

PARENT MARCH/APRIL 2006 SUPPORT NEWS



- FEBRUARY HONOR GRADUATES
- GOING FOR THE GOLD
- SCL'S SPIRIT OF SERVICE

THE GIFT OF MUSIC

AS a young child I laid in my bed and listened late into the night to the beautiful sounds emitting from the living room. It brings my heart to a place that could not be touched any softer by an angel.

Playing music has been a part of my life as far back as I can remember. Whether it is listening or playing, I have always found it as part of my salvation. When I first came to the program and was submerged into the life of Casa By the Sea, I felt as though I would never have music as a part of my life again-like it was something that would be lost to me forever. It took me losing something so dear to me to realize the gift that I had and for this I am thankful beyond measure.

Without learning this valuable lesson, I would never have had the incentive or self motivation to apply the skill that I had. When I reached status five after transferring to Spring Creek, I received my cello, which had previously been broken and repaired. With the help of my loving therapist, I was able to once

again engage in playing. When I started playing at the school I was skeptical of what would be thought of me and if what I was doing would be culturally accepted. To my great surprise, I gave people a gift that I was afraid to show before. People acknowledged me daily and asked for me to play for them, which gave me a sense of importance that I had not had before.

Around Christmas time, I was asked by Ms. Jacqueline, the public relations representative, to come with her to play at the Plains Hospital with a few other Spring Creekians, as well as my best friend Sam. We were accompanied by Ms. Jan O. on the piano and another violinist, Judy D-H, as



Chris D. playing beautiful music on his cello.

well as Ms. Jacqueline herself playing guitar. As a group we played through some pre-rehearsed Christmas songs and some pieces of my own, which really



Spring Creek students Left to Right: Alex B., seemed to warm the hearts of the Thompson Falls citizens.

Even though the performance may not have been huge, the impact was strong enough to bring out the best of the Christmas spirit. Out of this experience, I did not expect anything in return and I felt like I received the best possible gift. It was an experience that I will never diminish and as a wine gets better over age, so will this memory.

I am coming to an end of my program as it is nearing February PC-3. I find myself as stressed out as ever but anticipating each and every day. I plan on taking my musical talent to the college level; I am in the process of making an audition tape to send in to colleges. I am more proud of the accomplishments than I ever have been, and the initiative that I am taking to create what I want in life.

Chris D.
Graduated Spring Creek Lodge
February 2006

SPRING CREEK LODGE'S SPIRIT OF SERVICE

A NEW VIEW



I'M sixteen years old, and the only times I've been to the hospital have been when I was told I had to go. However, I was asked if I would like to go to a hospital and sing with a few other students. My immediate response was, "YES!"

Amanda S., Chantal H., Laura S.

Ten minutes later I was worried: doctors, needles, nurses, needles, that hospital smell, NEEDLES! Altogether I just get freaked out in any medical situation. Obviously, I have a huge phobia of needles.

I started to look at the positives. I love to sing, so this would give me the opportunity to get off the campus and give back to the community. Needless to say, when I got there and all six of us and Ms. Jacqueline lined up and started singing, I had a blast.

It felt good to make a positive change in the community instead of a destructive one. I felt I had touched each person that sat, stood, or even walked by and listened. Their smiles filled my heart with happiness and my face with a huge grin. We were thanked repeatedly for going out to sing for them, but I feel I should be thanking everyone who helped us get there, for the great time we had, and for giving me the opportunity for a new experience of the hospital. Once again, thanks to everyone. It meant a lot to me and I'll never again look at a hospital the same way as I did before.

Chantal H.
 Graduated Spring Creek Lodge
 February 2006

FRIENDS OF CATHY

NOTE: "Friends of Cathy" is a non-profit organization that raises funds to help with travel and lodging expenses for residents seeking medical treatment not available locally.

WHEN I found out that my first Honor Status activity was going to be a service project, I was kind of bummed. Then I found out what it was for, and I remembered how good it felt when I had contributed at the Relay for Life event in August.

We woke up bright and early and put on our jogging shoes to prepare for the day. We had a fun drive over in the van, dancing and singing to some old jams. When we got there, we were greeted with smiles by the people participating in the walk, and they had some fresh-picked fruit for us to start out with. We all paired off into groups and went off to gain a new experience.

While I was walking I enjoyed the beautiful scenery and thought about how my participation in this walk was actually meaningful to those who would benefit from the fund raiser. I feel as though I grew over the seven miles we walked. I felt so much more involved with the community and with nature. It was a great experience that I'm glad I had the opportunity to participate in.

April Y.
 enrolled Spring Creek Lodge

BEING IN SERVICE

AS a group of six young ladies, we were given the opportunity and privilege to be trusted to serve at a banquet for the Exchange Club of America's opening meeting. Never in our past would we have imagined wanting to be involved in volunteering for our community. After a long hard day of waiting on some of the most prestigious leaders in the surrounding communities, we all felt a sense of humbleness. Being in service is a principle that is strongly stressed at our



school. Not only was this a huge learning experience for all of us, but we had fun while being in such great service.

We were able to get to know the Al. McG., President of the Exchange Club of America. He was a good example for us to see how far determination and passion for life can take you. It was a very uplifting experience, one we probably would never have given a chance at home. Preparing to go home soon, it has helped us to realize how much of an impact we can have just by the simple act of volunteering. Being in service is something that comes from the heart, and something we plan on bringing to our communities at home.

Nikki C. & Kia T.
 Graduated Spring Creek Lodge
 December 2005/February 2006

DECIDING I'M WORTH IT!

MY name is Sarah A. and I walked through Darrington Academy's doors on November 18th, 2004. Walking in I had no idea what to expect. My mind was set on blaming my parents and taking no accountability for my decisions that lead me to the program.

I felt my mom's fiancé didn't want me in his house. Playing the victim, I didn't include the facts that my attitude and past actions altered the mood of our household. Previous to the program, I walked around numb to all my emotions. Using drugs as my tool to build a wall, disincluding myself from everyday life. A life that soon consisted of self abuse. I wasn't making decisions that would help benefit my future, or assist me to become the leader I am now. I came in hardheaded taking this program as a joke. I was also playing the blame game. I was holding my mother responsible for my bio dad's actions. Doing so, I created a lot of pressure on my parents' relationship! I, in so many ways, was crying out for help, and my pride held me back from asking or accepting it.

Early on in my program, I felt there

was no hope in creating a relationship with my family. I was still holding on to the abandonment issues from when my bio dad left and then felt again because my mom sent me away. I used

it as an excuse to manipulate and not progress. I did not realize my parents were doing everything in their power to give me a future and help me create a foundation to build on.



My first letter home, to say the least, wasn't very nice. In that letter I spoke to my mom referring to her by her first name, showing no respect. I told her how I would never associate her as my mother again. Since then this program has not just helped me, it has assisted my family to create a relationship. For a long time I felt lost in life. I didn't know what my purpose was to fulfill. I was confused about my dreams and most of all myself.

Orientation blew me away. I was being honest with myself. I admitted that I needed help and that I wasn't perfect. Orientation was my first wake up call. Before Discovery I wrote my mom a confession letter which started with impure intentions. (Mainly to play get back games.) Although when I was done I got a lot more out than trying to hurt my mom. It felt like a sumo wrestler had stepped off of my chest after putting on a ballet performance. I took a big breath and sent the letter off.

Focus helped me to become content, and forgive myself for mistakes that I've made. I also learned to look at situations as learning experiences. I learned the accountability formula in Discovery, but

Focus assisted me to use it. Focus was my TRUE turning point. From then on I wasn't working this program for anyone else other than myself.



This is only where it began. I soon got upper statuses, and this was a different type of program. I started internalizing and I feel like my most impactful part of my program was when I decided to write my Grandfather a letter. This event opened doors in my life that were closed for nine years. The story isn't the issue. What I find so

amazing is the courage I built to overcome this fear. I believed in myself and I am thankful for the relationships that I have created with more than just my Grandpa, but now my cousins, and aunts. I have made a decision and that is to never let myself turn back and feel sorry for myself, but to let myself move forward and create different results.

On upper statuses I have also had the chance to watch girls come in with the same miserable attitude about life and soon find themselves loving who they are. I believe that I have truly made an impact here at Darrington. Sometimes the best thing to do is just listen and I find that a lot of the students just want to be heard.

PC2 helped me to reach out and be

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Sarah A.
Graduated Darrington Academy
February 2006

GOING FOR THE GOLD

COMMITTED TO EXCELLENCE IN YOURSELF AND OTHERS

AS this year's Winter Olympics came to an end I found myself reflecting on how each champion came to be who they are in the world.

The dedication and commitment required that had them arrive in Italy of 2006. As I recalled each person's story, shared throughout the 2 weeks, I noticed that there were common attitudes embraced by each person.

As individuals who are committed to change and personal growth, each person

involved with Premier Education Systems shares many of these same attitudes. The Keys Seminars are the practice field for all of the seminar principles. They cannot be learned and internalized without a great deal of day to day practice. This is where commitment is tested. It is not always comfortable to practice, many times making mistakes. But without purpose and a clear vision the results and internalization will never be attained.

Here is what I have discovered in watching these Olympics that I invite each of you to reflect on. Look to see how it sits with you and your personal best.

Trust - first and foremost. Each Champion must have a large degree of trust within themselves. They must trust their coaches and the trainers they work with. As coaches and trainers we see in others more potential than what is actually being demonstrated in the moment. We speak to these possibilities. We coach to the outcomes that you say

you want for your family and your life.

As you work in your Keys families it is essential to create trust. From this, each of you will begin to see all the resources you have AND trust others to assist you in bringing forth your own self awareness.

Commitment in the face of failure.

When we do not achieve what we have envisioned and we cannot seem to see it within our grasp, the only thing we can stand on solidly is our commitment. Failure is not bad when we look at it

as feedback. This requires us to step outside of our egos and look objectively at what we have created.

From commitment breakthrough occurs. From commitment creation is born. One thing that was repeatedly pointed out in these Olympics is where each athlete was willing to take risks. In taking risks we are challenged to stretch beyond what we have previously done. When you take risks, in the very moment, you are choosing to go for the gold. No practice, no warm up, no getting ready, just do it and see the

results. It is in moments like these that we bring forth more than we might have imagined in order to create the results we are committed to.

Each step of the way in the program each individual is tested on what they are truly committed to. There will be times of failure and also times of great learning and great wins.

Passion. All athletes share a passion for the sport they are committed to. Each Olympian had discovered this passion years before. They invested endless hours to practice, to learn, to grow and to become competent in their particular arena.

As I listened to some of them being interviewed after their performances, they all shared many of the same attitudes. They had stepped into their experience and allowed themselves to feel the joy and pleasure of doing what they loved. They have a sense of purpose and vision that they held onto as they prepared and preformed for the judges.

As you do the work between each Keys seminar become passionate about creating the experience of yourself in the moment and the vision you have for yourself and family.

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Barbara F.
Facilitator



A FUTURE SO BRIGHT



my program for over a year. Between breaking separation, withholding, and attempting to break all the rules, I felt trapped and like there was no hope for me. Looking back on it now, I see without those experiences and all the learning that I have created from it, I would not be where I'm at today.

I got Honor Status for the first time after I had been in the program for one year. I dropped several times from the Honor Status, but the very last time I dropped I knew it would be the last. At first I felt I was back at square one - helpless, unworthy, and insecure - but when I got back up I had experienced one of the best learning opportunities

I've had. I finally reached the point where I was committed to wanting more for my life. When I achieved Honor Status again, I thrived, not only in my program, but in my relationships with my peers, my mom, in my school, and built up my leadership skills.

I took on a project I thought would be beneficial to Hurricane Katrina victims and to breast cancer patients, but by the end of this service, I realized that was not the only thing I had done. I established a whole organization called F.A.C.T. (Fighting Against Cancer Together) that will still carry on even after I leave Spring Creek. We started with a bake sale to get things rolling and raised nearly \$300 just amongst the Spring Creek

staff, who donated the food they made and then bought from each other. After we got that done, we launched the actual organization in which we put bins all over the facility and collected cans to donate the money to the Breast Cancer Society. I also worked for a volunteer project called S.C.E.A.P. (Spring Creek Environmental Awareness Program) in which we recycle paper all over the facility. Being part of these volunteer projects has made me more humble and has taught me a lot of responsibility, as well as work ethic.

I have been able to inspire girls around me and show them no matter what, there is

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Kelly P.
Graduated Spring Creek Lodge Academy
Honor Grad February 2006
She presented this speech to the
graduating class.

HI, my name is Kelly Preston. Today I am proud to say I am a high school graduate as well as a program graduate. I have spent 27 months at Spring Creek Lodge Academy. My education is one of the things I am most proud of. I came into the program with eight credits and graduated with 24 credits and a 3.6 GPA. I graduated 6 months earlier than my class and I am a member of the National Honor Society. I am now taking college courses on-line with BYU and I am already enrolled in Rising Spirit Massage Therapy School for when I return home. None of this would have been possible for me had I not come to the program.

In the time I've been at Spring Creek Lodge, I have grown in more ways than I had ever thought possible. At home I was insecure and acceptance driven. I had no confidence and was a doormat for any guy who would give me a feeling of being loved. These issues carried on into



WHAT DECISION WILL YOU MAKE?

LADIES and Gentlemen, fellow graduates and well wishers, good afternoon. This is a very special day and occasion for all of us. We are gathered here today as Program and High School Graduates—what a GRAND accomplishment!!! This is something that seemed like it would never happen for me, many months ago. To introduce you to the person behind the microphone and before I get into detail, I would like to tell you a little bit about myself as it relates to the Program. I entered Tranquility Bay, Jamaica in October of 2004 with zero credits in the 10th grade. I was a frequent drug user, drinker, a thief; I disrespected, quit school and ran away on many occasions. Frankly, my life was not headed in a very healthy direction.

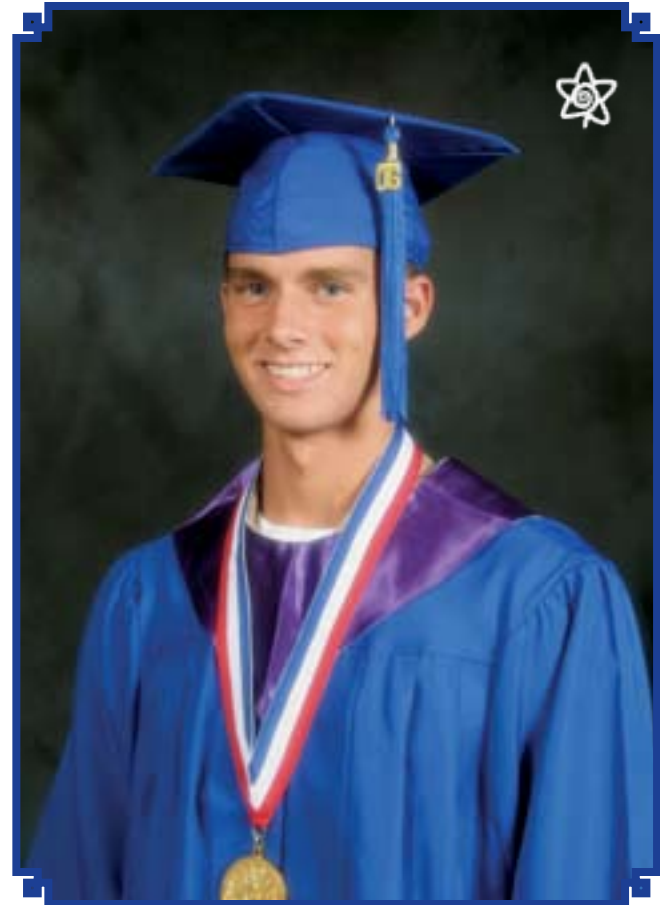
At that point, I had planned on being

a 9th grade drop out, never finishing High School and never going to College—depriving myself of something so versatile and useful. In my sixteen months at TB, I completed three years of High School, worked extremely hard on my shortcomings and paid my dues. Today I stand taller than usual because I feel and know that I have accomplished something wonderful—we all have, actually. We have all sojourned through our Program and High School; dealing with issues that enveloped various aspects of our individual and family life. We should therefore know now that whatever we want, we can achieve. We can reach our

goals, dreams and aspirations.

I am sure there were times with all of us, when we felt like giving up but we kept at it because we knew that the pay off would compensate for all the hard work and dedication. For me, it was the fact that I did not want to have any regrets about not doing my best. I did not want anyone else telling me I could have put forth more effort.

We all know that we could not have done all this on our own. I therefore take this opportunity presented to me to thank all of my teachers, mainly:- Mrs. Brown, Mrs. Simpson, Mr. Fletcher, Mr. Bent and especially Mr. E.



Wright. Also, my family rep, Ms. Morrison, who would not let me quit, even if I wanted to. Thanks to Mrs. Collins, the Academic Coordinator and all the Family fathers who have been instrumental in assisting me during my tenure at TB. Last but by no means, least—my parents, they have been my chief support and cornerstone the entire way. Without their divine intervention, I know that I would be a far ways off.

As we embark on our new journey home, let us be forever mindful that there will be many obstacles standing in our way to a successful life. Now that we know that we can make a decision. My question is-- what decision will you make? Thank you and God bless.

Shawn M., Jr.
Graduated Tranquility Bay
Honor Grad February 2006
He presented this speech to
graduating class.



CHANGE

THE Purpose of the program is to create "CHANGE." This is a very complex process for any individual. When looking at a Family, the complexity of the change dynamic increases exponentially. The parents as well as the teen must work on their part of the non-working relationship which existed in the family.

Change requires being uncomfortable! In the seminar - as in life - growth happens when you are outside of your comfort zone. I am amazed at the number of teens and parents who enter the program under the hope that "time" spent in the program will create some sort of magic. I wish it were true, but change requires a massive level of commitment to the process. This means putting out energy to continue to have change show up in the reality of your life. The application of this energy daily is uncomfortable and risky. If it were not, we would already be doing it!

One of the first signs you see in Discovery is **THAT WHICH IS NOT ACTED UPON IS NOT LEARNED** Think about this expression for a moment. As a person I can understand many things. However this does not mean I am changing. Many of the teens understand various aspects of their choices, the danger, the pain, the hopelessness, but they are doing nothing to have things be different. Awareness of oneself not understanding is a step in the change process. This is the purpose of the seminars – creating insight and awareness. The real step is to take action on those things into which I gain insight.

Application is not the doing this just once



but doing it consistently. An attitude of "doing it once and now I am done" is a setup for failure. I liken the program to any sport (or musical instrument). In sports you practice for hours to create the type of reflex and skills necessary in the game. In the game you have very little time to think. You must be ready to PLAY. If you don't practice then when you are in the game you are not ready to meet the challenges. Worse is to practice bad habits. If you continue to practice non-working behavior on the practice field, this is what will show up during the game. Too often I see parents and teens continuing to practice "bad habits" and then get frustrated when the family is reunited. The time you are in the program is the time to create a new set of habits built around good solid values and behavior.

For the teens in the schools, change must be internalized. Once home, they must have a new set of instilled behavior. The teen must be self-correcting with the parent acting as the safety net, much like the staff at the schools. If you are not getting hard evidence from your Family Rep., teen, and the school that new behavior is showing up, do not expect this once your teen is home. The exact same attitude and behavior will be present at home you experience with you teen while in the program. The teen must be practicing new habits in order to internalize the change. Your time spent with your child in PC seminars, schools, and home visits are critical time for you to REALLY see what is real and what is not.

Parents too must internalize new beliefs and behaviors. You must start practicing

habits built around your values and new self-enhancing behaviors. I fail to understand the attitude of parents who merely want to sit on the sidelines and not take on the change process. The change process available to parents is designed to impact all areas of your life not just your family. Discovery is the start. Focus is the single most important training you can do for yourself! However, merely DOING the seminars is not change. Again the key is consistent application in your life. Keys Workshops are the parents internalization process. The time between workshops is the real live practice with your Keys Family of all the new beliefs, tools, and attitude you will need once your family is reunited.

Your Keys' family is a proving ground for use of all the skills you develop in the seminars. Far too often I see the Keys families not functioning to support the purpose of success when the family is reunited. The choices made within your Keys family must support the purpose you have developed as a family. This

purpose must be aligned with a commitment to create a new family dynamic for your bio family. If your Keys family is not really working and pushing all members to integrate the tools and principles of the seminars, you have a dysfunctional Keys family.



Change is as difficult as you wish to make it. It will always require work and energy. However, you are the one who chooses how to view your change. This is the power of choice and accountability. You could choose to have your process be fun and exciting. I see much more value in creating an exciting journey rather than one of hardship and pain.

David G.
Senior Trainer

MIDWEST ACADEMY'S SPIRIT OF SERVICE

SINCE being at Midwest Academy, I have had so many opportunities to commit to service projects all around the area. As interns, we have started making flyers and taking them door to door for our service, which is free! We can do any kind of yard work, clean garages, paint, take things to the dump, and even chop and store twelve tons of wood! It is awesome to go out and do things like this for the community. I have never done anything like it before and when I get done I feel so high inside.

I get to look at a project and say I did something good. I have worked long and hard to make it. Six of us woke up one Sunday morning and went to a house down the street where an old man lived. He couldn't do the work for himself. We spent seven hours chopping, axing, splitting, and loading twelve tons of wood for him so that this winter his house would be warm and he would have a stove. I had a blast with my friends. We don't ask for money but the people we work for usually have bought us a meal and snacks. That is cool. But the part that makes you feel so good is the fact that you're doing all that work for someone for free!

We cleaned out a man's garage one day and it looked brand new when we got done with it. We also landscaped his entire yard, cutting limbs, taking away ugly bushes, and just straitening up. He was so happy for what we did for him. I think that the people we work for are really impressed when they see six seventeen year olds working on a Saturday or Sunday for them for free. They always thank us so much for what we did for them. I am always happy to work for people and the community, just to help out.

Andrew M.
enrolled Midwest Academy

OVER the last fifteen months I have had many opportunities to be of service. I have been in a character building program at Midwest Academy, where I have put my life back together. After the first few months I started maturing and eventually became an upper level status student. I have been in the upper levels for about eleven months.

One of the most beneficial things about my rank at the academy are the opportunities to help out around the facility and even around the community. In the facility, as an upper level, we are assigned chores daily, but the extent of our service goes far beyond that. Sure I clean the facility a lot and go on plenty of service projects to help out, but

the best service is out in the community. Every Monday we go to a retirement

center and play Bingo with the residents. Recently, we've gone around the neighborhood offering personal services. So far we've cleaned out garages, fixed up yards, cut wood, etc.

For me it feels really good to be helping out with the community. It's

a productive way to spend your time. It's really nice to be a part of a good cause now, instead of a part of the problem. Being of service is my way giving back.



Jared C.
Graduated Midwest Academy
December 2005

UPCOMING SEMINAR DATES

DISCOVERY

CHICAGO June 16-18
LOS ANGELES..... June 2-4
ATLANTA..... June 16-18
DALLAS April 28-30
BAY AREA..... June 23-25

FOCUS

NEWARK..... June 22-25
CHICAGO June 1-4
LOS ANGELES..... May 4-7
ATLANTA..... June 15-18
DALLAS June 8-11
BAY AREA..... May 18-21
SAN DIEGO June 1-4

KEYS TO SUCCESS

NEWARK..... May 13-14
CHICAGO May 6-7
LOS ANGELES..... June 10-11
ATLANTA..... May 20-21
DALLAS May 20-21
BAY AREA..... April 22-23

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.

LAST DAY OF THE SEMINAR ENDS AT 7:00 P.M.

PLEASE SCHEDULE FLIGHT ARRANGEMENTS ACCORDINGLY.

LAWS OF LIFE

“WHETHER you think you can or think you can’t, you’ll be right either way.”

This quote has had a huge impact on my life. When I think of this quote I think of

what is possible in my life. I think of when I would tell myself that I wasn’t doing well at school work, and due to my self-limiting beliefs. I



wasn’t achieving what I know I could achieve. The worst part of it was, I believed myself, which in turn drove me to fail. But then I think about when I got sent to a boarding school for eighteen months. I was very defiant and didn’t want to comply with the rules that were set for me. Much like I was doing before I got sent, which led to my mom to making the decision she did. After a while I told myself that I could achieve more than I was doing. I was better than that. I gradually worked myself up each status and kept telling myself that I WAS smart enough, I WAS strong enough- and I achieved greatly!

I finally had reached the top of the program, after eighteen and a half months. My family and I took a flight to San Diego, California where I received a diploma of excellence in the field of leadership. It was all because I told myself that I could achieve greatly. I apply this quote every day in my life. Telling myself in the morning when I wake up and look in the mirror that I have a decision to make, I can either go back to the old path I was following-

doing drugs and wanting nothing more for my life than to party and get wasted, or I could go in the other path and achieve in my life greatly- go to school, get good grades, make friends, and be

interested in something that is useful and that will help me be a better person in my life and an asset to society. This attitude will prove to me and others that I am totally in control of my life. I can make choices about myself although I cannot predict the future. I can have a big impact on whether or not the outcome, I have created for myself by the choices that I have made, will benefit me and the people around me.

I would like to say that I hold this quote dear to my heart. I am a living example of how the choices I have made in my life may not have been working to make me the person I know I could have been, but how life will always be there to let you decide on “whether you think you can or cannot you will be right either way” no matter what decision you choose to make.

Jon R.
Graduated Carolina Springs Academy
October 2005

SMILE, CHARLIE!



ALL my life, people have been telling me about my smile. Strangers would see me and come up to me and say: “You have a beautiful smile,” and walk off. Kids and adults have said the same thing here at Majestic. One time we were in the gym and a lot of our team was at PC1. One family came in with their son and we got to meet his parents. The first thing they said was: “Hey, Charlie, you should smile in your pictures. Every time we see a picture of you, we always hope you are smiling because your smile is really beautiful.” Ever since that day I have smiled in all of my pictures. It makes me feel really good that people care about me and want to see me happy even if they have never met me. I appreciate myself a lot more now so I guess I will keep smiling!

Charles K.
enrolled Majestic Ranch

“To often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.”
~Leo F. Buscaglia

FOCUS

MY FIRST RAY OF HOPE

WHAT an amazing experience! Focus has been my most powerful seminar. It has helped me grow so much. At first I felt like I had no power, that I had given it away, but then I went deep into myself. The first day no one was open, we all just wanted to slide by. Our facilitator thought only about two kids would graduate, but incredibly by the first night we started opening up and all eleven of our Focus Family graduated. I am so glad that Majestic gave me the opportunity to go to this seminar.



Brandon V.
enrolled Majestic Ranch

Our House Parents always say they are not here to be our friends but I think differently. My experience is that they are our parent figures as well as our friends. They are here to help us, they joke around with us, and love us. Even if they are not my real parents I look up to them like they are. These people aren't here for the money, they're here to help kids because they love kids and I acknowledge them for all of their hard work and effort.

Vinny, our family rep, came in on Friday and gave us an inspiring talk. We are Americans, but we are acting like AmeriCAN'Ts. Getting consequences in school and being off task. We are getting a good education here but we aren't taking the opportunity. MRA gives us another chance to turn our lives around. It doesn't matter what got us here. In the beginning when I first came here I was looking at MRA as the enemy, but now I know that MRA isn't the problem, but it is the solution. Vinny opened my eyes and showed me this. MRA has helped me learn and grow so much. I want to thank all of Majestic!

MY son went from being a dream child to a living nightmare in the matter of a year or so; and having just moved to a new state with him, I was frantic when his behavior took a turn for the worse again. In this swirl of upset and confusion, my boss, whose son had been a Tranquility Bay student, generously shared about "Tranquility Bay". Ah, my first ray of hope – 'tranquility' – was this actually possible given the insanity of having an "at risk" child?

It has proven not only possible, but far beyond what I could imagine - Tranquility Bay and its programs were the starting place for us to reconstruct our lives consistent with what all families start



out envisioning – health, wholeness, peace, and sobriety. From my first contact with the school it was clear that the staff, the seminar program and the environment would provide my son (and others like him) an atmosphere of powerful support in seeing and choosing a life of sobriety and vision. While I know our work at

home will continue and be equally as challenging as the on-site program, I also know that we have tools in powerful effective communication, cleaning up behavior, creating visions, living at choice (among others) – tools that we can use everywhere in our lives in all circumstances.

The Tranquility Bay experience is holistic – it doesn't warehouse kids and send them back to the same environment – it invites parents to work their program as well and participate in creating healthy families. The staff is an amazing breed of committed, loving, strict and available people. They are there for each child and gently yet firmly guide each one in his/her program journey.

Our family is freshly committed to being healthy and whole and we join other families in the ongoing pursuit of what is possible. I have met people with and

for whom I stand for family success; and I have personally been touched at a whole new level by the value of asking for and receiving support. I remain forever in debt to Tranquility

Bay, its staff and its programs for returning my son to his vision for life and giving us all the tools to nurture and support our family.

Suzanne M.
son Shawn M., Jr.
Graduated Tranquility Bay
Honor Grad February 2006

SECOND CHANCES

MY name is Bryce T. I am 16 years old and attend the Horizon Academy.

Previously, I attended Spring Creek Lodge Academy for around nine months. My outlook on life before coming to Horizon was a lot of confusion with what I wanted to do with

my life. I had a lot of disrespect issues towards everybody who put themselves out to help me. I vented my frustrations through acceptance and wanting to be noticed. My relationship before, with my family, was very surfacey and we all did our own thing.

I know now that I was not ready to be pulled out of Spring Creek. I know that I wasn't ready to go home because I wasn't at a spot with myself to open up while I was in the program. I feel that again I took the back door and the easy way out of my problems. When I returned home I did well and held strong for about a year; I then started having personal struggles and always looked to others to help me with my problems. My lack of self confidence came up again for me and unfortunately I lacked a lot of the tools for myself that would help me and keep my intentions pure. I started slipping into my old non-working ways and going out for others acceptance to feel worthy. I was avoiding who I really am by being afraid to express it. I found myself hiding in my own town because of all the things I had done.



My parents loved and cared about me enough to give me another chance to better myself. I am now open to getting out of my comfort zone because of Horizon Academy. The seminars have helped me see a lot in myself and what I am capable of as long as my intentions are pure and I am being myself. The surroundings at Horizon Academy help me feel safe and the staff gives me guidance to help better myself and give myself a lot of extra opportunities with what I am interested in for my future. It feels

great to have the support and positive surroundings here to help me out with dealing with my struggles. I feel that being in a program for the second time that I don't need to focus on the mechanics, but pay more attention to helping myself and dealing emotionally instead of avoiding and putting up my fronts.

The second chance is the best thing that has ever happened to me and it is helping me show my unconditional love to my family and gratefulness for sending me to an awesome learning environment like Horizon Academy. I now respect and love myself and also have gained a lot of confidence in myself. My relationship with my family is amazing and I feel comfortable talking to them about anything. I feel that any program like Horizon Academy can help anyone as long as they are open to change.

Bryce T.
enrolled Horizon Academy

A FUTURE

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always room for improvement. I remember when I was at a lower status, I felt judged by the Upper Status girls who were doing so well. I compared myself to them and felt like they could never understand me or what I was going through.

When I achieved upper status, I decided I was going to be a Jr. Staff that was strong and confident. I was going to make difference in the lives of those around me. When I see girls struggle the way I did, I talked to them and shared with them the experiences that I created for myself. My goal has been to help them see things from a new perspective. I have watched some of those girls grow into amazing individuals. It makes me feel good to be



able to acknowledge myself, knowing that part of their success may have come from something I assisted them with.

I know that I have impacted my family as well. Even though I am not around them as much as the girls at school, I lead by example, especially with my God family. My sister has struggled a lot and there was once

a time when we supported each other in non-working things. I now stand strong for what I believe in and encourage her to move forward in a positive direction. Though she may not understand it very well, I know that there are things that have touched her heart and have triggered new outlooks within her own life. Me being in the program has been a really good thing for my Mom as well. We are very proud and supportive of each other's accomplishments. She is now a family coach, a Key holder, is looking into

SO BRIGHT

starting her own business. She is more confident and strong than ever before. I know she has always had it in her to be able to do these things on her own, but I think without the program experience, she would not have had the confidence or



motivation to do it for herself. We have an honest relationship and we have shown each other what it is like to love and be loved unconditionally. I am adopted and I believe that our relationship can be an inspiration on those around me, especially to families with adopted children.

Through all my accomplishments and self-discovery, I have learned to love myself and that I can stand strong despite negativity around me. I am carefree about what anyone thinks of me, and I now believe that I am a CLEAN, CONFIDENT, BEAUTIFUL, AND WORTHY YOUNG WOMAN.

Kelly P.
Graduated Spring Creek Lodge Academy
Honor Grad February 2006
She presented this speech to the
graduating class.

"I graduated not for being perfect, but for choosing to persevere in spite of my falls."

James B.
 Graduate of Cross Creek Programs

WORKING MY LIFE

IT IS hard to believe it has already been over seven months since I graduated PC III in August 2005. I had my share of struggles and good times while I was in Cross Creek, but I must say that as I look back on it and all that I went through -It was worth it.

My life is 100% better now that I am a graduate of the Cross Creek Center. I am currently attending Pacific Union College in Angwin, California, which is in the Napa Valley area. I am making friends here at college and the relationships I have with my family are so much better now.

Before I came to Cross Creek, I would manipulate my family and people around me to get what I wanted. That behavior was definitely not working in my life.

I ended up hurting others and myself. Also, before attending Cross Creek, I had been experiencing uncontrolled bipolar cycles, with raging mania and hopeless depression. At Cross Creek I addressed my issue with manipulation and found better ways to treat others. Also I got treatment for my bipolar, which includes medication, so that my moods would be leveled out.

Now I consistently take my medication, and I have not relapsed into manic-depressive cycles. I have not used alcohol or drugs since I graduated. My relationships with my parents, Bruce and Cathi, and my sister, Kristen, are much improved, but are by no means perfect. When issues come up, we address them and work through them, and the relationships only get stronger. College is going very well for me. I currently have a 3.87 cumulative GPA, and this quarter I will be working two jobs on campus. I live in a dorm, and surprisingly the rooms here are smaller than the ones at Cross Creek. I currently work as a janitor in my dorm, and so far I have received two

raises. The second job is grading papers for one of my teachers and entering grades into the computer system.

I can say that I am happy now! I really love how I see the world with a new perspective and openness. I used to see that the only way was MY WAY, but Cross Creek helped me question whether that was actually working in my life. (Seriously, if it got me to the program, there must have been something flawed with my way!) I have found that keeping myself busy with constructive things and staying focused on what matters in life truly works in my life.

I remember at Cross Creek how I would think of ways to get out of those walls; however, now all I want to do is to be back there with the people who cared enough about me to take a stand for me and encourage me to do something worthwhile with my life. I could have given up or ended up cheating myself by taking my exit plan when things got overwhelming, but that would not have taken me where I wanted to go in life. I graduated not for being perfect, but for choosing to persevere in spite of my falls. And I am so glad I did choose to stay and graduate. College, fun things with good friends, great times with family... these are the results of my choice to work the Program.

The people at Cross Creek, including Mr. Thane, Ms. Caroline, Mr. Ron, and Ms. Riitta, and so many others, impacted my life in such a positive way. I am so grateful for what all of you did to help me in life. Thank you. I look back on Cross Creek as a memory that becomes fonder as each day passes. I truly believe that working the Program – working life- is definitely worth the effort.

James B.
Graduated Cross Creek Programs
August 2005

WHAT WERE OUR PARENTS THINKING?

WHAT were our parents thinking when they sent us here?

Well. There's a short answer and a long answer. I'll give you the long answer first.

The first thing I'll admit is we parents are just a little bit nuts. A little daffy when it comes to our children. You see... we go back with you to the very beginning.

After your mom carried you around for 9 months and went through a certain amount of discomfort to give you birth... we brought you home. And, for a number of months, all that happened was we fed you through the

top and you returned what you didn't use, in your diaper. Which... by the way... we had to change.

Well, this went on until one day you turned over from your stomach to your back. It was an accident. You were more surprised than we were... but, nevertheless, that little stunt earned phone calls to just about everyone we knew... telling them how brilliant you were because you flipped over onto your back. How proud we were of our little genius.

Then, one day came the first word. Actually, it could have been gas... but at least it sounded like a word, so there we were again... calling everyone... telling them our little Einstein said something. The pride just oozed out of every pore on our bodies.

Then came the day you were able to sit without support for the first time. Well,

actually, we propped pillows up on each side of you, ran to the camera to take the picture and just as we were about to take it... You began to list to starboard. So, again we propped you up and again ran to take the picture and.... Too late. You began to list to port. Finally, we got



Len B. with Granddaughter

the pillows nice and tight... took your picture... and pretended you were sitting up all by yourself. This feat also earned the series of phone calls to friends and family, because we had to tell them how strong and athletically inclined you were. As a matter of fact, I remember comparing my son Dan to Gayle Sayers, because in my mind, being able to sit up with only 3 or 4 pillows assisting was much like scoring a TD for the Chicago Bears.

This went on through every achievement you ever had as a child. But, the one we all remember. The one that earned phone calls, not only to friends and family, but to anyone and everyone we knew, regardless of what country they were in. The one that earned calls to relatives who didn't even know we were their relatives... was the first time you actually "went" on the potty. As far as

we were concerned, it was as great an achievement as discovering the polio vaccine.

And we continued expressing this pride in every event throughout your years from infant to young adult. The first time you stood by yourself. Your first step. The first time you fed yourself. Went to school by yourself. Rode your bike for the first time without training wheels. Over the years, we made an enormous investment in time and love. So, you can imagine what we felt like when you began to go "sour" on us. When you began to jeopardize your health, your future and the welfare of our family. When you set aside everything we had

taught you about being respectful, self-confident, law-abiding, loving human beings, and sank to being just the opposite.

Like I said. We parents are a little nuts. A little daffy. Because we will do anything to give you the best chance at a happy, healthy and successful life. And what more profound act of love can a parent perform than to admit they cannot help their own child and then turn that child over to complete strangers for help?

That was the long answer.

The short answer to your question is: We sent you to Ivy Ridge because **WE LOVE YOU.**

Len B.
Son Dan B.
Academy at Ivy Ridge/Midwest Academy

WORTH IT GOING FOR THE GOLD

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honest about my fears of drugs and how to deal with it. For a long time I felt like my parents didn't understand and that they were brushing my addiction off like it was no big deal. I know that I couldn't just let this issue get swept under the rug.

The fact is my parents are not addicts, they don't understand. I did learn because I chose to step up and say something; my parents, on the other hand, listened and heard what I had to say. They have started researching on their own about how we can handle this issue and be prepared.

I have overcome and accomplished something for my life. This program has become more than just a character building boarding school. This program has become a second home. A place where I took the time out to get to know the most important person, MYSELF. I don't feel lost anymore. I don't feel like I have to be pressured to do anything. I am proud of myself and thankful that my parents took a risk, and a stand to save my life. I appreciate the staff at Darrington and all of the work they do. I have created personal relationships with the students and staff. I would like to say thank you to my family rep. Ms. April. She, the most, has supported me in my greatness and disciplined me when I was in my crap. She has taught me lessons that I will never forget. There are no accidents that she has stuck by my side from the beginning of my journey pushing me to never fully give up. I am also very clear that my life has now just started a new chapter. Knowing who I am and being positive, I will succeed. I am ready to begin using the tools that I have learned. I AM A POWERFUL, RAMBUNCTIOUS, INTELLIGENT, AND STUNNING YOUNG WOMAN.

Sarah A.
Graduated Darrington Academy
February 2006

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Honor and Dignity - As each champion walked into the Olympic Games they stood with honor and dignity. Not one person took it for granted. There was honor in representing their country, their team, and their sport. Perhaps a young child watching may have begun to dream to be in the Olympics someday.

As Keys family members each time you attend a Keys you have the opportunity to stand with honor and dignity for your Keys family. This is important as you invite new members into your Keys family. As you participate and staff, new parents in the program look to you as the example of possibility. What do they see in you?

Integrity - Being in integrity means that we are conscious of our actions and the impact we have on others. We continually work to stay in relationship, to seek understanding and be mindful of our conduct at **ALL TIMES**. This attitude and behavior builds relationships based on integrity.

There are very strong consequences for anyone who does not align with the guidelines of the Olympics. They do not resent the continual screening. They understand that if they are in integrity with the guidelines there will not be consequences.

Participating in all the Keys seminars is not about getting through them. It

is about creating the highest level of learning and experiences that will sustain you for a lifetime.

As families, who stand together as a team, committed to being your personal



best, and forever challenging each person you are in relationship with to become their personal best, you can be inspired by these Olympics and the champions who taught us so much about what might be possible.

Go for the gold and continue your commitment to excellence!

Barbara F.
Facilitator

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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.
 ~Jennifer~

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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1-800-637-0701

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1-800-818-6228

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