

PARENT SUPPORT NEWS

JULY/AUGUST 2005



SETTLING
FOR LESS THAN
YOUR BEST

HARMS OF FAKING PC1

WHEN I had gone to PC1 back in May of last year, I had a good time seeing my parents for the first time in ten months. I had discussed the issues about being adopted, how I felt I was looked at different, how I thought about running away when I was home, and why I had let the people, who did not truly care about me, run my life.

Before going through Parent/Child 1 (PC1), I had every intention in manipulating my parents into taking me home. I had also tried to show my parents that I had changed from when I entered the program. I had learned that my parents loved me enough to send me to Mexico to get the help that I needed.



I knew they hoped that it would change my life around. While attending PC1, I had realized I had held back on the important issues I wanted to discuss with my parents because I was more afraid that they were going to leave me in the program longer. I learned a big lesson - no matter how hard I want to push and shove my parents away, they are going to find ways to love me. I learned that my parents will not abandon me because I was adopted or that I was different.

I went home a month after PC1. Our relationship was going well for about three months and after that it all went down hill. Everything I had learned at Casa By The Sea had gone to waste because I had started doing the things that got me in the program. I still had a lot of issues that bothered me.

Well, I was sent to Darrington Academy. Looking back on how I acted during my stay at home helps me realize that I am not going to make the same mistake again. My last PC1 experience helped me cope with a few things a little better. So when I go to my next PC1, I know what needs to be done. I can say that at my last PC1, I faked my way through it to impress my mom and to get home. I felt that faking my way through things and getting things handed to me could get me far in life. However, I learned a BIG lesson that it doesn't work that way. You have to work hard for things to get far. I also learned that things happen for a reason. Having to come back to the program means that I have some unfinished business to take care of. This time I will not be faking.

Adrianna P.
enrolled Darrington Academy

COMPLIANCE VS. COMMITMENT

WHEN I first got here I really hated this place. It seemed like it was impossible to do anything. I went into my depression grungie and did the bare minimum in everything. I put forth as little effort as I possibly could. In all honesty, I just gave up. I had given up before I even started!

I went through Orientation and gave the seminar my all. I was surprised that I got a lot out of it. After that seminar, I really



started to figure out that I didn't like who I was anymore. I hated myself and what I was doing deep down... but I just kept on doing everything for other people, for acceptance, or because I desperately wanted attention from someone.

One difference that I noticed once I got out of Discovery was how much I didn't love myself or give anything my full effort. I decided to push myself hard. I strived

to do my best and reach my goals. I achieved Advanced Status in only a month. I realized when I give everything I do 100% I am a very powerful person and I am not giving my personal power away to someone else. I learned that I am in control of myself and needed to stop blaming everyone and everything else for my problems and troubles. I finally realized the whole time that I was sitting on my butt, wallowing in my little pity pool, playing the victim, blaming everyone else, and not taking accountability for my actions that I was not going anywhere; I was not learning; I WAS STUCK!

When I started working on not playing the victim and blaming everybody else for everything, it made me feel awesome because I was really working and moving forward in the program. I realized that just striving for mediocrity and trying to get away with the bare minimum, hurts me and makes me feel like I sold myself out.

I know from experience that I can do so much better than the bare minimum. I know that I am worth giving my all, and I am worth working my hardest and putting in that 110% effort in all I do. I am an awesome young man! Even more than that I am a Strong, Pure, and Honest young man!

Charlie H.
enrolled Darrington Academy

HOW MY PARENTS' PROGRAM AFFECTED MY PROGRAM

OH my, where do I begin? When I was at home I would never take the time to sit down and talk to my parents. I would always push them away. Don't get me wrong, I did love my parents and I still do, but I felt like they wouldn't understand what I was going through or how I felt. Since I have come to this program, I have realized that my parents understand more than I thought they did. I just wouldn't give them a chance.

Being at this program has helped build back the true relationship between my parents and I. They are so very supportive in what I do. They are going through seminars and working just as hard as I am. Being here, knowing that my parents are doing everything they can to help themselves and me as well, makes me determined to complete this program and do all right things in life. My parents are behind me 100%, I couldn't ask for anything better I learn more and more everyday and I don't want to leave anything out when I write my parents. I am working on getting trust from them again and it feels great! I have not been more honest with my parents in my entire life like I am now. I can tell them anything and they will understand me. My parents are my support system. We are a team. A team that will always and forever stick together. This program has changed my life for the better. Thank you Darrington Academy for giving me a second chance to really find myself!

Natalie S.
enrolled Darrington Academy

"When it is obvious that the goals cannot be reached, don't adjust the goals, adjust the action steps."

~Confucius~

Do What It Takes!

MY PROGRAM MADRE

MY mom is Patricia R. and she is a total program mom. She loves seminars and she's always on the BBS website chatting with other program parents. My name



on the other hand, is Sarah S. I was at Services Status, but I recently got dropped with a category five conse-

quence. I chose to follow others into things I knew I shouldn't have been doing and that lead me back to Regular Status with zero points.

I've pushed my mom away throughout my program because I knew she was committed to the program. I have to say that in a way I am thankful for the mistake I have made. It was a slap in the face that showed me how much my mom really supports me.

She wrote me a letter after she found out what happened and it said she still loves me, that I am not my mistakes, and I am still her hero. I am thankful that my mom is working her program because she is able to give me support and she is able to understand me more. I've come to see that my mom truly has unconditional love for me. I love my mom, and as I am her hero, she is my super hero program madre. Mom, thank you for working your program and not giving up on me.

Sarah S.
enrolled Darrington Academy

VALUE & WORTH

WELL, my PC1 went great. It was one of the most amazing feelings I had ever experienced. It was the first time in eight months I had been able to see my parents. PC1 gave me a push to excel in my program, because I knew my parents



were now 100% committed to me graduating at Darrington Academy.

The first day of the seminar I was still holding back and

not being honest with them. But after Mayte, a family rep, gave me and the others feedback, I knew it was time to get real. I had always wanted to say, "I'm right," at home, even when I knew I was wrong. While in PC1, my father and I butted heads a lot because both of us always wanted to be right. We each wanted it our own way and not the other's.

In PC1, I found what I valued in life the most. The value I found was faith. I realized all I needed to do at the end of everyday was ask for forgiveness from God because only he can judge me for the things I've done.

I feel through PC1 my parents and I created a bond. This bond was one of love that could never be broken no matter what happened to any of us. It was the most amazing thing to find under all these layers that were hidden for so long.

Michelle B.
enrolled Darrington Academy

COMING HOME

I prepared myself for this journey for eighteen months; I cried and I laughed; I became angry and learned to cope. I became stronger, more independent, and learned that I have so much more to learn. I made relationships, I lost relationships. I gained a new self confidence that no one could take from me.

My name is Nicole S. and I entered Cross Creek Academy on January 8, 2003. I had no idea what I was in store for. Little did I know the real work wouldn't begin until I graduated a year and a half later. Since being home, I have learned many things. I have made mistakes, as I was told I would, and I have triumphed.

I am writing this article for two reasons; first, as a way to look back on what I have accomplished and to learn from the mistakes and secondly as a tool for parents and students about to embark on this journey that I have only just begun.

After graduation, things were great with my family and I. We had our family meetings every Sunday night and I worked every angle of my life contract. I got a job right away, started college, created new relationships, and ended old ones. My parents became my grounding support and I looked to them for almost everything. Still being fragile from the constant temptations, I learned quickly that I needed to look to myself for the solid ground I was struggling to hold on to.

For my family and I, things were very smooth for the first three months. I continued to use the tools I learned at Cross Creek. Month four came around and things were getting rocky. Although I knew I was not doing anything against my values or my parents' values, I failed to communicate this with them. Once my communication fell, so did theirs, and there began the beginning of the real test. Through my lack of communication with my parents, I created a lack of trust with them. I stopped asking for help, even in the little things. And they stopped asking what I needed. We created tension and distrust in our

home. After six months, I decided it was time to move out. Being 18, my parents were supportive but scared for me. Since moving out, our relationship has become a lot stronger. There is still a lot of work to do as there always will be.

I am still sober and living happily back in Utah. I am working full time, starting college again in the fall, and even looking into beginning the coaching academy. First, I must work on myself and the relationships in my family. I

believe the three biggest mistakes I have made since returning home from the program are: 1. lack of communication, 2. running from my problems and 3. a family mistake, not using the tools and resources that we had available to us such as, coaching or therapy when our old patterns began again.

Now that I have moved out, I have been able

to see the red flags I sent my parents when I was home and why they were scared. I know my patterns and I know what I need to do to create the same relationship we had in the program. I would encourage any family about to graduate to use your resources. Our family decided that I would not need a therapist or coach after graduation and if things became rocky we would then engage in therapy. The problem was, by the time things got rocky, all of us were too closed to even look in that direction.

Now don't get me wrong; I have accomplished many things since being home and I am proud of myself. I simply wanted to state the problem areas my family created after graduation in hopes that I may help another family to not make the same mistakes. I love my parents and I love my life. I have learned a lot since coming home, and I know there is a lot more to learn. I am proud of myself and most importantly I am happy. I know I have a long road ahead of me but if I take it one bump at a time I know I can climb mountains, with my family right beside me.



Nicole S.
graduated Cross Creek Programs
July 2004

LIFE IS...

WHEN I got to the Program, I was so mad at my parents. I felt that my mom had no right to send me here. It took me three months on suicide watch to realize that I was not going home any time soon. I then came up with what I thought was a brilliant plan - to pretend I was working my program. I got off suicide watch and was on my way to Discovery. I thought to myself, "Hey, Elizabeth - you are on Achievement Status now, maybe this program thing isn't so hard."

I went to Discovery and graduated. My mind started saying, "Hey, you are hot stuff, keep going!" But it was not until the Focus seminar that things really clicked for me. I could look good for my therapist, and tell people what I think they wanted to hear, but I was sick of it. After graduating Focus, I decided my life was too important to live for other people. Girls leave people move, and last week my best friend graduated the program. But I am OK because I am a friend to myself. I had finally found peace.

I am able to look people in the eyes now and not be scared they will make fun of me. If there is anyone that hated herself when she came to the program - it was me. I was 13 years old who was strung out on meth with an 18-year old boyfriend that slept by the creek. I thought that was the life I deserved. I was so wrong!

Life is respecting myself enough to say no. Life is finally being able to tell my mom I love her and mean it. But most of all, I believe life is about going to bed each night, knowing I helped someone. Whether it is helping them in Algebra, giving them feedback, or even a simple smile, I know that I have done something more than take up space. I can't say I love living at Cross Creek; but since I decided that I am ready to change, happiness met me half way. I am on Advanced Status now, soon to go up for Service Status and although I have a ways to go, I am ready to get this done and finally step left.

Elizabeth B.
enrolled Cross Creek Programs

MISSING YOU

FOR my beautiful daughter, Tanya, we drove to Cross Creek in January this year.

If you look deep in those soft brown eyes, you see the heart of a child who was living in fear. She always put on a powerful front of strength, and tried to tell me many times-what I didn't hear. After we dropped her off, I slowly drove away. I'll tell you on that day-I shed many a tear.

Since then I have chosen a Magical Child's path.

*I venture to new lands of self discovery.
I broke out of the four walls-my comfy box and found the person I was meant to be.
I realize now that life can be so much more than a bad apple from the family tree.
I have to be willing to try something new.
Take the time I want to love life-be the real me.
Then once again, I still remember like yesterday*

the transporters came for Crystal, while she slept.

I walked them to her room around 2 a.m.

She said she hated me, my heart began to weep. She looked in my eyes and said not to talk to her. I knew she didn't mean it, but her anger ran deep.

It was Valentine's Day, the hardest one yet.

This February, Cupid's arrows he could keep.

In my heart I knew that I had done exactly what it was I needed to do.

To gain structure, and find inner peace not only for myself, but for the two of you.

It was hard to swallow that being this far apart is what it took to show that our love is true.

We did the best we could-with what we knew.

We'll get a chance now to start fresh and new.

For all the friends I've made along the way, thank you for all the love and support.

Not making me feel like I was on trial, or appearing before a judge, jury, or court.

You've shown me the boat will make it to shore, and working together, we'll make it back to port.

The road may get rocky somewhere along the way, with your love, imagine the problems we can sort.

MY DEFINING MOMENT

I came to Cross Creek on April 21, 2004. I had my struggles in the beginning but I pulled myself together and presented myself like I was working. I was a leader. I was a "hope buddy" for two girls at the same time. I had graduated Focus and I was getting ready to go up Service Status, confident that I would get it. I had been in the program for six months. Picture perfect? No, it was actually the exact opposite. You see – I was dirty. I was dishonest in my program. I did a come-clean and took care of the rules that I had broken and not taken care of in the past. My best friend had done a come clean too and as we sat together in Study Hall, everything starting rolling downhill.

I acted out that night and did everything opposite of what the staff wanted me to do. I didn't care anymore. I didn't think I was worth it and neither was my program.

One of the shift supervisors had to come and calm me down. I chose not to do anything dumb for the rest of the night. I was astonished how much people still cared for me. Here I am, a girl who lost everything – respect, role of leadership, trust, a ticket to my next seminar, and I lost the privilege to be a "hope buddy". I lost it all, and yet I was still loved and cared about.

The next morning I didn't want to do anything different and I started to act out again. Finally, I had audience with Mr. Ron, the program director, and I totally expected him to yell at me and consequent me further. I was terrified. I braced myself, sat back and pretended like I didn't care. Mr. Ron told me that he looked at me the same and that he loved me no matter what. I sat up and started to cry. That's when it clicked – I was worth it. I knew I had to do something different.

I got out of Study Hall a week later. In two weeks I was back on Achievement Status and a week later on Advanced Status. I am now on Honor Status with goals and dreams. I am graduating in December, ready to do amazing things in life. All that just because someone reminded me that I am worth it.



Pamela V.
Daughters Crystal P. & Tanya P.
enrolled Cross Creek Programs

Milda K.
enrolled Cross Creek Programs

So, You Think It's About Your Kids...

IF you are like most of us, when confronted with a crisis, the initial tendency is to look externally for the cause. We have been brought up in a cause-and-effect world. For every effect, there must be a logical cause, something that set the machine in motion that brought us the problems we have now. It takes a great deal of introspection to realize and admit that we are part of the problem, and that behaviors and reactions we inherited or acquired were what put us here now.

Like our kids, we fall into non-working behavior by allowing a reaction to take place. Many reactions that seem automatic to us are programmed behavior we learned so early in life, that we don't question them, and aren't aware of their sources. It is not surprising that most of these reactions produce non-working behaviors, given that most of us grow up without professionally developed tools, and without a skilled support system to guide us in directions that will work best for us.

The behaviors that we have acquired will run our reactions to life events if they are left intact. What was a legacy to us, from our parents, becomes a legacy to our children. Most importantly, our current behaviors reinforce prior programming, in ourselves, and in our children. Leave them unchanged, and the family situation will remain unchanged.

Although concrete statistics are hard to come by from the Program, several observations appear to have a strong consensus. One important observation is that a high percentage of children that have had success from the program, have parents that participate seriously in the program seminars and workshops. There are two main reasons for this. The first is that parents that are seriously working their own program send a strong message to their children that things will not be the same when they come home, so they had better get used to using the tools. The second reason is that when the kids finally land at home, they have a support network in place that is already familiar with the same set

of tools, and is willing to employ them as issues arise, reinforcing working behavior, instead of running the old numbers.

Another important observation is that children that graduate the program fair much better in dealing with life events than they did before, and better than children who were pulled from the program before they graduated. One statistic that is available comes from the senior Discovery facilitator. According to



Duane S., roughly 82% of the kids that graduate the program go on to complete college. The operative term is "graduate", for only then will they have a fighting chance at using the tools when tough situations arise. Of that percentage, it would be interesting to know the percentage of program-serious parents, but I am willing to bet it is quite high. So, how serious do parents have to be? Duane shared something with us in Discovery that is worthy of being put on plaque –

"This is a matter of life and death. That is not a metaphor! When you realize this, then you will know how serious you have to be. If you don't change yourself, you won't be able to change your family situation. The train you were on was headed for disaster, and you know that – or you wouldn't be here."

If the vision of a happy and cohesive family is to be realized, we have to break the chain of the legacy patterns. Whether they were handed down to us from generation to generation, or they are of our own device, we must realize what is not working and take the

necessary steps to change. Frequently the behaviors we find so unacceptable in our children will be reflections of ourselves that we refuse to see. If we break the chain, we can positively affect the lives of generations to come.

First, we have to see the patterns in ourselves. Feedback from our spouse, our children, and our extended program "families" is invaluable for reflecting back to us that which we do not want to see.

Feedback will often initiate reactive behavior. Using techniques like the Accountability Formula and the Bradshaw method help widen the gap between stimulus and response, giving us more time to get control before the reaction does.

Repetition of the Program techniques helps solidify new responses to old triggers. It is best to practice the use of the tools in easy, low-threat situations; over and over again. That is why the Program families are formed, so that

we will have opportunities to practice similar situations that can, and will come up when our kids return. To get rid of undesirable reactive behaviors, we have to replace them with working processes. They have to become second nature. Practice is essential.

Finally, we must acknowledge working behavior in the other members of our family and support network. Standing for the excellence of others helps maintain momentum and enthusiasm by providing the powerful incentive of recognition. Mutual support of values and working behavior strengthens cohesiveness and reinforces the new patterns. Most important of all, it gives us good reasons to express our mutual love and admiration for those that are most important to us.

If you thought it was about your kids, you were only half right. You are in the unique position of being able to leave a positive legacy and affect change in many lives, including yours – if you but choose to do so.

**Cris P.
daughter Erynne P.
enrolled Majestic Ranch Academy**

A GREAT EXPERIENCE

WOW!!! PC1 was a great experience for me. I got to see my daddy and my momma, and I was so happy and grateful to see them. When I went to PC, I felt



my parents and I had an open and honest relationship with each other.

When my dad brought me to Majestic Ranch, the last words I said to

him were, "I HATE YOU!" So when I was at PC1, I told my dad that I didn't mean it and that I loved him. I didn't feel so heavy anymore. Also, a lot of issues came up for us, but we were all willing to overcome the fear of looking at the past.

I was Service Status when I went to PC1. When I told my parents I was Service Status, and when they saw my white shirt, representing my Status, the happiness I saw in their eyes made me feel so good and I knew my parents were proud of me.

The first process in PC1 was the hardest. I wanted so badly to just go and hug my parents, but I knew I needed to wait. So when I got the chance to hug them, I hugged them so tight that I could feel their hearts beating, and I could feel the love and warmth they had for me. It felt too good to be true. It was really awesome!

To those who haven't been to PC1, I hope you go because it is a great experience. I love you family, and I will see you soon for PC2.

Jessica C.
enrolled Majestic Ranch Academy

IF I COULD TELL MY PARENTS

MY PC1 experience was really powerful. The family hug we had after the first process was so powerful because it had been so long since I had hugged my mom and dad. The hardest process was our good-byes. I felt like I was coming to Majestic Ranch all over again and I felt hurt inside because I wanted to go home and stay with my mom and dad.



If I could tell my parents anything right now it would be... Mom, I love you so much and I am sorry for pushing you away when I was at home.

Thank you for wanting to save my life so much that you sent me away. That is love from a mother. Dad, I am sorry for not wanting you in my life and pushing you away. I want you to know that you have made a difference in my life and I do want you in my life. I love you and I also want you to know that PC1 was really good, even if we did have a conflict. We all have conflicts. Thank you both for coming into my life and helping me come this far.

Leslie E.
enrolled Majestic Ranch Academy

AN EMOTIONAL PCI

MY name is Ryan, I am 15 years old and have been at Majestic Ranch Academy for eight months. My first experience at PC1 was really scary. When I walked into the seminar room and saw all those mothers and fathers, it was especially hard



and very emotional when I saw my mom, a foot away from me, crying. When it came time to hug my mom, I felt like I was seven years old again.

I didn't care what any other kid thought about me while I was hugging my mom.

As soon as we sat down together, my mom and I got right to business and started talking about problems. At PC1 we found different ways of solving problems without arguing. I wasn't afraid to bring up past experiences at all. The best thing I learned at PC1 was the Bradshaw method. I have been working on it and using it with my parents

Ryan D.
enrolled Majestic Ranch Academy

I Want To Go

*I want to go to PC1
So I can get my issues done.
All day long I see my dad
And try to never make him mad.
He looks at me and laughs not once, but twice
I say "Hi", and he says "Bye".
We both laugh not once, not twice
But three times.
At the end, I won't let go,
Until I show that I'm a pro!!*



Amanda B.
enrolled Majestic Ranch Academy

SETTLING FOR LESS THAN YOUR BEST

WHEN you SETTLE for less than the best from yourself, you send a clear message about yourself that you don't matter. In this arena, settling for less than your best can take on many forms. Attending Discovery only is a form of settling. This is about doing the absolute least in order to graduate. Attending all the trainings offered and checking them off your "to do" list can be another way to settle. This is simply about getting things out of the way. Another form of settling would be to attend seminars and leave what you learned in the room. Parents, be the example for your teen. Put the same energy into your program you want your student to put into theirs. Don't stop with Discovery. Go to Focus. Then go to all the Keys Workshops. Do more than just attend. Engage in the process of personal growth, participate in the seminars and your Keys Community with passion, and come back to staff and contribute to others' growth experience. Use the tools everywhere in your life!

When you SETTLE for less than the best from your teen, you send additional messages. One of the ways students translate your settling is in the area of program graduation. They think they can "complete" their program early. If they get how thrilled you are with minimal change, minimal growth, and minimal effort, they just know you'll want them to come home... oh, how about on Advanced Status? Or here's one... when they catch up in school. I can't even count the number of times I've heard students say, "I'm just here for school," or "I just have an attitude problem," and when that's handled, "I'm outta here!" By all means, encourage and praise them

for their progress, just don't send the message that it's enough or that they're done. Let them know you expect them to work on all aspects of themselves. Let them know you're proud of what they've



done and you'll be right there cheering them on as they continue with the hard work to come. This personal growth journey, the journey of our life, doesn't end until we end.

Another way students translate your settling is to confirm their belief that they "can't" do any better. When students get the message that "just enough" is okay, they tell themselves a story about their inability to do more. They tell themselves that story because you tell them that story, whether you know it or not. Look back at all the times you thought you were helping out by doing whatever it was they were supposed to

be doing. It might have been homework or a job around the house. Every time you did it for them, the message they got was about their lack of ability. This belief they have about not being able to do more, this belief we parents may have inadvertently fostered, gives them the excuse not to bother putting in effort. It gives them the excuse to continue to do "just enough" to get by.

Students are enrolled in the schools for one very simple reason, to enhance their futures. It really is that simple. The behaviors and attitudes that got in their way at home and continue to get in their way at school are only the symptom. These symptoms were showing up because of the underlying dis-ease, low self esteem, which is based on beliefs and perceptions students have about themselves. When we buy into those beliefs such as "I'm too slow," or "I just can't do it," we set up sabotaging their futures, not enhancing their futures. The next time you catch yourself settling for

less than the best, whether from yourself or your student, stop and think about the ultimate message you're sending. It's time to stand for your greatness as well as their greatness! They can do it! It's time for you to let them know you believe they can do it. It's time to step back and allow them to do it themselves. And while they are working their life, you work yours. Get involved and passionate about your own personal growth!

Jan P.
Teen Trainer
Daughter Bryn graduated Cross Creek
December 1997

HOTEL RESERVATION CHANGES

WE at Premier understand the cost of travel for attending seminars. In an ongoing effort to keep your costs at a minimum, Premier Educational Systems is changing the way you will make your hotel reservations. Effective June 20, we are using a travel company for you to make your hotel reservations for all seminars beginning July through the rest of the year.

One of the reasons some of you have been able to obtain lower rates than the Premier is due to volume discounts. If you have a group volume discount



with someone like the government you may be able to get a better rate at the hotel. This is due to volume. We are now associated with Group Travel Center: A Division of Travel Agent 4 Bid. This is a company which does many things regarding travel but important to us is booking of many conventions with specific hotels. Julie D., the president of Travel Agent 4 Bid, is the parent of a teen in a Premier school. She understands the price you are paying (in more ways than just monetarily) to heal your family and is working with Premier to create the best working solution for all the parents. Their buying power will allow them to give us the guaranteed lowest rate when we are in house at any hotel in 2006, regardless of AARP, government or other discounts.

You may still book your own rooms if you desire. However as we use our room block, we will increase our discount for next year. This means by using the new system, you are in fact assisting the future parents entering the program. This is a way for you to "Pay It Forward" while getting the best rates for yourself. Premier makes no profit off this arrangement. It is a service we are adding to

support our families.

Rather than go through the hotel to make your reservations, you will now contact Group Travel Center to get the Premier discounted rate. For the remainder of 2005, you will receive a competitive rate but this is not Travel Agent 4 Bid rate. Premier has

already negotiated rates but these will not be as low as the new 2006. Julie is working to ensure we do get the best rates possible as well for 2005.

There is now a link on the Parent Support Services page which will allow you to book directly with Travel Agent 4 Bid. When you call or go online to make your

hotel reservation, please make sure you are confirmed for your seminar, and have the seminar date and location ready. By booking through our online site, you ensure we have a

most competitive price for you at the hotel.

Group Travel Center: A Division of Travel Agent 4 Bid

(360) 876-5468

www.grouptravelplans.com/premier

A second great benefit of using the travel company is that they will be able to assist you with any other travel needs you may have whether it is flight or rental car arrangements. Also, Group Travel Center is streamlining the process on our end helping us to be more efficient and serve you better.

Please contact me at the Premier Seminars office if you have any questions or concerns. Our number is (435)635-7298, or you may email me at events@premier-ed.com.

We at Premier wish to thank Julie D. and Travel Agent 4 Bid for their assistance with this effort. She and her staff have been very creative in obtaining a solution to get the best possibilities for our parents at the least cost. I know this is important to you and it is important for Premier.

Ronnie G.
Event Co-ordinator
Premier

UPCOMING SEMINAR DATES

DISCOVERY

NEWARK..... Oct. 18-20
CHICAGO Sept. 16-18
SAN DIEGO Nov. 4-6
ATLANTA..... Nov. 18-20
DALLAS..... Nov. 11-13
BAY AREA..... Oct. 28-30
SEATTLE..... Sept. 23-26

FOCUS

NEWARK..... Sept. 29-Oct. 2
CHICAGO Oct. 27-30
SAN DIEGO Oct. 20-23
ATLANTA..... Oct. 13-16
DALLAS Oct. 6-9
BAY AREA..... Sept. 29-Oct. 2
SEATTLE..... Nov. 3-6

KEYS TO SUCCESS

NEWARK..... Oct. 15-16
CHICAGO Oct. 8-9
SAN DIEGO Sept. 24-25
ATLANTA..... Sept. 10-11
DALLAS Sept. 17-18
BAY AREA..... Sept. 24-25
SEATTLE..... Oct. 1-2

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.

MY PC1 EXPERIENCE!

MY PC1 experience. I was tossing and turning trying to sleep the night before, knowing that I would be seeing my mom the next morning. When I woke up I knew it would be just a few more hours till I got the long awaited hug and kiss. It had been almost eight months since I had seen my mother.

Waiting in line ready to see her, I knew she was just a 100 yards away from me. My heart was beating fast, and my stomach was in knots. The doors opened and the line started moving, as I enter a tear drops from my eyes. I knew my mom was near. Then finally I saw my mother after sifting through all of the parents. She was crying with her arms open. Then I received the best gift that I have ever wanted, that long awaited hug and kiss.

I was very nervous though because I knew this wonderful peaceful moment would have to be interrupted with some well needed work. I wanted to do some work with my mom almost as much as I wanted that hug. I was sick and tired of the emotional distance between my mother and me.

My mom and I were so close until I turned eleven and she got married. I was so upset with her that she would get married to a guy that I didn't approve of. The feelings and the self limiting beliefs that I created over that event, pushed me so far away from her. It was a mistake that I made long ago. I am so thankful I had the blessed chance to talk to my mom about it and through the feeling, dealing, and healing it is now just an event.

That was just the beginning of the seminar and the boat had just begun to rock. I wanted and chose to be completely honest and open with my mom about everything. We worked on so many issues regarding her, the family and me. We focused on the important issues. Some were a lot harder to deal with than others. When it came

to school, we agreed that I need to complete high school and go to college, and do it to the best of my ability.

When it came to my cloths and music there were minor adjustments. They were minor and easy to deal with because I was open to change. My mom wasn't trying to change me. She just wanted what wasn't working for me out. I saw that and respected it.

The hardest part for me was having to confess the rest of my secrets and dealing with my addictions. My chemical addictions are something that I struggle with, and that I do not ever want to go back to. I feel I won't, but knowing I have support from others to help me with my down times is helpful. It is a good feeling knowing I have the reassurance that I can make it on the outside free of drugs having my mom back me up on it 100%. It's a good feeling that words can't even explain. My mother and I will be going to AA meetings, and addiction classes. She will be sitting there right with me just to show her support.

Now for the really tough subject. Sex was a very hard subject to deal with, but was something I felt had to be discussed. I am not proud and I am ashamed of some of the stuff that I have done. Sex has always been the subject that we would avoid, look around, and covered up with lies. I have realized that having sex with many girls and not just one is not healthy. My mom agreed with that, and that sex shouldn't be tested till there will be a ring, keeping that one forever. That would be the way God would want it to be. I am also a recent Principles graduate and I greatly value my faith and commitment to God. My mom and I both agreed that it would be best if I waited for marriage to have sex. PC1 helped my family and me, and I am very thankful for that.

Kevin F.
enrolled Midwest Academy

JUMPING THE HURDLES

I got the chance to run track for Keokuk High School. At first, I wasn't



quite sure if I was going to be able to stick with it. I am used to giving up on myself. It is a pattern

for me. I really love sports, love to be active and just be out there. Getting the privilege to go off grounds everyday for a couple of hours was motivating.

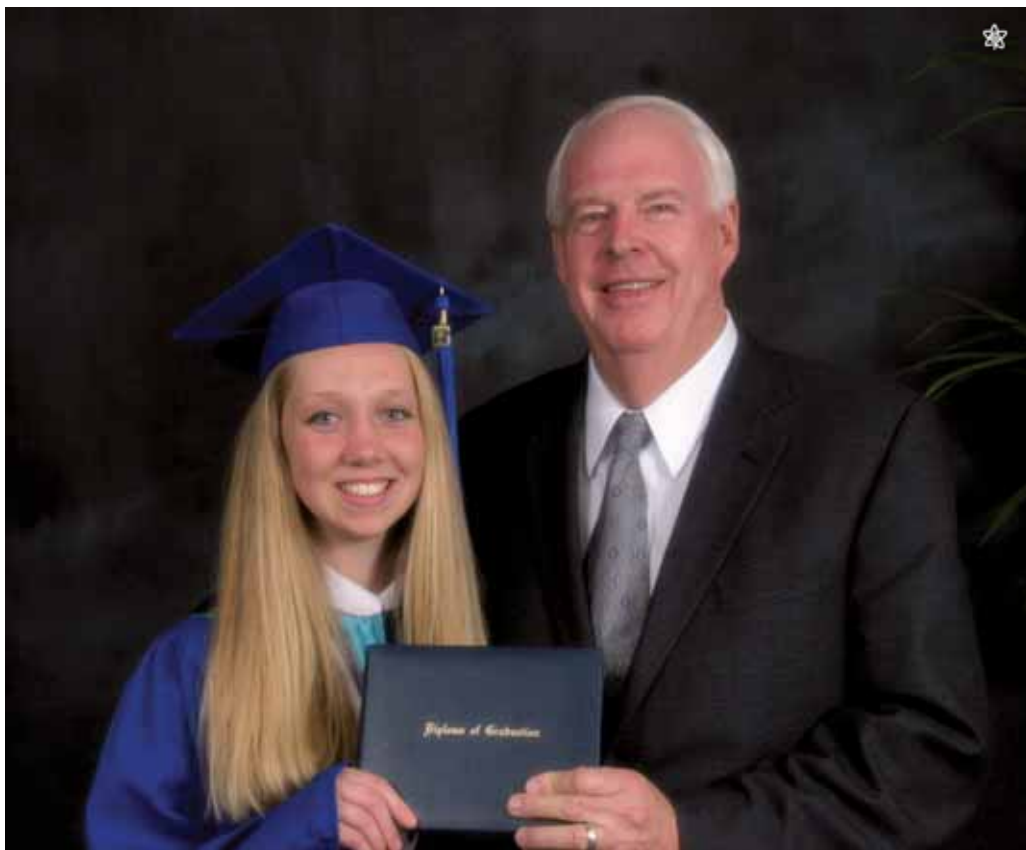
I was into the high jump and 100m hurdles. I had so much fun with the other girls who were there. I'm not one to get close to many people, but I really found myself getting close to them during the hour ride to the meet. I feel like we were really supportive of each other. The meets were fun! I loved competing against other schools. Even though I could not get off being third I learned a lot about commitment, team work and that winning isn't everything.

I dreaded practice at first. I can remember being so out of shape it was funny and loosing my breath like nothing. Once I got into shape I was fine.

I must say that it was an experience that I will never forget.

Heather M.
enrolled Midwest Academy

THE LAST CHAPTER



SIXTEEN months have passed, thousands of memories have been created, hundreds of relationships have been formed, and a successful future has emerged out of the darkness of impossibility. I have changed every aspect of my life and am leaving my program to begin living the dreams that have manifested into realities. Many times giving up seemed like the only option, but I am here today which goes to show that it is never the only option.

As a child I spent countless hours in my mother's bathroom mixing her cosmetics and concocting special medicines. I would cut holes in sheets to mimic the crisp white lab coats I saw on television. My first written words were those that I would copy from my doctor coloring books. Being a "grown-up" and fulfilling my dreams seemed so far away. However, I did begin to grow up and along with my awkward teenage years came endless mistakes. I began to lose sight of my

dreams and in place of them came popularity and endless trouble. That was over a year and a half ago, and I was at a point where college was not a realistic possibility for my future. Academic achievements were at the bottom of my list of values. School was simply a place to meet up with my friends and catch up on the latest gossip. Pursuing boys had replaced the time that I should have spent pursuing my dreams. However, my parents had not given up hope and they took a stand for my life.

I have spent close to 5,000 hours in school over the last 16 months. I have completed around four and a half years of schooling during this time. I was given the chance to re-take many of the courses that I was barely passing and now I am near the top of my class. I have been accepted to a four year university and I will be attending Duke University in the fall of 2006. Medical school is a definite part of my future and

in 6 years I will have adopted the title of a doctor.

I look back over the past 16 months and I can't say that I had a "normal" high school career. I didn't have my own locker, I didn't get to go to Friday night football games, I didn't get to dress up for spirit week, and I didn't have a high school sweetheart.

These are things that I might have shared with my children when I got older, and they might have made a huge impact on my life; however, along with those things would have come all of the deadly risks I had been taking. Now I get to look over my high school experience and say I went to my senior prom with my "program" friends and NONE of us drank. I was active in community service and my school's image committee. I got to play various sports on a daily basis. I spent my sixteenth and seventeenth birthdays

with people that cared about me and I had a blast without anything illegal. I have all A's and B's and I had met all of the requirements to graduate from high school at the age of sixteen.

All of these things may not have been "normal" in the eyes of my friends back home and they weren't easy by any means, but they changed my life. That is the one most important gift that I have been given in my life... a second chance. It gave me a future which I might not have had at home. As I move on in my life I only hope that I can create the result that I have created over the past year and a half. I will never forget the people I have met and the memories that I have created, but most of all I will never forget who I have become.

Brooke Danielle A.
 graduated Midwest Academy
 Honored Graduate June 2005
 She presented this speech to the
 graduating class. Pictured with Ken K.

PCI: THE SECOND TIME AROUND

IN mid-May 2005, I had the opportunity to re-do PC1 with my daughter, Chelsey, who is at AIR. She has been a very comfortable Advance Status since October 2004 and will be 18 years old in September. She invited herself to the program on February 6, 2004 via escorts.

We experienced our first PC1 in July of 2004 after I had completed Discovery and Focus. Chelsey had completed her seminars through Discovery. She had not sent me her confession letter prior to our first PC1.

PC1 the second time around, for me (and I believe my daughter as well), was much better and more productive. I was not still raw from my Focus experience and trying to get comfortable in my skin. My Focus was an awesome, life-changing experience for me and the 6-weeks between Focus and PC1 did not allow me the time to put "me" back together and get strong and comfortable in my new skin. Likewise, Chelsey has since experienced an equally empowering Focus and has Principles under her belt.

I cannot explain it, but in the weeks leading up to our first PC1 I kept having these 'gut checks' telling me that the time was not right - I wasn't ready and Chelsey wasn't ready. I totally ignored those feelings because I had never heard of a parent turning down their PC1 invitation! I was still in my 'old' image of going along with the crowd and thinking something must be wrong with me. It wasn't that I didn't love Chelsey and didn't want to see her; I just had not yet had the time to work MY program. I now know that my journey is mine. By taking the standard or most traveled path, it was the long way around the barn. I see this in my daughter as well. She is learning that she has the strength to walk the road less traveled.

When I was invited to re-do PC1, I never hesitated when I accepted the invitation and never once second-guessed myself! As a person, I was much more ready for



this experience! I had been working on ME and had let go of Chelsey's program. It is hers to work in her time and her way. She owns her results. I will always support Chelsey in her excellence. She is worthy and has the strength to achieve her own goals. In the 10 months since

our first PC1, we had accomplished much through many, many letters. We had our values established and defined. For me this was a wonderful process and hope it was for Chelsey as well. It allowed me to gain a much better understanding of my daughter and what was truly important to her. I had also received her Confession Letter and once again we were able to communicate openly and

without judgment. The past is what it is... we acknowledged, we discussed, we learned and we are moving forward.

At our second PC1, I was not afraid to speak honestly. I knew that I did not have to sugarcoat my feelings for fear of hurting or upsetting my daughter. In addition, she did not have an agenda - to look good, sound good, and come home! Yes, she would rather be at home, but we know that there is work to be done paving the road home and we know HOW to use those tools to pave that road. Our boat rocked at our second PC1 and even flipped over a couple of times! We didn't drown nor did we latch on to a life preserver....we had been in training, so to speak for many months, and we each had the strength to swim back to the boat, get back in and continue rowing! In July of 2004 neither of us had the strength we do today.

I believe there are no accidents on this journey. We were supposed to experience our first PC1 because it allowed us the opportunity to learn more about ourselves and our relationship. Our PC1 in May 2005 we were able to create new results!

Life is a journey. I thank Chelsey for leading us to AIR on our life's journey! Always & Forever.

Tammy H.
 Daughter Chelsey
 enrolled Academy at Ivy Ridge

MY EXPERIENCE AT PCI

IT was Friday morning, and I couldn't get my foot to stop tapping. I kept brushing off the front of my vest and skirt, not because they were dirty, but to distract myself from my own nerves. I twisted and smoothed my hair once, twice, three times. I cleaned off my glasses with the cloth of my skirt. I looked down, and my foot was still tapping.

I was so nervous because this was the day that I was going to be seeing my parents for the first time in seven months. It was the morning of my first Parent-Child Seminar, PC1. I can remember the anticipation burning in the back of my mind and my throat all morning, just as clearly as I can remember that first moment in my parents' arms. After all of my nervous feelings wore away, PC1 turned out to be an amazing experience. My parents and I got right down to work and we learned so much about each other. I never knew how much my step-mom and I had in common. I really felt like I was seeing my dad for the first time, without all of the assumptions and judgements that I had always placed on him at home.

The most amazing thing about my PC1 experience is how I felt like my parents and I were communicating for the first time. We sat down and had civilized conversation for two straight days. During certain processes, I realized how the way that I had been acting when I was at home had affected other people more than I chose to see. PC1 opened my eyes up to how amazing the relationship between my parents and I can be if we both choose to make it that way, and how much all of the work that I do every day here is worth it.

Although we still have our struggles and will probably have plenty in the future, the relationship that I have created with my dad and my step-mom is amazing. Not only did PC1 help us work on our relationship, it helped me see how far I have come with myself and how much I can still do; it works as motivation for me. My experience at PC1 was really a learning experience and it was well worth the work that it took to create the results that I wanted to leave the seminar with, and when I walked out of that seminar I knew that I had made the most of PC1.

Sarina S.
 enrolled Midwest Academy

MY PCI EXPERIENCE AT TRANQUILITY BAY

AFTER 6 months at CSA our son was transferred to AIR, this time ready to work. Shortly thereafter he went through Orientation again and then finally graduated Discovery (after three aborted attempts).

We were invited to our first PC1 and upon arriving at Ogdensburg we drove by the school. That made us excited and nervous at the same time. We were about to see our son for the first time since that terrible day when we dropped him off and told him we loved him.

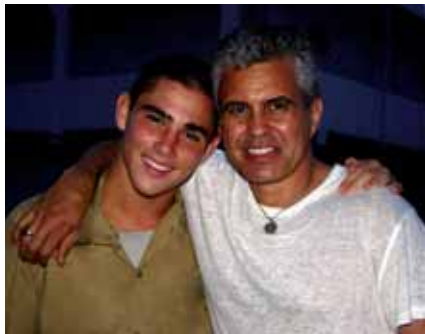
How would he look? Was he still angry at us? Did he even love us anymore? What would we learn about what he really did before we put him in the program? Would he be encouraged to work harder after seeing us or would he get discouraged and fall back because he missed home?

Our first PC1 was fantastic. It was amazing to be able to see our son again. For the first time in a year and a half he looked us in the eye. In fact, he looked at us so intently that it was almost like he was searching our eyes to see if we really loved him and had not abandoned him. We learned later that his goal then was to have our relationship restored. By the end of the first day he felt good about our reconciliation.

Our son was so anxious to restore our relationship that he would have agreed to almost anything at that time. I think that secretly he hoped that we would "pull him" shortly after PC1 or when he reached Advance Status. In his mind he did not belong in a "program" as he had "not done anywhere near the bad things the other kids had done."

For about 3 weeks after PC1, our son's spirits were buoyant and he made progress. Upon learning (again) that we were fully committed to his graduation from the program he went downhill. He became very sullen and quiet which is not at all like him. The depths of our experience that first year came while we were on vacation in Tuscany. I was greeted on our weekly phone conference with the news that he had become very disruptive the night before and that the staff was recommending dismissal. I was in shock. I felt completely lost and alone.

I wanted to quit as a parent. What were we to do now? Did that mean he would have to come home? Then what? There was nothing we could do until we got home several days later. Upon our return to the States, I called our Family Rep first thing that Monday morning. Our son had committed a violation worthy of dismissal. The only place he could go now was the "dreaded" Tranquility Bay.



Within two weeks after arriving at TB our son did something to land him in "Observation Placement" for four days. Apparently, that did the trick. He

has not been back in OP since. He decided to go through Discovery again and requested that we go through PC1 again because he felt that he had still been in resistance the previous time (Dah!).

He advanced to Advance Status and we had our first phone call with him in 14 months. That was very emotional for all of us. His sister came home to be in on the call. Despite the demerits he got each week for minor things, he made steady progress and was able to attend and graduate Focus in May (just before PC1) on his first attempt.

He didn't really expect to be invited to PC1 this time since we'd gone through PC1 at AIR. We had not seen our son in 8 months and knew there was a lot more work to do at PC1. I think of our PC1 experience as "PC1-A" and "PC1-B" especially since he was in two different schools for each one.

"PC1-B" was our first visit to Tranquility Bay. Our son had written us about what a "prison" TB is and how "horrible the staff is", etc., etc., etc. What we found is a wonderful facility and a fabulous staff that is totally devoted to the children. Sure, it's Third World and it's not exactly in a resort area of Jamaica but that is part of what makes it so good for my son who lived in affluence all his life going to private schools with other affluent kids.

At TB, the kids bathe in stalls that are outside with no hot water. They wash their own cloths by hand. Their rooms are cooled only

by fans (although the classrooms and cafeteria are air conditioned). It's a relatively simple life but it's beautiful. The Caribbean is right there. The facilities are very airy and bright with natural light. After all, it had once been a modest resort before it got turned into a school.

Having been through a PC1 at AIR, we kind of knew what to expect. But that didn't keep it from being emotional. Since TB is a smaller facility than AIR the number of children and parents that participate in each PC1 is smaller. That worked out better for us as there was more staff to help us work through issues.

But it's not just a matter of numbers. The staff at TB is truly fantastic. They are all very loving and respectful yet strict. The parents and upper status students that staffed our PC1 were really awesome. And to top it off, we had Ms. Debbie as our facilitator. She has a great rapport with the kids and knew most of them from Focus and other seminars she had done at TB. With about 46 parents and 23 kids in attendance we all became very close by the end of the training.

What made this PC1 so good for us is that our son was really honest about his values and his intentions. On several occasions he got angry and irritated at us. The staff and upper status student staff were very helpful. We made a lot of progress. We settled a few issues which had been hot topics for several months.

To top everything off, we stayed an extra day to do the academic tour and meet with teachers and counselors. That was really a treat. We got to see our son in his classroom with his family. He was so proud to show us off to his friends and his teachers. Then, at the end of the tour our Family Rep brought him out to see us one more time. That was really great. It was a perfect close to a solid working PC1 training.

Unlike the last PC1 when we drove back to Syracuse right after it this time, by staying an extra day, we got a chance to absorb our experience and digest all we had seen and done as we sat by the pool of our hotel surrounded by the Caribbean.

Ya, Mon. It was really great.

**Greg G.
son Alec
enrolled Tranquility Bay**

MY PCI



I have been at Spring Creek Lodge for ten months now, and I'm finally going to PC-1! The reason it has been so long is that I sat on my butt for nine months thinking my parents would give up and pull me. They did not.

I didn't go to PCI until my family rep, Debbi, told me to not choose out of Discovery and I listened to her. I went into Discovery Regular Status and zero points, and I wanted nothing to do with my parents.

About halfway through, I started to open up, and thought to myself, "This is your last chance!" By the time Discovery was over, I felt ready to do PC-1.

This will be the first time in almost a year that I have seen my parents. To be completely honest, the way I'm feeling about PC-1 is more scared than excited. The main thing I'm scared of is falling back into old patterns. I want to make the best out of the two days I spend with my mom and dad. Another fear I have is how my parents are going to react to what I tell them. I have been told by many of the supportive staff at SCL that my parents already know everything about me, or have a good idea. All I can do is wait and find out!

Chris R,
enrolled Spring Creek Lodge

TO MY PRECIOUS DAUGHTER BEFORE HER 18TH BIRTHDAY

I am writing this letter to you to be sure we are on the same page about what turning 18 actually means. First, we must remember it means different things to different people. Let's begin with the obvious, the law. In the eyes of the law it means you are an adult. No questions asked. You have the privilege of voting, buying lottery tickets, and living outside your parents' home. They are no longer obligated by law to provide any support for you. You are expected to obey the laws, just like I am. If you choose to break the law than you are punished just like any other adult. I know you understand this part, so let's move on.

To some teenagers, it means freedom. It means they can do what they want, when they want. Teenagers that believe this usually end up paying a big price for their freedom. They end up either being in trouble with the law, homeless and on the streets, or dead. Freedom is not about doing whatever you want; it's about being accountable for the choices you make. I, as an adult, have certain responsibilities to family, society, and myself. If I choose not to be accountable to those responsibilities I risk losing everything I value in life. These things I value most, my family, my life, and my freedom are not rights I am entitled to just because I am an adult. They have been earned, by making and continuing to make good choices everyday. If I do not continue to value these things, I could lose them at anytime.

To some parents, when their child turns 18 it is a time for celebration. They no longer are legally responsible for that child. They cannot be held accountable for their child's choices. It's a time for freedom for that parent! However, it does not mean they stop loving that child. It

does not mean they stop being a parent. The responsibility of being a parent begins the moment that a child is born. You do not stop being a parent ever. Yes, you have the freedom to walk away from your responsibilities as an adult, but if you make that choice you lose your child. If you look at how I list the things I value most in life, the very first thing is my family. That is where I place my greatest sense of responsibility. That is what I won't risk losing more than any other thing I value, including my own life.

I hope I am getting my message across to you. Turning 18 is not about freedom.



It is about you making choices and me respecting those choices. It is not about me not loving you, no matter what choices you make; it is about me loving you enough to let you make your own choices. It is about you accepting the responsibility of your choices. It is about you being accountable to yourself! I know this gives you a lot to think about over the next few months before you turn 18. I will continue to pray for you and others soon to be adults to have the strength and courage to make good choices for themselves and for their families. As always, your loving mother.

Anne S.
daughter Grace
enrolled Spring Creek Lodge

WISDOM, FAMILY, ACHIEVEMENT AND STATUS

FOR the past three or four years my relationship with my mother has been in a rapid decline. Of all my siblings, I have been the most disrespectful and I was definitely the biggest scoundrel. It seemed as if I could only go a day or two and then we would be arguing again. I didn't realize that my mother had been doing her best to keep me in line while taking care of the bills, our dogs, the barn animals; making sure that my siblings were behaving, and all while working two or three jobs.

All this time my dad was busting his hind parts at work. He would come home just

to separate my mom and me. Then he would take me to work on the truck and the tractor or just around the house, but mainly in the fields. That would give me time to cool off and then we would sit down and eat our supper.

My dad and I very rarely get into arguments. We would have one or two every year, maybe. Although, sometimes I wish we had. My mom witnessed my dad and me having fun together all the time, but when she and I were together it would be all tension. PC-1 helped me get the full effect of seeing how my actions caused some of her self-limiting beliefs, for example, she's not good enough for me, she's not a good mom, and no matter what, she's not going to be good enough.

It had been eight months since I had last seen my parents. My family rep came up to me and told me I was headed for PC-1

on March 11th and 12th of 2005. I was shocked. I had no idea what to do. At first I was reluctant because I didn't want to have another fight with my mom, but



I really wanted to see them. That was when another student who had already attended the seminar told me there was going to be a huge support group, and that fights and arguments really never happened, or at least he had never seen it.

At the seminar, my parents and I did a lot of work. We surprised the facilitator. I would never have thought in my life I could open up to my parents, especially my mom! At home, I thought they were just annoying old hags, but now that's changed. I've come to see that my parents don't want to see me go down the road they traveled. Through their sharing, I found out it was a really rough life.

I'm proud of our family for all the work that we've done. The communication between us now is the best that it has ever been. Two years ago, this wasn't even possible. Also, I had been really beating on myself for my actions but without them, I wouldn't have this awesome family.

Jay S.
enrolled Spring Creek Lodge

PCI

PC-1 was an experience I never thought existed, but believe me, it's not a bad one. I was here for about seven and a half months before I went to the seminar. In those two days I did more work with my parents than I had in all the time I spent here before PC-1. Seeing my parents for the first time was almost surreal for me, but was the most comforting time. I wanted the seminar to last forever because of the way it makes you feel, between the motivation and the self confidence it gives you, and the sense of trust that your parents gain during some of the processes you go through.

My parents loved the seminar. They couldn't stop talking about it. They learned a lot from me, and I learned from them as well. For once, we felt like we could be honest without wondering if anything we said would be held against us or be thrown in our faces.

It's definitely an opportunity to let go of guilt or shame that you might be holding on to. My advice for PC-1 is to go in open-minded, and don't expect it to be perfect. Not everyone's experience is the same. If I had the chance to do PC-1 again, I would. Just the fact that you see each other for the first time in the program is comforting and powerful. I seriously recommend families to push themselves through such an experience as we did, and to have fun doing it!

Austin P.
enrolled Spring Creek Lodge

Parent Support News

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Please email articles to editor@parentsupportservices.com, please include your name, your student's name if applicable, and the school he/she attends. When submitting articles, please submit a photo as well. You can email a high resolution photo or mail the photo and it will be returned. If you have any questions, please feel free to email me.
Dwan

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.

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