hurt that had haunted my past as I threw words onto

paper that morning. It was the second day and my determination was pushing me ahead at full speed. All during breakfast I thought of how different I was going to make this day. This would be the day that everything changed. I was tired of being the person that I had become and I wanted to change so badly. I thought that something magical would happen and I would find the magical child that I had been searching for so desperately within. That day as I blazed through the discussions and worked so hard to



MIDWEST ACADEMY GROUNDS

find every lesson within the processes I began to realize how much potential I possessed. I thought about all the times that I had allowed a guy to hurt me, and all the times that I had let my friends betray me, yet, I never stopped them from doing it. As we entered the room after a break and I saw that the lights had dimmed I knew what I needed to do. I thought about my family and how I had allowed it to fall apart and how much hate I had acquired toward the few people that had dared to challenge me in my past. I thought about all the times I had failed and my father's look of disappointment. I thought of all the anger I felt towards not being accepted by my brother and the rage of my early school days when I was tormented for my outward appearance. I realized that all the times I starved my body to become thin, all the times I had rebelled against my parents in order to party and drink with my friends, all the times I had risked my life by doing drugs so that I would be accepted.... all of that was for people that didn't care about me. They wouldn't have been there to love me if I was hurt. They wouldn't do everything in their power to make my dreams come true. They wouldn't be there forever to comfort me when I was

in pain. I was the only one that could do that. I was the only one that could love me completely, unconditionally. I was the only one that could put a smile on my face. As I lay on the floor in complete darkness someone came to me and stroked my hair and laid their hand on my shoulder. I remembered snuggling with my dad and my mom stroking my hair as a young child. I remembered playing house with my brothers, but most of all I remember the times that I would sit outside and breathe in the fresh air. I would dream of being a beautiful woman who was passionate and strong. She never seemed to falter nor did she get discouraged. Everyone would love her but she didn't have to try, they just loved her because she was who she was. Somehow, in that moment, I didn't care about what anyone was possibly judging me as. It didn't matter anymore because I loved who I was without all the things that had once seemed so important. That night my childhood dreams manifested into reality. I became that person that I had strived to become for the past 16 years. I realized that she had been there all along, she was just hidden beneath the painful memories and the negative outlook.

It was amazing to have so many people that cared and were willing to literally support me in leading a successful life. I have cherished those moments for the last 7 months and now I am the junior staff standing at the back of the room when girls walk in. I have become a powerful, successful woman. I now have values and goals for my future. I will be going home soon and joining society once again. I will be facing the same jerks that I was friends with before, but those three days changed my life. I am a different person and I have taken a different road. I am going to college and medical school. I have a wonderful relationship with my family. But most of all, I am confident and I LOVE WHO I AM!

Brooke A.
enrolled Midwest Academy

MY FOCUS EXPERIENCE

FOCUS is a seminar I find words can't come close to explaining how real this seminar is. It is an experience that I feel everyone should want to go through at least once in their life time. Focus is like an explosion of emotion and reality. It's the realization of why you feel what you feel. It can be a good opening for everyone to realize, why you're depressed, angry, or sad. Why you put other people down. Why you turn to drugs and sex for comfort. We all know that everybody in this world has fears, pain and secrets they don't want to share with anyone. It is when you get rid of all that pain you truly feel happy about yourself. You will learn that you're not alone. Others have been through similar experiences. You learn to feel, deal, heal, and forgive yourself and others. I felt such a feeling of self worth when I finished. Any of the plans and dreams that I make in life are in the palm of my hand. There will be bumps in the road, but I will have learned how to deal with them. Everyone has some greatness in them. Focus assists you in letting your greatness shine. It was one of the best experiences of my life.

Kevin F.
enrolled Midwest Academy

DURING my focus, I had an epiphany, a moment of true enlightenment. It's the only time this has happened to me and it was incredibly powerful. During one of the processes, I suddenly realized that I didn't need anything from outside myself. I became aware, in dramatic fashion, that I am whole and wonderful just as I am. That anything I may need, I can give to myself. Having spent most of my life insecure and needing the acceptance of others, this was an awakening I could not have dreamed for. It's totally changed my life for the better. I know that what happened to me can happen to anyone. Please go to focus and continue on through the keys. You won't regret it.

Jake P.
daughter Amanda L.
enrolled Midwest Academy

FOCUS, I feel was the biggest change that has ever happened to me in my life. It was such a powerful experience for me I was able to really let everything out and not be afraid of what might happen when I did do that. I was able to really get self-confidence from it. I was also able to have a lot of fun. Focus to me means a new beginning for me. It made me feel like I was starting a fresh new life and that I was able to change the patterns that I ran and make better decisions. The biggest thing that I learned about myself in focus was that it did not matter what others thought about me, or who I was, I am the only person that really matters. In Focus, I was able to get rid of a lot of anger that I had been building up inside me over the past 16 years and I was able to really let it all go with no limits. I was able to feel like I was floating after I let all of the Anger, Guilt, and Shame off of my shoulders. In my Focus I was able to have fun again like a little kid. I was able to jump around be goofy and I didn't care what the other kids thought. I was being the real me for the first time in a long time. Focus brought out who I really was. It shoved away the image and the attitude. Focus was what I needed in my program. I was just a brand new level 3 and I was planning on going there just to get the levels at first but by just walking in there the atmosphere was amazing. I was able to really deal with the true emotions that I was feeling for the first time. Focus didn't just help me step out of my comfort zone it also helped me to see what my comfort zone was and how to stay out of the box that I chose to stay in a lot of my life. I stepped out and took risks.

Focus was the turning point in my program. I was able to take what I learned from my focus and I actually stayed at level 3 for a couple of months and really let it set in and practiced the tools that I learned with the Discovery tools. I was able to become a very strong leader in my lower level family. Focus helped me to learn to show compassion and consideration towards others. It also helped me learn that my problems are my

problems. I need to own them for they are mine. Right when I got out of Focus I felt like the old non-working Blake was in the back of my head, but the new Blake ruled. It helped me to forgive myself for all of the things that I did, instead of looking for others to forgive me. It helped me to realize that I will never be forgiven if I never forgive myself for what I did. Focus also helped me approach the program with a new attitude. Before Focus, I had it set in my mind that I was going to get pulled by Christmas, that I have already changed and everything at home would be fine. In Focus I realized that I wanted to work the program to the fullest and never stop working even when I do go home. I realized that I will be able to continue to work the program. I will be able to use the things that I learned.



I went to PC I right after I graduated my Focus and I do not think that PC I would have been nearly as productive as it was if I had not been through Focus yet. I was strong with myself and I was able to talk to my parents about the things that I did while I was at home. I was able to be honest with them about what I value and who I am, and not be someone else just to impress them in PCI. In Focus, I was able to feel like I was loved in there and that I did have the support of everyone. I feel that I would not have been able to work through the seminar without having that support. It gave me this extra boost of confidence in myself. I was able to ask for help and really be vulnerable to everything that was going on. In focus, I changed from the person that I was to the person I am now, and I am still changing. Things still happen that I have to work with, but instead of giving up or just being lazy about it, I work it. This is the new me. Focus helped me realize who I really am and that is a **STRONG, INTELLIGENT, HANDSOME, AND WORTHY YOUNG MAN!!!!!!**

Blake B.
enrolled Midwest Academy

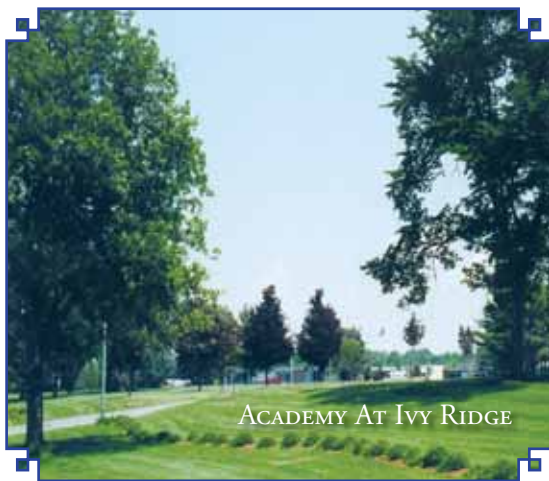
MY FOCUS EXPERIENCE AT AIR

WHEN I arrived at Academy at Ivy Ridge in September, I thought I knew everything. It wasn't until my first seminar that I realized I was very wrong. I went into my first seminar with a closed-off attitude and it all changed for me when I learned a lot of things about myself.

One thing I found out is that the reason I always got so angry was that I was holding onto so much guilt from my past. I found out that seminars were not there to brainwash me, but simply to help me. Orientation made me see this.

When I went to Discovery, it was a whole different story. I came there wanting to learn as much as I could about myself and why I did so many of the things I was doing. In Discovery, I learned that I was mean to other people only because it made me look better and feel better. I hurt so many people because I thought I was healing myself by doing so. I also learned how to control myself whenever I want to. This is one thing that goes along with not looking at everything so negatively.

The most important thing that I learned is who I really am; not who I want other people to think I am. I now look at the program with the mindset of how much it can and will help me, instead of how much it is "punishing" me. Seminars have been great for me so far, and I can't wait to learn more and to go through Focus.



Chris C.
enrolled Academy at Ivy Ridge

WELL, what have I learned in seminars? There's much I've learned in seminars; not only tools, but also I have learned more about myself than I would have even begun to fathom.

I have learned I am not all of these things I have believed over the years that I was. I learned that these beliefs are called SLBs, which stands for Self-Limiting Beliefs. The things I tell myself, like "I am beautiful," are Self-Enhancing Beliefs.

I learned that I am not the person I thought I was or had to be for so many years. All my life, I wanted to be older than my real age, but I neglected me, or my Magical Child, who is pure, innocent, and amazing. I learned who I am, who I really am. I am a judicious, artistic, and caring young woman.

I learned I can, and want to, forgive others and release the past.

I learned that I have more fun when I'm out of my comfort zone, being me in all my glory and youth.

I learned that I am better than the life I had been leading.

I learned that all of my choices and decisions were driven by my beliefs.

I learned that within every person is a Magical Child. Even if it's buried deep under years of beliefs and choices, it is still there, and it is still reachable, with much work.

I have learned what my values are, and that I share them very closely with my dad.

I learned the accountability formula, which taught me a lot.

Jacquie M.
enrolled Academy at Ivy Ridge

I learned a lot about myself through seminar, especially this time around. I went through Focus this time, and it was very hard for me. My biggest thing



is talking in front of large groups of people, especially about personal issues. I didn't think I would be able to do it, but I pushed myself to do it, and

I am so proud of myself because it definitely wasn't easy. Especially acting like an idiot in front of these people, but I did it, and man did it feel good!

I felt a lot of times, at home, that I wasn't important or worthy, and that what I had to say wasn't interesting or worth anyone's time. But now, and during the Focus seminar especially, I felt important, and I felt so good about myself. I struggled a lot of times with saying how I feel, and just saying what's on my mind without worrying what people are going to say or think about me. But I know I can do it, and I know that I am important. I struggle a lot with just acknowledging myself and being happy with myself.

I feel that Focus has changed that for me; or, rather, it has started the change. It's hard just to stop thinking a certain way and to start loving myself. It takes time; it's a life-long process. But I started the change, and that's what I learned about myself. I learned that I can be myself, and that's all that matters, and that's all that I need. I can be an idiot and just have fun and who cares what everyone else says, if I'm happy and I start to love myself.

Maryana Y.
enrolled Academy at Ivy Ridge

COMMITMENT FEE

WE DID IT!

OVER the last year, a trend has developed which has impacted the Focus seminars both in consciousness and cost. This is parents registering for the Focus seminar then canceling, or worse, not showing up at all. We book rooms, secure staff and supplies based on your registration. We also put parents on a wait list for a seminar due to it being considered full. Focus space is limited due to the nature of the seminar. The increase in no show and the cancel rate impacts the whole parent community. This continues to be stressed at the Discovery to no avail.

Starting May 1st, Focus registration will require a \$50.00 deposit to reserve your seat. This is the Focus Commitment Fee. If you attend the Focus for which you have registered, Premier will refund the \$50 deposit. You will receive this refund at the seminar, no waiting or questions. Neither Premier nor your school has any desire to charge you for the Focus experience. However, it is unfair to other families having to wait due to people not honoring their agreements.

If you do not attend the seminar for which you have registered, the \$50 fee is forfeited. If you desire to re-register for a Focus seminar, you will have to make another \$50 deposit to reserve a seat. You may amend your registration under the following conditions:

** You are allowed only one amendment

** You must amend your registration at least 9 days prior to the seminar for which you are registered.

While I am not excited about this mechanic, I feel it is unfair to continue supporting the lack of integrity currently surrounding the no show/cancellation problem for seminars, especially Focus.

I urge all the parents to engage in their program. Focus is the most critical seminar for you as an individual. I know many things can get in the way of attending unless you have a clear intention and place value on being there. The commitment fee is to bring a new level of awareness concerning your program as the parent.

David G.
President - Premier

SANDY LIVES! I have spent way too many years searching for happiness and peace only to have them elude me. It was my daughter who said to me, "we have everything but that isn't making us happy." Perhaps no truer words were said. Since working my program I have gained some perspective. For 15 years now I have worked in a high pressure, stressful job. My choice to do this cost both my family and I to lose the joy of our Magical Children. This week I was called upon to do something that I knew was not the right thing to do. I stood up for myself (for the first time in many years) and said "To do that would be in conflict with my values and everything I am trying to build in my life". With that I resigned and packed to leave my office. I don't know where my next chapter will be but I do know that I will continue to live and that I am a free, beautiful and confident woman- YES I AM!

Sandy S
daughter Courtney
enrolled Academy at Ivy Ridge

I brought Sofia to AIR April 7th 2004. After almost one year of slowly losing touch with her, not being able to connect and losing control of my life as well and my other two children. It is amazing how one child can disrupt the entire family system.

Then I realized that it is not enough to try to want to be there for her, to do the ultimate, to try to change things around and all over, to make it better the next morning when you wake up. We bring them to this world; no one gives us a manual, or tells us how to do it. It is not enough to say that we give them love, comfort when we can, provide them with all they need. Then I used to hear people say how good of a mother I was. So what went wrong? What happened here? I have come to realize that yes I have to come to terms that for now "I have to let go." It did not take me long to enroll her in AIR and do whatever it took to get her there.

So she went. I slept for the first time in one year! I took a breath, I slept thru the night,

I soon realized that I had two other kids... Hey! Hi how are you my son? How have you been the last year or so? I was so busy I could not pay attention to you. I was too tired all the time. And what about me and my life? Then I went to the seminars and tried it for myself. Let me see if this is all true, or some kind of cult, like my daughter told me in her first letter. I really struggled in Discovery, but then came Focus and made it so much easier. Along with the seminars, amazing people that I love so much and mean so much today to me came into my life. I realized that there is a way out of all this mess! Weeks went by when suddenly I started reading letters that were saying to me "Mom, I will never forget what you did by sending me here, you have given me another chance to live, I feel so good here..." I don't recall any letters before that, remember I was catching up on my relationship with my other kids and my sleep.

It was only through this program that I started to think about me and my own life, where I chose to quit my job of 8 years that paid well, to go into something new, very scary, but that will give me the air to breathe, the time to see what it is life has to offer or to smell the morning breeze. Not only did I get a new job, I got a great job. Great boss, more freedom, my life has totally changed ever since this program started. One can say it is coincidence, but I learned different. What we resist persists. The only way out of something is to actually go through it. What we fear, we create. I have also learned not to settle on my own lies and excuses not to step out and create something different for me. I have a daughter who laughs so hard and loud, who is happy to be alive, to love herself, to know she is capable of anything, to stand up for herself and others, and that her family is right there for her along this journey and we will never give up on each other.

Malaica V.
daughter Sofi
enrolled Academy at Ivy Ridge

MAJESTIC RANCH IS FOCUSING

I have been through Focus three times. The first time, I chose out because I wasn't really open to the seminar. The second and third times I passed because I was willing to focus on my actions that got me here to Majestic Ranch.

During my second Focus I had to stretch my comfort zone and during my third focus, I performed even more. I was afraid at first and then I started to open up and take it as an opportunity to learn.

The final thing that got me through Focus was going deep into my homework and not being afraid to go into details. I was not afraid of putting it down on paper. I also had to let things go, but by doing this I did feel different. I felt like I stretched my zone out a little more.

Scott M.
enrolled Majestic Ranch

I AM BEAUTIFUL

I have learned so many things in Focus. The funny thing is, it didn't all go to my head—it went to my heart. I had to put myself out there. That's totally no accident because some days I have a hard time believing I am loved.



I would have to say that the "Giver Test" is the most powerful process. It is so true, not just in Focus but in life, that you can be either of two things: a giver or a taker. You may not always be a giver, but just going to Focus is truly giving with no strings attached.

My Focus was absolutely amazing. I had known Miss Jan previously and it was hard to see her again while I was in a program. She pushed me because she wanted me to get the most out of Focus, and I did.

I graduated, very successfully, and I have heart-warming memories. Just remember, in the act of life, don't die. Give yourself the most powerful vote of all, the live vote. Only you can decide where your path leads.

Eryne P.
enrolled Majestic Ranch



I, Ashton Ohmns, would like to go to Focus to let my magical child out, improve my relationship with people, and learn to control my anger. Focus will hopefully help me. It is also one step closer to going home.

Ashton O.
enrolled Majestic Ranch

PEOPLE CAN CHANGE

WHEN I first walked in the room for Focus, I had to pat myself on the back. My facilitator was Miss Jan and she inspired me so much. I was the fastest to line up to be ready because I have so much respect for her.

In my Focus, we did a lot of stepping out of our image and I was really amazed at how people can change. It changed my whole self.

I finally believed I was beautiful by being a butterfly. I finally realized that I can fly. I now believe and always will believe that: **AMANDA LIVES!!** I used to say Amanda will die... but I have changed now and, **AMANDA DOES LIVE!!**

Amanda B.
enrolled Majestic Ranch

I DID IT!

THE first thing that comes to mind when I think about Focus is: "Who am I, and what is my purpose?" The story of me attending Focus is quite amazing. I was in orange, not earning points and pretending not to care. Then my Family Rep told me that Focus was coming up. I had to kick it into high gear to reach achievement status before the seminar came. I worked so hard to get there, but I did it!



Jenna E.
enrolled Majestic Ranch



FOCUS. Wow, what do I have to say about it? Well, my mom passed it. I was so happy for her when she told me in one of my letters. Now I can't wait until Focus comes so I can go. My peers have told me that it is a lot of fun. What is even more important is that you learn things that will help you throughout your life.

Bianca D.
enrolled Majestic Ranch



MAJESTIC RANCH

EXPERIENCING FOCUS

AS a graduate of Focus I have to say it was one of the best seminars I have ever been through. Walking into that seminar I had no idea what to expect. I was nervous and scared, but in a way I knew that I would be dealing with issues, issues that I had stuffed down so far so I didn't have to deal with them. At home when I did not want to face these issues I would run



away to drugs to escape these little day to day things that would come up. In the moment I did not worry about what was going on in my life, but when the drugs wore off I was back in reality with even more issues that would slap me in the face.

Focus taught me how to deal with my issues of feeling unworthy and unimportant.

Many people dealt with issues such as abandonment, sexual abuse

and others likewise. During the seminar I would look into people's eyes and see so much hurt, pain and tears running down faces as they would let go of their fears and burdens. As the days progressed I started learning about the self-limiting beliefs I chose to take on as I grew older. There were many unforgettable events that occurred throughout my young life, people calling me ugly, stupid, or unworthy. Through those events I chose to really start believing the nasty things said.

Things in my life might never change; people may continue to say rude and degrading things to me. During Focus I chose to change those rude degrading beliefs into positive constructive beliefs. I started to feel so strong and beautiful, two feelings I have not felt in a long while. I went from playing the victim from the choices and beliefs I made, to being accountable. My own actions and false beliefs brought me to the program.

A pattern of mine was to shutdown when I felt hurt or ashamed. Throughout the seminar I became open with others, but most importantly myself. Stepping out of my comfort zone and just being me, not caring what others thought about me helped me accomplish so much in those couple of days. I wasn't placing any judgments on myself about past experiences. For once I found peace inside myself, because I dug deep into issues that were holding me back in life. The love I had for my self was lost, but focus helped me find that love again.

Although the seminar taught me many tools to use in life and how to love myself the Seminar did not change me, I chose to change myself.

Amy D.
enrolled Darrington Academy

FOCUS was definitely a turning point in my program. Before I went to Focus, I wasn't working my program for myself. I didn't really want to change. I just wanted to go home, and go back to the same things I was doing to get sent here. I didn't appreciate anything about myself and I didn't have a very positive view on my life. After graduating Focus, I felt like a completely different person. It helped me to realize how great of a person I really am. I had so much guilt that I had placed upon myself for things I had done in my past, and Focus helped me so much to get rid of it. Also I had always been afraid to show people the real me because I thought they wouldn't like me for who I truly am. In Focus, I learned that what other people think about me isn't what matters. It is what I think about myself that really matters. I got so far out of my comfort zone and I have done a great job finding new ways to stay out ever since. I made some great friends in Focus. I had a hard time trusting people when I went into the Seminar, but after sharing that experience with my Focus Family, I felt so close to everyone. The feeling that I had after Focus was one of the best feelings I have ever had. It took a lot of work to graduate Focus, but it was all worth it. I went to Focus around the same time that my mom did and we both loved it. We had a phone call about a week after we had both graduated and neither of us could stop talking about it. I felt so proud of myself and I knew that I was ready to start working my program for myself.

My views on life have changed so much. When I first came to Midwest Academy, I was very resistant, because I wanted to go home and I never thought that I could get anywhere in this program. I learned that the stuff I was doing at home to come here would never help me in my life. I have the tools to make the decisions that will help my success. I am so happy with the work that I have done and that I am doing right now. I have been here for around six months, and I am Level Five. That just shows that if you are really determined to work, you can do anything! I have learned so many things that will help me in my life and I know that there is still so much that I can still learn. I know that without Focus, I would still feel like I couldn't be changed. I am so thankful for getting the opportunity to have that experience. It is one that I will never forget. Before I came to Midwest, I had no plans for my future. Now after going through the Seminars, especially Focus, I have so many plans for what I want my future to be like. Focus is definitely something that should be taken seriously. If you put your full effort into it, you will get so much out. I am a Worthy, Confident, and Caring young man.



MIDWEST ACADEMY

Ryan L.
enrolled Midwest Academy

FOCUS SEMINAR - THE BAR IS RAISED

LIFE is a Journey, it ain't ever over. Congratulations on your graduating Discovery. I am certain that your experience ranged from "hmmmmm, interesting -- to absolute wow," depending on your level of participation. Most participants have a difficult time imagining what could possibly be next; after all, "I've dealt with everything."

Not so, given the nature of this population, getting where you/your families are didn't occur over night, nor is there a quick fix. Creating a whole and healthy family requires "Doing Whatever It Takes" over a period of time to create consistent change.

Discovery is an introduction to transformational principles, allows a glimpse of what's possible, and beginning awareness/consciousness to see the work that needs to get done.

Focus is a life-defining interpersonal experience that deals with what's important in your life. It is an environment in which you get to honor the past, celebrate the present, and invent the future. Focus is a breakthrough training, where you will generate a breakthrough in your relationship but only with commitment. Commitment is the source of freedom and power.

Focus is an action-oriented, experiential education seminar designed to be an environment in which you can deal with life issues in a frank and personal way. You will be encouraged to participate fully which is designed to assist you in coming face-to-face with the unconscious ways that you view life and the choices you make based on your beliefs. You may be uncomfortable in the higher level of interpersonal activity required in Focus, but remember "Nothing changes when you are comfortable." It is your opportunity to alter forever your capacity to accomplish and stand powerfully as the gift that you are and the difference you make.

As a result of being in Focus, you will access your capacity for intimacy and your ability to create authentic relationships. You will experience your



impact on all of your relationships in a forthright way. You will experience what it means to be "we" in team and empowering others. You will develop a powerful relationship with what it is to BE accountable, holding yourself and others to standards. Your relationship with results and standing in possibility will be forever altered.

In the context of the schools, your teen is seen, as close to being ready for Upper Levels or Status when they graduate Focus. The schools require that they be a Level 3 as a way of earning their seat in the Seminar. The bar is really raised for them. There is no way a teen would remain in a Focus, if they did not participate, share, risk, give and receive feedback, have incomplete homework, or create a major consequence. The bar is raised for the parents as well!

I challenge you to prepare yourself for Focus. Do the Post Discovery work, so that you have practiced the Accountability Formula, get clear what your purpose is for being in Focus

(being there for your teen will not work), download and review your Focus materials, bring your notebook, lots of paper, pen, roll up your sleeves and be ready to DO THE WORK. That means, risking, sharing, challenging, being uncomfortable, stay the course.

The greatest predictor of your teen's success in the school as well as when they return home is the work that you do! When your teen authentically gets that you are on your own journey, making changes, following recommendations, going to all the Keys to Success week ends, not in reaction to them; it really signals to them that the "old game is over." I recommend that you be a Focus graduate before you attend PC1, so that you have the tools to interact with your teen in the most powerful way possible and create maximum value.

I acknowledge your courage and love to have your teen be in a safe place to learn and grow. Now, comes the work, focusing on you, interrupting old patterns, and making changes. I thank all of you, who I have had the privilege to be your Focus Facilitator over the last 8 1/2 years.

Get The Life You Love and Get Over It!

Lou D.
Senior Facilitator
Front Cover



ALL YOU HAVE TO DO IS CHOOSE IT!

I feel strongly that attending the seminars is critical for us parents. Not for our kids. Not for their program. Not for our "program". For us.

I'm 58. I grew up in a family that had dysfunctional things happening in it. It wasn't the family from hell. Just not the Cleavers. I have a drug use history. I lived a lot of my life "knowing" that I was right. I knew I had the best ideas for everyone and everything. I liked to be in control. I liked things to be my way. I'm insecure. I used behaviors to feel safe. I had a "know-it-all", a "big-mouth", and a "showman" that I used to be "right" and keep people at a distance. When things weren't the way I wanted them, I talked until the other person gave in to me. This could and did take hours sometimes. I wanted things to be perfect. If I did something 90%, I beat myself up for the other 10% and couldn't appreciate the 90%.

In December of 2003 Lori and I had Amanda transported into the program. I was happy that the hell that had gone on in my home had ended. I thought, "I'm glad that's over. I hope this program fixes Amanda and we can get on with our lives". I thought that the program would fix her and we would all live happily ever after.

About a week after Amanda left, Lori told me that we had to attend seminars. I said (in the most whinny, resistant voice you can imagine), "SEMINARS?!! WE HAVE TO ATTEND SEMINARS?!!!!". Lori told me that the first one was Discovery. She said that the material she had received said that "the program" said that if your kid is in distress, your family might be a part of that being the case. I softened a bit, but still was resentful of this imposition into my personal life.

By the time we left for Discovery, I had decided that if I had to go, I would make the best of it. I opened myself for the possibility that they could teach me something and I might learn something about myself or my daughter or my family. I made a conscious choice. I CHOSE to go with an open mind. In fact, I told Lori that

I was willing to turn cartwheels around the room naked if they asked me to. I actually said this to Lori. (I'm sure glad they didn't ask.) I CHOSE to say it and mean it. I was still the same me, but I CHOSE to take it on with an open mind. What I DIDN'T do was to tell myself that this was a way to get to see Amanda or talk to her sooner or anything like that. I was nervous, but I made the choice anyway.

When I came out of Discovery, I felt like a person that had just opened the blinds in my "house" for the first time. I thought, "Boy! This could be a good thing for me". For ME!! Because I made that initial choice, what had happened without my conscious awareness was that I had shifted from "having" to go, to wanting to go. I saw a chance for me to let go of some of that stuff above and get to live the rest of my life differently.

I just finished my last Keys Seminar and guess what? I get to live the rest of my life differently. I am writing this because I know that, what I have received from the seminar process is there for all of you. For the taking!! I'm not special. There is

NOTHING about me that is different. I'm just like all of you!! I was a firefighter. Blue collar. I'm not rich. We have struggled to make ends meet. It's not free, but is there anything free in life?

I urge those of you who are "new" or just beginning your journeys to give serious thought to the things in my pre-program life. If anything rings a bell for you or you can relate to any of it, or if, when you read this, you thought of different things that YOU have carried for a long time, there is a gift waiting for you at the end of attending all the seminars. It's the same one that I got last weekend. A new life.

My daughter, Amanda, is going to get the same gift when she graduates. The sole reason for Lori and I putting Amanda in Midwest was so that she could get this gift. I assert that it's the same gift you all want for your child too. If you want this gift for yourself too? It's there...waiting for you. All you have to do is choose it.

Jake P.
daughter **Amanda L.**
enrolled **Midwest Academy**

UPCOMING SEMINAR DATES

DISCOVERY

NEWARK..... June 10-12
CHICAGO June 24-26
SAN DIEGO May 20-22
ATLANTA..... June 10-12
DALLAS June 17-19
BAY AREA..... June 3-5
SEATTLE..... June 17-19

FOCUS

NEWARK..... June 2-5
CHICAGO June 16-19
SAN DIEGO May 12-15
ATLANTA..... May 5-8
DALLAS May 19-22
BAY AREA..... May 19-22
SEATTLE..... June 9-12

KEYS TO SUCCESS

NEWARK..... May 21-22
CHICAGO June 4-5
SAN DIEGO May 14-15
ATLANTA..... June 25-26
DALLAS TBA
BAY AREA..... April 30-May 1
SEATTLE..... May 21-22

REGISTRATION REQUIRED FOR ALL SEMINARS.

PLEASE VISIT YOUR SCHOOL'S WEB SITE FOR REGISTRATION INFORMATION.

DO NOT MAKE AIRLINE RESERVATIONS UNTIL CONFIRMED BY YOUR SCHOOL

Do not show up at the training expecting to be allowed to enter without registering.

Post program workshops normally held on Sunday afternoon after Focus graduation will be discontinued as of April 1, 2005

LAST DAY OF THE SEMINAR ENDS AT 7:00 PM.

PLEASE SCHEDULE FLIGHT ARRANGEMENTS ACCORDINGLY.

A NEW BEGINNING

GOING into Focus and then coming out the other side is like going from winter thru spring and then experiencing the fullness of summer in bloom. For me, Focus created a new beginning in my life.

Although I can't share all that happened in my Focus weekend, I will share that the experience was a new start. I went from wallowing in my self limiting beliefs to believing that my life has worth and that I have a voice.

Finding my voice was the big thing. I used to keep everything inside. Good/bad pretty much everything. You see, my mom is very outspoken and you might say bossy. One of my greatest fears was that I would be like my mom, so I just didn't say anything. The problem with that was that I have a lot of good things to say and when I keep them inside I have no voice. I found that when I didn't share I was being selfish, a quality that I wasn't comfortable with.

As I found my voice I also found self esteem. I had courage to say what needed to be said. What a relief to finally be sharing my thoughts and feelings with my family, and although my husband compares me to my mom, I am okay with it.



The other thing about Focus is the music. There is nothing that I remember more or that touches my soul more than music. I recently staffed a Focus and was able to make a list of the songs which I downloaded and burned to a CD. When I am feeling like I need a lift I play it and it makes me smile. Staffing is a great way to experience Focus a second time.

**Kaye A. - Family Resource Coach
daughter Courtney
graduated Cross Creek Programs**

MY GRANDSON

IT seems as if it were years ago that strangers, two men and a woman, escorted my grandson from his California bedroom to a school in Utah. This seemed to be a school that may be able to help him overcome his problems.

To our knowledge he was only introverted and quiet; at the same time he was also performing well in scholastic activities and was very active with the drum line and marching band. Without our knowing, drugs had invaded his home and life and taken over our peaceful family world.



Learning about the extent of the problem, my wife and I were devastated. We couldn't speak to any of our friends about Alex, and the toughest part of all was that "our" Grandson was involved with drugs.

This was especially hurtful because Alex's father is an active addict, which led to divorce and his no longer being involved with his own children. The thought that Alex could make these same disturbing choices was so difficult to understand.

A few weeks passed after Alex left, and Alex's mother, grandmother and I drove to Utah to Cross Creek to see with our own eyes where and what was going on. We met with the staff, viewed Alex from afar without his knowing, and had a very pleasant day. Our minds now at ease, we returned home to resume our lives and let Alex work on his.

The months rolled on and progress reports of Alex were not good. He was not accepting the fact that he had to accept the help offered by the program. Therefore there was no real progress. After a year, Alex was still Level 1.

Finally, like a lightning bolt, Alex began to accept the program and things started to happen for him. He told us that he made the decision to work the program for himself. He made it through the seminars, achieved level 4, tried out for the basketball team, and was excelling in school, at times working at double or more the required pace.

As a result of his hard work, Alex will be graduating high school at only 16 years old, and 1.5 years early! He is currently exploring the college options available to him while he finishes his program work at Cross Creek. He has also become quite accomplished at chess. After recently winning a Cross Creek chess tournament, Alex decided he wants to become involved with a chess club once he's back home.

The light at the end of the tunnel is almost in sight. Thank you Cross Creek staff members for all your tireless work. It is my hope that we can again visit and personally meet with all the staff to thank them in person for another job well done!

**Lester G.
grandson Alex
enrolled Cross Creek Programs**

FOCUS -- THE BEAUTY AND THE BEAST OF IT

HAVING coached students for over three years through Community Support Meetings, I often wondered why it is so difficult for the students to complete homework and get their required level to attend Focus seminar. It appears so easy, if you follow given guidelines and standards for the seminar. Often I would feel frustrated and controlling when smart students make “stupid” decisions.

Then I looked back to my own Focus experience. I pulled my seminar binder out and read the homework and the things I learned through my Focus seminar experience. I must say I am still at the age of 49 in the process of learning – I have not arrived and realize that many things touched on in the seminar are on a life long learning curve. Thank goodness for that! Otherwise I would consider myself a total looser, because I have not mastered very many of the lessons available to me from that seminar.



It has been a personal journey to coach the students here at Cross Creek for their upcoming seminars. Our standards are high for attending Focus, and part of my “motherly instincts” want to push every child through. However, I know and the parents know that it would be a disservice to all those who have not earned their spot in the seminar. From time to time I loose focus on the standards and I am so grateful that the upper level students are there to steer me back to where we need to be – it is not only about earning a spot in a seminar, it is about each of these young men’s and women’s lives.

Part of the learning in Focus for me has been about how I accept challenges in life. I am certain that some of the students have been placed in the Communities for me – reminding me about patience, longsuffering and unconditional love. There are many who have come to the Community meetings several times and have not kept their word about completing home work or staying off staff buddy. They are the ones who issue a challenge for the facility, the seminar facilitators, the therapists and most of all the parents. This is where the “BEAST” comes in.

It really is a “beast” when parents will have to write yet another commitment letter, when the child is still not holding him or herself to a higher standard, when fear of loosing another month in the process is looming and apparently no progress is being made. But there also is a “Beauty” within the “Beast”. Your son or daughter is still in the process of learning about accountability, they are attending group therapy, going to school, having individual therapy, building relationships, and participating in sports and so forth. In other

words, lots of progress is being made, lots of lessons are being learned on a daily basis.

Your child may not be going to Focus seminar on their first, second or even the third try. That is OK, because every child is different, and there is no time line on when its learning is going to happen. For me, learning is life long. If it takes longer for some than others, learn to accept sometimes the slow process of things. The beauty of finally getting to go to Focus is just that – **GETTING TO GO**, rather than dreading going or having to go. Stay patient – everything happens for a reason and at the right time. Let it happen!

Riitta N.
Family Representative Supervisor Cross Creek Programs

CHANGES ON THE HOME FRONT

I love to think about home when it is just fantasies. But when I get down to making my own rules and my parents are just the support and no longer the enabler, that scares me. I am Andy J., 17 from Elliccott City, MD. I have been to PC I, PC II, Keys, Focus, Discovery and I have staffed several seminars and Community Meetings. I am on the final steps of my climb out of the hole that I fell into when I hit rock bottom.



Home will not be all lovey-dovey. All my brothers are out of the house now and my parents are not home that much either. At least the three dogs are still there. My first home pass is coming up soon, so I do not have much experience. However, I can say that I am bringing parts of the program home with me, the parts that will help me back on my feet.

The word “trust” will be non-existent when I first go home. I am back to square one - a new beginning. I hate that idea, and so do all my friends here, but the facts are there. I did all this work in a facility with strict structure and my parents should not trust me yet. I must earn their trust.

I am proud to say that I am using the tools given to me here at Cross Creek to assist and benefit me when I do go home. There will be no more “MY WAY”, or I will be on the highway. Cross Creek has made my life all for the better. I wish luck to all those who are on their path of going home.

Andy J.
enrolled Cross Creek Programs

*When one teaches,
two learn.*
~Robert Half

FOCUSED!

MANY things stick in my mind about focus, but I feel my life was really enriched by learning the true meaning of service . I, like many others, have always lived by the saying “it is better to give than receive.” What I learned at Focus is that while that is good ,what is even better is to give and receive. I have always been willing to do for others, often neglecting myself, but I never let others do for me. True service is a two way street. If I allow others to give to me I am giving them a chance to experience the joy of giving. By not allowing others the same joy I received from giving, I was denying them the true pleasure of being in service to others! The greatest gift I can give to others is the true meaning of service!

I am a lovable, caring and hopeful Woman!!!!

Ann S.
daughter Molly
enrolled Spring Creek Lodge

WHEN I went to my first Focus, I was just doing it for my parents and not for myself. So I chose out of that Focus. When I went to this last Focus, I went in there wanting to do it for me so I could change the way I view things and how I see people in my life.

Focus was such a powerful seminar for me, and for everyone in it. There was so much love, and so many powerful people in there, that it made me happy. To feel the way I did for those three days----I wish I could feel that way all the time. There were so many people in there that showed me they don't care what you look like, or act like; it's okay to be the person that I am, and it feels so good to know that!

Before I went to Focus I didn't think people cared about me, and to feel that love that they can give you just by not being worried about how you look or act . . . well, I have never had the feeling of that kind of love before but in Focus I felt it from everyone in the room.

When you go in to Focus, go with an open mind and just have fun, because it will be one of the best experiences you ever have; what you put in it is what you'll get out of it. I have a lot more respect for myself and other people around me now, too.

I am a loving, powerful, open-minded young man! My purpose is to have fun while spreading my love to everyone I meet.

Cody F.
enrolled Spring Creek Lodge

FOCUS busted my fixed beliefs and helped me free my magical child. I healed some old stuff from the inside out. I also saw that I commit late and miss things. Last one on the boat before the ship floated or no time for my share. I commit sooner and am more engaged. My cherub opted out of focus twice but has since completed it. I see the profound change in her.

Ashley W.
daughter Sarah
enrolled Spring Creek Lodge



OPEN EYES

It's been said by many that staff do not care

That their only purpose is to get under our hair.

*But I have come to believe,
That they are here to cater to our needs.*

By being away from their family on Christmas Eve.



These loving men and women aren't consumed by greed.

They put aside their personal space, And bestow upon us their infinite grace.

They look at us not as troublemakers and hoodlums.

But as people whom they can help along.

Even though they may get on our nerves,

These people are still here to serve.

Through time and patience and self-corrections

These caring people push us in the right direction.

So this is to thank all of you caring staff.

Please continue to help us along our way and thanks for all that you have done.

Though we may say different at the time.

We appreciate you for helping us get away from crime.

Spencer F.
enrolled Tranquility Bay

STANDING STRONG FOR WHAT YOU BELIEVE

SEVERAL Spring Creek Lodge Academy students and graduates had the opportunity to participate in the law-making process as they attended legislative hearings on licensing for programs in Montana. Spring Creek Lodge has taken a leadership role in asking the state to respect and protect our right to be innovative and to continue the work we do with families. After committee hearings, students observed the full Montana House of Representatives in action. One of our very supportive legislators, Bob Lake, introduced the students during the session. Students share their take on this adventure . . .

Wade B.: (Graduated March '05) This has been very interesting. It has been an honor to be so important to so many people. I love the way that I get respected and held in high regard. It makes me feel accomplished.



James C.: I'm amazed I have the privilege to come to a legislative discussion about a bill that can help Spring Creek. I'm learning a lot.

Jared B.: (Graduated March '05) I feel very privileged to have been able to experience this in real life. To see the government working and to see the logical points being made by the representatives has enlightened me and opened my eyes to the politics of the state.

Matt I.: (Graduated March '05) I am really happy that I am speaking in front of the committee, to speak for something I really believe in. I also am honored to stand for something that has helped me, so it can continue to help people. I am happy to see the way things work in government; it keeps me grounded in

what I believe in for staying clean and sober.

Brandee D.: (Graduate, '04) It has been an honor and a privilege for me to be able to experience first-hand what my government does for me. It has helped me see that I can have a voice in politics. This has been very educational and intriguing. It helps me to see how many people dedicate their lives to helping kids find who they are. I never realized how much goes on "behind the scenes" in order to reunite parents with their children.



Amanda L.: This has been a rather interesting experience. I learned that when you stand for something so strongly you will do whatever it takes to protect and keep it. I realize how much this

program means to me when I know it is a possibility it can be made to change. I am thankful for this learning experience and I am proud of what I have created at Spring Creek. Being able to keep it has made me appreciate it even more.

Anjoli P.: (Graduate, March '05) I feel privileged to receive such an opportunity. I'm honored that I was requested to come.



Lizz E.: I'm so honored that, even though just recently at SCLA I dropped and lost trust with my staff and peer, I'm still regarded as important enough to represent

SCLA when it counts the most. I've always loved government and having my opinion be heard and be counted. I've studied government and actually have been involved in politics

the past few years; seeing how it all comes together has been quite a treat!



Taryn A.: I just finished my government class and know little of the details; I felt this trip would be a great opportunity to get an inside look at government and how it works. The ride here was

edgy, and the lack of sleep didn't help. I knew that it would be worth it, though.

The night before, we had a meeting and my thoughts were running wild: What if I am asked a question? What if I say the wrong thing? I was analyzing everything, yet I hadn't even stepped inside the capitol building! But the next day, I was in the moment! Coming out of the hotel was classic---the young gentlemen in their formal clothing, standing around, and young ladies wearing giant heels with huge bags on their shoulders. Everyone was scattered through the hall. All I could do was laugh.

We arrived at the capitol building and we were given a tour. An amazing building, and the history was more interesting than I expected. I feel that's because I'm experiencing the government in action, not just reading about it. All of us got the chance to watch the committee in action. Spring Creek Lodge was introduced, and they announced it was my 17th birthday. That is a birthday I will not forget.

The topics were interesting, though I must admit the way it was run was not at all the way I thought it would look. New opportunities, new learning experiences---there is still another hearing to attend and I am extremely excited. This is an adventure I will always remember.

Spring Creek Staff and Students

FOCUSING ON ME

THE biggest thing about all of my focus experiences was finally allowing myself to focus on me. My first focus I found myself lost in wondering what everyone else was thinking about me. It got to the point that when I was sharing in my small group on the first night, I was so worried about others supporting me in the seminar that I had detached myself from the real issues and emotions. Things were not going so well for me at all. The second day, the facilitator stood me up and asked me what was really going on with me. I began to share about being molested when I was four. It was then that I let myself feel the emotions coming up for me so much anger, guilt, and hurt built up through the many years.

I was able to go into my second focus prepared to do some major work. That is exactly what I did. Focusing on everything but me was not working for me, I made some goals to assist me in the opposite direction. My focus family, as a whole, was very supportive of each other which was powerful for me to experience. The last day was the most memorable of the seminar. I learned that before others are able to truly love me, I must first love myself. It is then that I will be able to accept their love.

The choice I made to staff the Focus right after my own was more beneficial than I had expected. It was this Focus that I considered a follow-up in that I hit everything that I had missed in the focus I had graduated. This experience was actually more powerful for me than going through it to graduate. In assisting others, I found the power that I had been sitting on and used it to its fullest. Once again, I had allowed myself to become reacquainted with myself, especially during one of the processes on the second day. The atmosphere was peaceful, similar to how it seems at the end of a huge storm. I closed my eyes, as the facilitator spoke, in search of my Magical Child. I felt her love enveloping me as the most love I have ever felt for myself. I have always heard the expression about loving yourself before others can love you, but I never realized its fullest affects until that moment.

With my hands over my heart and tears of joy in my eyes, the other girls from the staffing team wrapped their arms around me.

I can honestly say that I have learned many lessons through my focus experiences. It is times like these, in looking back on all of the memories, the close friendships that I have formed within the walls of the seminar room, and realizing that it was finally all real for me, that I can remind myself of who I am and believe it with all of my heart...

I am a beautiful, clean, confident, and lovable young woman!

Laura B.
enrolled Midwest Academy

I went through Focus in September of this past year. It was a very powerful experience for me and I still get goosebumps whenever I think about it. I remember that every moment I was in that room my stomach felt like I was going down the drop of the world's tallest roller coaster. The first day was a learning experience, I learned that at times it didn't matter how good I was doing I would still not give myself credit and instead looked at all the stuff that was wrong.

The second day was one of the hardest days of my entire life. I never thought that I could feel that much pain and still have happy memories all in the same day. The most valuable realization that I got from that day for me was the fact that life is too precious to take for granted even for a moment. I remember being pushed to my limits and then pushing myself beyond them to finally come to a place that I never thought I would be. I was physically, mentally, and emotionally exhausted when I went to sleep that night. That experience helps me in every day obstacles that I come across because I feel that if I could make it through that experience then I can handle anything that comes my way.

My third day of Focus is one of my most

cherished memories that I have today. I didn't think it was possible to feel so much love from people that I haven't known all my life, it is tough and I found that out first hand. I remember being in there and thinking that I wouldn't be caught dead doing anything like this at home, and here I am having the time of my life doing what I have always really wanted to do. The people that went through that experience with me saw a side of me that my parents hadn't seen yet. It was really hard to walk out of that room on the third day and know that it was over.

Of course I didn't think then that four months later I would be in another Focus with my dad, staffing together. I can honestly say that there is nothing that compares to feelings I had going through Focus for a second time, only with a different role. Watching all those people go through everything that I went through seemed almost unreal. I was constantly being brought back to my Focus. I saw all the work that I did right in front of my eyes and I really appreciated myself more

for the work I have done. I saw my dad actually have tears running down his face for the first time in my entire life. We grew so much closer as a family going through the experience together and working as a team. I was amazed at the way my dad could relate to the kids and when he gave them feedback it came straight from his heart.

He really cared about people he only just met. It was an amazing moment when I finally realized that I got that trait from him and was proud to be his daughter. It is memories like these that help me when I am struggling. Whenever I get lonely or upset about the circumstances in which I am living I look back to those memories and know that it was worth it. Every single tear shed, every struggle, every moment away from my family is worth it knowing that those hard times will soon evaporate, but the memories I have from "both" of my Focus seminars will never go anywhere other than my heart.



Vanessa R.
enrolled Midwest Academy

EXIT PLAN

AS the parents of a soon-to-be-eighteen-year-old who continues to struggle at the lower levels after 18 months in the Program, we are faced with creating an Exit Plan that will serve our entire family. We have visited the Exit Plan before as we are also the parents of a Cross Creek graduate. How are we viewing the Exit Plan this time around?



Initially, with our first child, the Exit Plan felt as appealing as a looming disease of deadly proportions. It was about failure, dashed hopes and unfulfilled potential. As we crafted this important document – and its partner, the Re-entry Plan, we came to view it quite differently. It became the embodiment of where we would stand, of our commitment not to rescue, of our belief that he was entitled to create his own life lessons and deserved the learning those choices generated.

Eventually, we came to accept and experience the Exit Plan as the “Bridge Over Troubled Waters” which enabled us to travel to a redesigned and healthy relationship. It was no longer about our being vastly more interested in his ‘success’ than he was. It was no longer about our plugging the holes which he punched in his proverbial life raft. (Clearly, he could slash far faster than we could ‘patch’!) It was no longer about what we would choose. The only contribution we could appropriately make was to nudge our struggling fledgling out of the nest and on his own –to take that proverbial “Stand” for him and to step out of the rescue business.

Yes, it was painful. Yes, it was scary. Yes, it was difficult and yes, it was effective. It was most certainly a ‘different way across the room.’ Yet, cross the room we did, battle weary and battle scarred and grateful through our surrender. He came to depend on himself, to choose for himself and to rely on himself as the creator and driver of his life. He learned to appreciate his home and his family.

So, here we are again at the crossroads, crafting another Exit Plan. We are struck by the uniqueness of dealing with a second child, different choices, different lessons, different challenges and different responses. None of us can indulge in the counterproductive practices of denial, minimizing or wishful thinking.

Once again, the Exit Plan becomes that “Bridge Over Troubled Waters”. We are grounded in the certainty that we do not want to return to the pre-Program chaos. Of that we are absolutely certain. We know that we will stand for our daughter, that we will not rescue or enable and that we will open the space and time for her to experience the powerful lessons which reside at the end of her choices.

I am reminded of Robert Frost’s well known poem of two

roads diverging in a yellow wood. Our family is at a very powerful choice point. Graduation is a gateway to one path. Taking her Exit Plan is the gateway to a different path.

We are unwilling to play games like “Catch-Me-If-You-Can” or “You-Can’t-Make-Me.” What we know for sure is that we can stand for ourselves, the values by which we choose to live our lives and the respect we practice for ourselves and others. By modeling this commitment to our Values and our self-respect our home becomes a sanctuary for us and for our children if they choose to ‘be in that space’ with us.

Perhaps, she/they will not be in our home. They will always be in our hearts. The time for cushioning them from all of the hard knocks of real life is over. It is now up to them.

Gayle S.

**son Parker graduated Cross Creek Programs
daughter Casey enrolled Tranquility Bay**

I never felt like I could trust many adults growing up. The power and authority they had intimidated me to a point of bitter resentment. All this was true when I first met Ms. Nash, my case rep, as I entered TB almost 17 months ago. At that time, she seemed like just another adult I wouldn’t be able to confide in and would tell me how much they “understood” when they didn’t. I figured she would be like everyone else that’s tried to help me: pushy, full of lectures and strict. I was utterly terrified to be around her in fear I’d do something wrong.



As I got to know her, everything changed. Ms. Nash is one of those people who you automatically know to respect just by how she carries herself. She is so smart and knowing. She

inspires us and encourages us to be

who we are, the best we can. She became almost a “surrogate” mother to all of us. She never judges us or holds our past against us. When she talks, we listen.

I sincerely doubt many of the girls she has worked with could be the people they are today without her. I know I wouldn’t be. Now that I have successfully embarrassed her enough, all that is left to say is this: “Thank you Ms. Nash for everything you do for us. We love you.”

**Casey S. pictured with Ms. Nash
enrolled Tranquility Bay**

Parent Support News
Dwan Serrano, Editor
editor@parentsupportservices.com
435.656.5824

321 N. Mall Drive,
Suite T-101
St. George, UT 84790

PARENT SUPPORT NEWS

321 No. Mall Dr. T-101
St. George, UT 84790

PRSR STD
US POSTAGE PAID
ST GEORGE UT
PERMIT NO 1365

If you desire information on any of the Schools mentioned in PARENT SUPPORT NEWS, please contact us at any of the numbers listed below. We would be happy to answer your questions and send you informational and enrollment materials.

TEEN HELP ADMISSIONS

1-800-637-0701

LIFELINES FAMILY SERVICES

1-877-723-3767

CROSS CREEK ADMISSIONS

1-800-818-6228

PARENT RESOURCE HOTLINE

1-800-793-5156

TEEN SOLUTIONS

1-800-429-6099

HELP MY TEEN

1-800-247-1696

TEENS IN CRISIS

1-877-865-9935

PARENT SUPPORT NEWS is sponsored by these Schools.



Helping Students gain Integrity and Honor in the Traditions of the South

Cross Creek Programs

"Not Just Programs, But a Solution"



**EAGLE POINT
CHRISTIAN ACADEMY**



*Midwest
Academy*



SPRING CREEK LODGE ACADEMY