

THE **Source**

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January 2004

In Gratitude

~ A Thank You To The Staff

Role Model

~ Set The Pace

Catch Me If You Can

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LESSONS ABOUT LOVE

by Juliette LaPorte
graduated Cross Creek Manor
December 2003

When I came to Cross Creek, I was lost, confused, angry, and in denial of a lot of things about my life. As time went on, I learned a lot of things that now are difficult to put on paper, or say out loud. The biggest lesson I would have to say came from my mother.

The majority of my program has revolved around the feelings of helplessness, unconditional love, and frustration that came from her disease called Hepatitis C. Over time I came to learn that many things I did before the Program were to escape these feelings I had about my mom. I spent most of my life watching her in and out of hospitals, losing hair and weight, and taking more medicine than most people can even think about. I watched the strongest person in my life find the courage not to give up.

Cross Creek gave me numerous opportunities to go home and visit my mother so that I would have no regrets. I thank them still to this day for that. I don't know what it would be like now if I hadn't gotten the chance to rebuild that relationship.

On November 1st of this year, my mother passed away. My eyes were opened to a lot of things. I realized then how much the Program has worked for me. I now know how to talk about what was going on with me instead of escaping into the unknown world of depression



Juliette has found the courage within to be strong for herself, and in so doing, pays honor to her mother's love.

and drugs. The Program gave me many tools, but there was always one thing lacking . . . COURAGE. I never felt strong enough or felt I had enough courage to use these tools and do what I needed to do with my life. As I watched my mom over the year while I was in the Program, all I could see was her strong sense of courage. No matter how bad things got, or no matter how much she wanted to give up, she found the courage within to hold on.

I realized that I never knew when she was going to pass away. For that matter, I never knew when anyone I loved would pass away. I've learned to make the most of the moments I have with them now. Most of all I learned about love. I feel that love does conquer all. Before the Program I didn't understand love. My world was so superficial. I thought love was about the way you looked, acted or dressed. I hated myself and most of

the people around me. As I saw my mom get sicker and sicker, something new happened for me. I wasn't embarrassed anymore to be seen with her because of her bruises up and down her arms or her yellow eyes and skin. I didn't care about how she looked. The love I had for my mother grew so strong. She had become the center of my world again just like a mother is to a newborn baby.

This love also began to reflect in my relationships with other people, including myself. I realized that no matter what happens in life, if there is love it will prevail. If I love myself then I will stand by my values and build respect and trust. If I love my family, their everlasting support for me will grow. If I love my friends then they will be my shoulder to cry on and an ear to listen to me. Accountability, integrity, values, respect, all of that can be learned. As I looked at my mother, I found unconditional love for her and everything else followed. I had motivation and was

Front Cover - Midwest Academy student, Jessica Pasowicz (see *Coming to Midwest Academy*, pg. 7) and Academy at Ivy Ridge student, Will Cornell (see *My Family Away from Home*, pg. 5).

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A Thank You to the Staff

WE WOULD LIKE TO SAY, "THANK YOU!" We would do it in a more personal manner, but frequently we have no idea who you are, because you are behind the scenes making things work at the Facility. But if we don't exactly know who you are, we see the results of what you do.

We entrusted our children to your care out of desperation. When we had them escorted, or brought them to you, they were on a self-destructive free fall. We tried everything, but nothing worked until we entrusted them to you. We quickly learned that we had placed them in a safe, loving, nurturing environment. They are safe because you make sure they are safe. Whether during the day or the middle of the night, you make sure they are where they should be, doing what they should be doing.

When they were at home, our teens rarely bothered with things like attending class and doing homework. You work with them so they progress academically and learn to take pride in their accomplishments.

Throughout their time in the program you become a resource, in addition to their therapists and family reps. Our teens feel comfortable talking to you about their concerns and problems and they learn to accept coaching from you as they deal with the things that come up for them. You are there to play with them and have fun, and if one of them is hurt you see to it that they receive the care they need.

We see the results of what you do in our children. When we sent them to you they were in a downward spiral from which they could not extricate themselves. They return to us goal oriented individuals, firmly grounded in positive values.

We want you to know we number you among the blessings for which we give thanks.

In Gratitude,
Your School's Parents



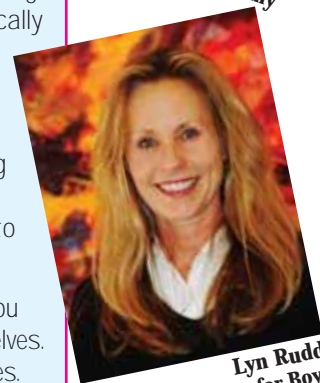
Linda, Hyrum and Frank Mann
Cross Creek Center for Boys



Bambi and Scott Henderson
Cross Creek Academy



Greg and Mary Blanton
Cross Creek Center for Boys



Lyn Rudd
Cross Creek Center for Boys



Coby, Blake and Laura Davis
Cross Creek Center for Boys



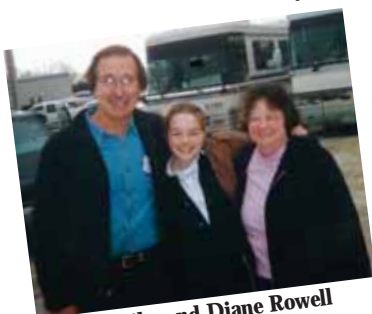
Michael, Beverly and Rick Causer
Spring Creek Lodge Academy



Neal and Carol Blustein
Cross Creek Academy



Cyndy Samer
Cross Creek Center for Boys



David, Erika and Diane Rowell
Carolina Springs Academy



Susan Boyd
Cross Creek Manor



Mike, Matt and Karen Morrison
Spring Creek Lodge Academy

I Challenge You

by Searcy Smith
enrolled Carolina Springs Academy
May 2003

About a month ago, I had written an article for the Source about my life and how Carolina Springs has helped me. A week later, I got the privilege of having a conference call with the Editor of The Source, Ms. Glenda. I was so excited. My Family Rep, Ms. Tara, told me she usually doesn't do this. The feedback that she gave me was amazing; she really hit the nail on the head. I never knew that anyone could tell something about a person just from reading an article they wrote.

Ms. Glenda asked me a question that really got me thinking, "Are you really living your contract?" She could tell that I was doing what most people tend to do, just saying it. I told her that when I go through seminars and graduate I get on kind of a "seminar high" and really do think that I am what I say I am. I also told her that a couple of weeks after the seminar that feeling starts to fade away.

Later on in the conversation, she asked me, "Are you open to a challenge?" I

said yes. She said to me that the challenge was to look at myself in the mirror everyday for a month, say my contract and start to live it. So for a month I have done that, and it really has helped me. I am one of those people who will put myself down and say that I can't do it. I have an acceptance issue too, and tend to do what others want me to do instead of what I want to do.

Since I have been on this challenge, I have started to gain more confidence in myself about everything I do.

I don't worry too much about the small stuff. I concentrate more on the big picture. When people used to break rules around me, I would rarely call them on it because I would think that they would be mad at me, or think that I was showing up for the Staff. Now, I have gotten into the mindset of knowing what I want to go on around me and what I don't want to go on around me. One big lesson I have

learned that really helps me is that if people don't accept me for who I am, that is on them. I used to change for people all the time just so they would like me. If someone doesn't accept me for who I am they aren't worth my time.

This past month I have been real with my peers and myself. It really feels great not to hold all that stuff in. Even at PC1 when my mom came, we got a lot accomplished. I finally see that my mom accepts me and I don't have to change for her. She just wants me to be happy.



"... I have started to gain more confidence in myself about everything I do," says Searcy.

I am very grateful for Ms. Glenda taking time out of her day to assist me with that. I think that I need to be on this challenge not only for a month, but for the rest of my life. Thank you so much, Ms. Glenda. It's really meant a lot to me. I am a loving, fun, and pure young woman!



My Best Decision

by Connie Iredale
son, Greg graduated Tranquility Bay
November 2003

In February 2002, when I had my son transported to Tranquility Bay to save him and help change his life, I had no true idea that my life was about to make a drastic change itself. Sure, I knew my household would be different because he wasn't physically living there. I was going to have peace of mind that my son was safe. I was confident that he was going to get the tools he needed to turn his life around. Yet, how quickly I learned that in order for our family to succeed, I needed the same tools he was getting.

The parent seminars were nothing like I had expected. This was about ME and not my son. This Program and the seminars,

have dramatically changed my relationship with my son, my family and friends. My spiritual beliefs have also heightened tremendously.

This experience has not been a cake walk by any means. Looking at yourself and your life, isn't easy. In fact, I believe this journey for me was one of the most difficult experiences of my life, and the most rewarding.

I am very proud of myself and my son for the hard work we have done over these past months. We have literally gotten to where we are, by each of us working our program one day at a time, minute by minute and at times, second by second.

This Program has given me many gifts. I have a relationship with my son beyond what I could have ever hoped. I have



Greg, Leonie Roache, Family Rep. and Connie

made many new friends, some whom I know will be there for the rest of my life. I continue to discover new things about myself. I make better choices, and for once in my life, I finally like who I am.

Of all things I have done, making the decision to send my son to Tranquility Bay, and personally committing to this Program, has been the one decision I will always feel the most proud about.



The Manipulation Masters

by Johnetta Hurley
enrolled Cross Creek Manor
May 2003

The Cross Creek Program Parent Manual gives parents an idea of what their child will do once they have arrived. They call it “manipulation”.

In the Random House Webster’s College Dictionary it defines manipulation as “to manage or influence skillfully and often unfairly”. That is actually how new students in the Program operate, “skillfully”. They know what buttons to push with their parents and how to push them in order to get their parents approval to take them back home.

Don’t get me wrong! No one wants to be locked up and away from their parents. Not even me! The difference is that our parents brought us here for a reason – to get our lives back on track, and for us to realize what we were doing to ourselves, and to our families. However, instead of

wanting and being willing to change our lives back around, and thank our parents for their hard decision to place us in the Program, we manipulate in an attempt to get our way and to go home.

Parents, we know that you know how we work. We push and push and push until we get things our way. We did it well when we were at home.

Therefore, my question is why do you allow us to manipulate you as if you were a fly caught up in our webs? You so often fall right into our traps. We are not princesses and princes. We are very skillful teenagers when it comes to pushing your buttons and taking advantage of

you. There is a reason you placed us in the Program.

My coaching to all parents is to remain faithful to the Program. We need you now more than ever to stay the course. You know what we do and how we do it. Therefore, begin now to put a stop to the manipulation cycle. If you want your child to succeed, and do something different for his/her life, you must stop enabling. We will survive. We also know you still

love us. Manipulation worked at home for a time, it might work in the Program for a time, but for the long term manipulation is an enemy of honesty and integrity. You must decide what results you want.



“Parents, we know that you know how we work,” cautions Johnetta.

My Family Away from Home

by Will Cornell
enrolled Academy at Ivy Ridge
December 2002

I have been at the Academy at Ivy Ridge for almost a year now. I’ve seen kids come and go, change and grow. But something I haven’t seen much of is my own progress through the Program . . . until now. For the past month and a half, I have been meeting with one of the AIR Staff, Bruce Wakker. I’ve been part of a mentoring program. At first, I was hesitant to share much with him, but I found myself becoming much more comfortable. He is like a father figure, somebody I can talk to openly without fear of being judged. Our relationship has evolved into quite the friendship, and I find myself looking forward to our meetings.

There is another student who meets with us on a weekly basis. Over time, I have

become a mentor to him like an older brother. It’s like a family away from home. This has helped me reflect back upon my time here and I have discovered many of the things that were not working for me. By doing so, I have rapidly excelled from Level 1 to Level 2. I am currently going through the vote-up process for Level 3. With the extra support given to me by Mr. Wakker, I feel I have come a long way.

On Thanksgiving, I am going to be eating dinner at the Academy with Mr. Wakker and his wife, Diana. I am very grateful for this because it makes me feel more “at home” here. The mentoring program has created a powerful pillar of support for me.



Finding his own determination supported by AIR’s mentoring program, Will now sees his progress.

EDITOR’S UPDATE: Mr. Wakker writes, “Will was voted up to Level 3 in December and is working hard to get to Level 4.”

Be Careful What You Wish For

by Janessa Crews
returned home from Casa By The Sea/
Academy at Ivy Ridge
June 2003

In the beginning, all I wanted to do was go home. For the first month all I did was cry in the hope my parents would feel sorry for me, and pull me. My parents did not give in, but stood firm. I finally decided, "I'm here so I might as well do something." So I did just enough to get by, and get through the Program so I could get out. I was lazy, just like at home. I just couldn't seem to go any farther than graduating Accountability. I had been in the Program for about six months, and I pretty much had the points for Level 4, but just did not have the Student Council support. I guess my dishonesty with myself and others caught up with me.

Over the next months, I kept collecting points. I also went to PC1. In this period of time, I probably went ten times to vote up for Level 4. I was also given a two week challenge, dropped a level and was on probation a couple of times, before finally earning Level 4.

About this time I was transferred to New York, to the Academy at Ivy Ridge. It was a lot smaller campus than Casa, because it was new. It was a change, however I still had another probation. I was growing frustrated, so I dug a deeper hole for myself and earned a permanent drop to Level 1. I was angry and frustrated with myself. In my head, I kept thinking, "Why is this happening? I was four months from being out."

That's the problem with focusing on "getting out". It wasn't working for me! I needed to heal.

Over the next few months I did not do much. I collected points and lost some points, but that's about it. About then I got word that my grandmother was very sick and did not have long to live. I was very close to her and was given the opportunity to go home, say my good-byes, and then attend her funeral. Sadly, my grandmother passed away the morn-

ing I flew home. It just didn't hit me right away.

My two weeks at home passed quickly.

Being back home, I realized what I had been missing during all that time. Once I opened my heart to wanting to be a part of my family because I wanted to (not had to), it just clicked. I started working, meaning I had a better attitude. Then one evening it hit me that I had lost my grandma forever. She wasn't just a grandmother, she was an amazing, caring, strong woman and a gift to have as a friend. I realized I had no one, because I'd always pushed others away.

Things wouldn't change until I decided to open my eyes and heart to the amazing people around me and to what I was worth. Just as I'd lost my grandmother, I realized I'd been losing people everyday by not being open to them or taking advantage of getting to know others. I opened up more, started dealing with my issues and having fun. I also wanted to be a part of my family. I began to grow.

Within two months, I earned back Level 4 and was working hard on Level 5. Then I found out that my parent's money was running out. At that point, I had been in the Program for about two years. Yes home, finally! Truthfully, I missed my family but I was also excited to heal. I was scared. The only times I had wanted to get 'pulled' was when I had gotten myself into a situation I didn't like, but had earned.

Suddenly I wanted to graduate. I wanted to get Levels 5 and 6. People say to graduate the Program is to finish something you started; a sense of accomplishment. I agree, but to me it's more than that. It's

about healing. Out of the 27 months of being in the Program, I chose to refuse the Program. I refused healing for over 22 of those months. I didn't refuse by



Janessa and her mom, Cindy

way of worksheets or intervention, but by not wanting to heal and grow. Those last 4-1/2 months at Ivy Ridge were amazing. My entire stay at Ivy Ridge was the most powerful experience of my life. If I could go back and change something about being at both Programs, I wouldn't.

Because every experience, feeling, and the interaction with the people I had the opportunity to meet, make me who I am, and what I am about, to this day.

The two things I learned about most are:

1. Don't forget where you've been and what you've been through. Remember where you are and don't forget to look where you are going. Never let anyone tell you who you are, because you are the only one who knows.
2. Throughout our journey, it's important to be true to our hearts. It's a gift to have special people who are the true blessings in our lives. Those who are always there with unconditional love and support.

Special thanks to Academy at Ivy Ridge, my Congeniality and Sublime Families, Mrs. Tammy Harridine, my Family Rep, the Staff, teachers, and last but not least, Mr. Joseph Mitchell in the Administration. Thanks to all for your love, support and guidance.



Coming to Midwest Academy

by Jessica Pasowicz
enrolled Casa By The Sea/
Midwest Academy
January 2003

On September 30, 2003 my dad came to Casa to take me for an off-grounds pass. I was so happy to see him and I was certainly not expecting the news I was about to hear. My mom called our hotel and told me I was going to be transferred to Midwest Academy, in Iowa. That meant this would be my last night at Casa By The Sea. I was shocked! I never actually thought I would be leaving Casa, which had been my home for the past nine months. I also never thought I would actually be sad to leave Casa, my family or the great relationships I had made there. However, I was so excited.

I left Casa the next morning. I went to Chicago and saw my two brothers; my family was together again. My mom could not stop talking about how nice my new Facility was and how all the people were really nice too. I was excited to be going to a new Facility, with new girls from all over.

I arrived scared and nervous. When I got to the Facility I was met by the Administrators who made me feel very welcomed. At first I regretted my decision to come and was very lonely. I realized that I needed to give Midwest a chance and myself some time to get adjusted. At the time, there were only nine Upper Status students and a few Lower Status students. This made it easy to make friends. They made me feel welcome. The girls opened my eyes to see what I am really capable of and pushed me to my greatness. With the example they were setting, it was not hard for me to learn what kind of example I wanted to set.

The biggest insight I was able to see by transferring is what I have been doing in my program and if it was "real" for me. Someone once said to me, "If you don't know where you stand then where the heck are you?" Before I came to Midwest I didn't know where I stood with my life.

The past few months I have gotten "real" with my strengths and weaknesses, but I was scared to put action into doing something about it. I had so many solutions for myself, but I let my fear of success hold me back and prevent me from achieving my excellence. Something that held me back was doing things for other people and worrying about what they would think of me.

In the month that I have been at Midwest Academy I have learned so much. I have achieved more results from the past month than I have had in the past three months. I've worked harder than I have worked in a really long time. I have a lot of motivation and confidence in myself. Transferring has helped me clear my head on what I need to do and what I am willing to do to get there. I have become a leader and I am one of three Upper Status students. I am proud to be the example for Midwest's new students. My transition has been difficult, however my pay-off has been worth it. Having



Jessica applies herself with her new opportunities.

a chance to test where my strength and standards are has been an awesome experience for me. I now know that I can respond to change while including what is best for me.

I left Casa not knowing what I was capable of or believing that I could do it. I was given two options in coming here; either to do the same thing or do something different. I was definitely doing something different in coming to Midwest as a weak Service Status to becoming a strong Honor Status.

Midwest has really been a big eye-opener for me. However, without Casa's assistance and care I would not be as far as I am now. The things I learned at Casa, and have been learning here at Midwest, will be with me forever. The girls at Casa have also assisted me greatly and still have an impact on me. With the examples and people with me today I am standing in my excellence and for my life.

Lessons About Love

continued from page 2

driven to do my best, and I did.

My mother is not here today with me celebrating the success of the Program and watching me get my life back on track. I know that where ever she is, she is proud. I know she is proud because it was those lessons she taught me that helped me grow into the person I am today. Cross

Creek has been a miracle in my life, even though there were times I hated it. They have supported me through my hard times and laughed with me in the good times. Life is hard, it always will be. Things won't always be perfect, though sometimes I wish it would be. With love and support I know I can get through it though and as always . . . LEARN!

Registration Opens for Summer Youth Camps!

by The Premier Seminar Office

It's that time of the year again! Premier Seminars is proud to announce the Summer Youth Camps for 2004. We will be offering two formats for the camps: 1) THE YOUTH LEADERSHIP CAMP and 2) THE ADVANCED LEADERSHIP CAMP.

The Youth Leadership Camp will be held in Southern California, only. The camp, which will be eight days, will be a combination of the adult Discovery seminar format and the adult Focus seminar format. The first and last days of the seminar are reserved for travel. Also included in the camp will be both a high and low ropes course designed to reinforce team building. Ages 13-17.



The Advanced Leadership Camp will be for graduates of the Youth Leadership Camps from previous years, as well as graduates of the Program. The camp will be six days and will only be offered during that one week. (See box below.) Presentations will include concepts from the popular Visions seminar. The team building exercises will consist of a White Water Rapids trip. The camp will be held in South Carolina. Ages 14-18.

Week 1 - Youth Leadership Camp
June 20-28, 2004

Week 2 - Youth Leadership Camp
July 11-19, 2004

Week 3 - Youth Leadership Camp
August 8-16, 2004

Advanced Leadership Camp
July 25-31, 2004

For more registration information, please visit our web site at www.premier-ed.com or give us a call at 435-635-7298.



UPCOMING PREMIER SEMINAR DATES

DISCOVERY

DALLAS	Jan 23-25	Sheraton, Brookhollow
CHICAGO	Feb 6-8	Radisson Rosemont Stadium
BAY AREA	Feb 13-15	Clarion Hotel, SF Airport
NEWARK	Feb 13-15	Dolce Hamilton Park
SEATTLE	Mar 5-7	Radisson, SEATAC
SAN DIEGO	Mar 19-21	Town & Country, Mission Valley
FLORIDA	Apr 2-4	Holiday Inn Select, Plantation Sawgrass

REGISTRATION REQUIRED FOR ALL SEMINARS.

PLEASE CONTACT:

Premier Seminar Office at 435-635-5836 or seminars@premier-ed.com

DO NOT MAKE AIRLINE RESERVATIONS UNTIL CONFIRMED BY THE PREMIER SEMINAR OFFICE.

Do not show up at the training expecting to be allowed to enter.

YOU MUST FIRST REGISTER WITH THE PREMIER SEMINAR OFFICE.

ALL TRAININGS END AT 7:00 PM.

PLEASE SCHEDULE

FLIGHT ARRANGEMENTS ACCORDINGLY.

For information regarding areas or dates not listed here, please visit our website at www.premier-ed.com

Or call the Premier Seminar Information system at (435) 635-5836

FOCUS

CHICAGO	Jan 22-25	Radisson Rosemont Stadium
SEATTLE	Jan 29-Feb 1	Radisson, SEATAC
FLORIDA	Feb 19-22	Holiday Inn Select, Plantation Sawgrass
SAN DIEGO	Feb 26-29	Holiday Inn, Murphy Canyon
DALLAS	Mar 4-7	Sheraton, Brookhollow
NEWARK	Mar 25-28	Ramada Inn, East Hanover
BAY AREA	Mar 25-28	Clarion Hotel, SF Airport

VISIONS

(SEE PAGE 18)

Set The Pace

by Glenda Gabriel, Editor
THE SOURCE

New year . . . new beginnings . . . new opportunities. Another holiday season has just become another tucked away memory. Now the new calendars go up and spawn the season of resolutions; some new, though likely most are retreats. As you reflect back to this time last year, what was it that you said you wanted different in your life? What course of action did you put behind those determinations? Did you write down your resolutions? Did you follow through on the commitment to yourself? Did you start, have setbacks and then just give up? Or perhaps you started, had setbacks, regrouped and became more determined. Were your resolutions realistic? What level of commitment were you willing to give yourself? How many excuses? How have your intentions measured up with your results?

Yes, the standard quit smoking, lose weight and sweatin' to the oldies are all noble aspirations, and I would never suggest dropping them from your list. If you think they need to be there, I'm betting they do. However, being a Program parent broadens the scope of possibilities of creating what it is you say you want for yourself, and for your family. The old, "if you want something different, then do something different" applies so well to this process of change. You'd do well to take on an the word CHANGE with enthusiasm, energy and excitement vs. resistance. After all, there can't be one Program parent who wants life to be the same as it was pre-enrollment. Therefore, change MUST be part of the equation. Along that line then, the mere thought of increased self-respect and confidence, a healthy child, and a unified family ought to be reasons enough to launch you enthusiastically towards change.

The Program is designed with so many facets to support the change process. Look to incorporate them as some of your



Glenda

2004 resolutions: complete your next level of seminar training, volunteer to be part of the leadership in your Family Support Group, staff a seminar, make every one of your scheduled phone calls with your Family Rep, be of service on the BBS, firm up one of your lessons learned by sharing it in THE SOURCE, re-read your Parent Manual, support a Landre Foundation function, etc.

Now, did you notice that not one thing on that list has to do with your child's choices, status, points or even their attitude? They only have to do with you. Your success and your happiness are not dependent upon your child. Take that pressure off of them! They've got enough on their plate without being responsible for you too. You may not earn points or advance in status, yet I firmly believe that your process of change, and the determination with which you go after it,

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Just Do It!

by Laura Wendt
enrolled Cross Creek Manor
October 2002

Most of my life I have been saying, "I'll try", but I never did anything. Every time my family or friends asked me to stop using drugs I always said that I would try to quit. I never really had any intention of quitting, but I thought that if I said I would try they would get off my back about it.

In seminar someone threw down a pen and said to a student, "Try and pick it up." Someone did pick it up and the Facilitator said you didn't try, you just did it! I thought that was a brilliant concept, but that went against everything I had learned my whole life. My parents were always telling me to at least try something out, and that as long as I tried that was enough.

I think that when people say they will try they actually have no intention on doing it. Saying that you will try just leaves open a back door for you just in case you decide to not do whatever you said you would try.

I don't even know why the word "try" is in our vocabulary. Instead of saying I am going to try new things, I should just say that I am going to do new things. I have gotten into a bad habit of always saying that I will try because then I make it okay

for myself to forget things and not do what I said I was going to do.

When I say that I am going to do something rather than try, it shows where my commitment level is at. I am not just going to try to graduate the Program, I am going to graduate the Program. There



Laura

is no room for cop-outs or back doors when you are just going to do it.

The word "try" has lead to many people failing to reach their goals in life. It is so much easier to just decide to do it or don't. If you gave someone \$1,000,000 and you wanted them to pay you back, would you trust them more if they said they would try to get it back to you or if they said that they would pay you back?

If you want to be known as a dependable, honest, and straightforward person, kick "try" out of your life. However, if you do not want to accomplish your goals and settle for less than the best keep on saying "I'll try" and see where it gets you. It got me to Cross Creek Programs.

Midwest Academy Football

by Jake Dodds
enrolled Casa By The Sea/Midwest Academy
November 2002

I have always dreamed about my Senior year of football; growing up in Texas it's kind of hard not to. The last thing I would have thought would happen is that I would be playing in Iowa. The way I was headed I would not have played at all, but Midwest Academy has made my dreams of my Senior year of football come true.

Twelve months ago I was selling drugs, skipping school, stealing and getting kicked off the football team. My parents decided something had to be done so they sent me to the Program. I am extremely grateful to them for sending me here. It has given me so much more than I could have ever asked for. I was transferred to Midwest Academy after being at Casa By The Sea for nine months. The last three months here have been the best time of my entire Program.

My friend, Brandon, and I were able to play for the local high school here in the city of Keokuk. From the very first day of practice we knew that we had a lot of work to do on the team. We were both warmly welcomed by the team and the community. A lot of the players were negative and did not practice very hard. In the Program I was taught to do my best in anything I do and to not let mistakes bring down my positive attitude, so that's exactly what I did. When Brandon and I went out there we really opened up some peoples eyes. We brought people a positive attitude and taught people to practice like they want to play in the games.

Being in a high school environment again brought up many challenges and temptations for me. I could have easily gotten into a lot of trouble, but the tools I

learned helped me through. Now I think about choices in my life before I make them. I decide what I want in my life and what I don't want. I also think of the results that will come from my decisions.

This keeps me from making mistakes that would be devastating to my future.

We finished up the season and went to the first round of State playoffs. This was huge for myself and the town of Keokuk, who had only gone to the playoffs two other times in its history. We had a great football ban-

quet where I was given awards for All District, State playoffs, and the Black Lion award for my perseverance and commitment to the team.

The coach has been sending game film out to some colleges and they want me to go play at their schools. This has really opened huge possibilities for me.

I am so happy and thankful for this great experience. Midwest Academy has really helped me get my life back on track with having a successful life. They have helped me get my grades up and have taught me so much about dealing with my issues and problems that will come up throughout my life. Best of all, the Program has taught me to believe in myself, and not to quit.



Athletics at Cross Creek

by Sirena Johnson
enrolled Cross Creek Manor
May 2002

There are many aspects of the Program which serve us therapeutically. Some of my greatest resources of therapy are athletics. Cross Creek allows the girls to be involved in a number of sports teams and programs, but my personal favorite is softball. I was competitively involved in softball at home when I was still displaying a healthy lifestyle and behavior, but decided to quit when I grew more attracted to the unhealthy lifestyle of drugs and acting out.

One area that I have clearly learned to understand here, is that participating in sports at home was a huge way to balance my life (as parents and friends frequently told me), though I gave it all up. I have been given another opportunity to recreate the athletics in my life at Cross

Creek. The softball program provided for us here is a success to the girls – offering playtime to any girl who wants to come out. Some girls have more experience than others, yet each girl is given equal opportunity.

We practice on a weekly basis and our games are consistent. We have an experienced coach who shows true caring, patience and love to the players, respecting each girl's needs and offering one-on-one coaching to individuals in their own areas of struggle on the playing field.

It is hard to think that a group of girls, who are recovering from years of poor choices in life and doing our best to turn our lives around would have a chance at playing in a co-ed city league. Our team placed second in the St. George co-ed softball league this summer and we know it was well earned!



Running For My Life

by Nicole Hartsough
enrolled Cross Creek Manor
November 2002

Coming in second place, at the last track meet was an awesome accomplishment for me. The hard work finally paid off, but it did not start out that way.

It had begun with a therapy process my therapist put our group on; fifteen laps every day for fitness. I never thought I would end up traveling to track meets every week and running seven miles at practice.

I like running because it helps direct my energy in a positive direction. When I participated in the running club I was not really committed to it. Our coach, Mr. Eddie started taking the girls who were eligible, off grounds to run the hills and long distances. I was not on Service Status yet so I could not leave the Facility. I would see the girls coming back happier than ever and I decided I wanted to be a part of the team. I began

pushing myself beyond what I thought I could do at every practice and the faster I got the better I felt inside. I worked hard to achieve Service Status, and finally I



l-r: Stephanie Lustick, Courtney Anderson, London Aronson and Nicole Hartsough

began earning the off grounds privileges. I was at peace with myself just running for miles in the beautiful scenery. I felt so free; like nothing could stop me.

The Cross Country meets began. We raced against bigger schools and I was

discouraged at first by the faster girls. I thought they were unreachable. I used it as a motivation to work hard and eventually I reached the unreachable. I was up running in the top ten and have taken a few second place ribbons. Now that we have one month left I do not want my running to end. Every week I look forward to the track meets and traveling with the team. I feel so united and part of something that I enjoy in my life; something I have not had in a very long time.

It also helps when my Family Rep, Ms. Orlinda, my Therapist, Brian Parker and the Director, Ron Garrett come and give our Cross Country Team their support.

I am proud and happy with how far I have come, not only in my Cross Country running, but also in my life. I feel now I have a goal and a reason to do what I am doing. The best part is the inner peace I feel when I have worked hard and earned a spot in life.



Feedback I Would Give Myself

by Erica Edmund
enrolled Cross Creek Manor
March 2003

I don't even know where to begin. I guess I will start in the most obvious area, my attitude. The feedback I would give myself would be that I need to stop being so pushy with the way I talk to people. Don't give off the impression like I'm better than my peers, because I am just like them - in a Program working to better my life. Watch the way I come across when telling someone my point of view, because it can come off with attitude without realizing it.

Secondly, don't try to hide my true feelings. Let people know if I'm in a bad mood or just having a crummy day. I'm here to work on expressing my feelings instead of always trying to cover them up with 1000 masks. Start by just telling the first layer and then let my emotions grow towards deeper and more to-the-point thoughts and ideas.

Thirdly, I would say stop worrying about the acceptance of others and the way they feel about me. If someone doesn't like me for who I am, then they are the ones missing out. This ties into my self-esteem. I need to stop beating myself up and look towards the better things.

Also, I'm opening up more, but still holding back. Just be real and don't hold anything back. That is how I'll develop real friends who like me for who I really am.

Next, don't shut down my dreams. I can be whatever I want to be with faith and persistence. Just because people have told me in the past that I can't do it does not mean I have to believe it. I can be anything I set my mind to, with the Lord's strength. Keep working the Program for myself, because I am the only person that can help me out.



To My Fellow TB Parents

by Gil Lhotka

stepson, Spencer enrolled Tranquility Bay
January 2003

Wow! I think that is the best thing to say when describing PC1. I had worried quite a bit about going to PC1, not knowing what it was going to be like, thinking that leaving would be as hard as sending my child, etc. What I found was just the opposite to be true.

The seminar was great. The Facilitator worked hard with the families and did a great job. The Staff was WONDERFUL during the seminars. In addition to the Facilitator and the staff of about seven or eight Upper Status students, there was also all the Family Reps, Support Staff, Teachers, etc. There was at least a 3 to 1 student to staff ratio in the seminar. They were so helpful. Our family had a sticking point that we were having a tough time getting over and the Staff were instrumental in helping us overcome it.

It had been just over eleven months since we had been with our son. The reunion was joyful. He looked good. He was smiling and happy to see us and not once did he try to manipulate his way home, which was my greatest fear. Don't get me wrong, some old behaviors came out and we worked through them. He's made some amazing progress, but still has work to do. My observation was he is getting better at complying. The difference between him and in what the Upper Status students seemed to possess was a desire to make working choices for themselves; not just to comply.

Our son walked us through the dorms. We saw where he sleeps, he introduced us to most of his family. We walked all around the School and grounds. When it was time to go it was a bit sad, but not the empty feeling that I had when making the choice to send him to the Program. We both agreed, it wasn't goodbye; it was, see you at PC2.

The Family Reps, Family Fathers, Staff (general term for anyone who helps

maintain order and chaperone the kids) were all great. My wife had an interesting observation and I do believe it speaks volumes. As we walked through the dorms, my son was saying "hi" to various Staff and introducing us to them. Almost everyone asked him how he was doing, how his PC1 was, etc. After they got that out of the way, they then said hello to us



Deb, Spencer and Gil

their interest lies. It was first in the kids and second in the rest of the things around them. Our Family Rep was instrumental in helping bridge the gap on things discussed in the Program, and family issues to be resolved. I am sure all the others did the same thing.

The academics were also impressive. The School works very hard to ensure that a proper educational plan is developed for each student and works closely with them. The Registrar works to ensure that the School is up on all the latest certifications (both for Jamaica and in the US, due to the requirements of the accreditation). I was talking to one of the teachers and she was telling me that she makes it a policy to NOT know why the kids are at the School. For her it was immaterial to their education and that was what her goal was. I was also very impressed to see that the Family Teachers all MUST have a teaching certificate. There are many degreed teachers at the school.

The Facility itself was clean, organized, and large. Sure, it is not the Ritz, however it is in alignment with the style and type of buildings in all the sections of Jamaica that I have gone through. I got a kick out

of something that I had once read. It had talked about how bad it was that TB had bars on the windows. I noted, on my two-plus hour ride back to the airport, that most of the houses have bars or decorative ironwork over the windows. It appears to be a style, and not unlike most



other buildings in the area. I toured the Facility and left 100% comfortable with the School, the dorms, offices, showers, bathrooms, Staff, transportation, Family Reps, and everything else that I saw there. Also, regarding the food, everything is very good.

In regards to making accommodations, staying at Sunset or MarBlue would be a great choice. I stayed at MarBlue, but came over to Sunset a couple of times to have dinner and visit. I do have a bias though. Mar Blue was wonderful. The people who run it were great and I would highly recommend it.

One more thing about the people of Jamaica - they are so friendly! I was telling a coworker today our experience with dinner on Sunday night. We went to a little place called the Wild Onion; great food. However, after dark I preferred not to walk back to my hotel which was about a 1/2 mile away, or so. What happened was after serving our meal, clearing our table and cashing us out, the waiter drove us back to the hotel. Try and get that service somewhere here in the States, and that was not the only time that type of thing happened. Even the owner of the Sunset hotel gave me a ride to another hotel after dinner one night. Just great people all around.

I wanted to share these experiences with new parents, and those who may be struggling over a recent transfer to TB, to see what a fellow parent, who was recently there, had to say.

Friends vs. Friends

by Kirsten Forsythe
enrolled Cross Creek Manor
January 2002

There isn't a day that goes by that I don't think of my friends back home, but it's okay to miss something, or someone, as long as I don't dwell on it. When I first came to Cross Creek I thought my world was coming to an end without my friends. Over the past six months, however, I have built new relationships that I can actually call friendships. It has taken hard work on both sides of my new relationships.

At home I was doing drugs and all the things that a young lady isn't supposed to do. Because of this I lost my true friends who had been there for me ever since I moved to the United States. My need for acceptance and attention led me to friends who felt lying and backstabbing were okay. It was impossible to build solid, lasting relationships and I conducted myself that way.

While in the Program I have learned and am still learning, to build healthy relationships. Every day I learn something new about my friends here at the Manor. These friendships haven't always been great and we have had a lot of bumps in the road to get where we are today. It gets hard when someone in our group leaves the Facility, but I can only be thankful for what I've learned from them and that I got a chance to know them. These friends and I are very different; at home one was a preppy punk, one a punk, another a chameleon and then me, a heavy-metal chick. At home I would have never talked to these types of girls, unless we were doing or dealing drugs. They were too different from me. However, as I have learned to know these girls here, we have found we have a lot in common and we have been in a lot of similar situations. I don't judge them anymore by the clothes they wore or how they conducted themselves before the Program, but by the greatness of who they truly are.

At home I never showed emotions, not

even when my dad passed away. I thought I had to stay strong in front of my friends, even when I was hurting the very most. I think many of us are the same. Here I have learned it is okay to cry, to be sad or happy. In other words, to just be yourself. My friends here at the Program support me when I need to let my feelings out. It has taken patience and time, but now I can truly say that I trust my friends here at Cross Creek.

Although I will not be able to go back to my old friends at home, I will still have a



Kirsten's learning to build healthy friendships.

place in my heart for them. Someone once told me, "Cherish the great times, think of the good times, and never forget the not so good times." This is how I look at my friends who have been in my life, because regardless of my poor choices I have learned some things from them, just like I am learning from my new friends here at the Program. I possibly will never see the girls from the Program after going home, but I won't ever forget them. They have helped me become the healthy young lady that I

am today. My goal is to create relationships which are based on honesty and integrity, because they are the only kinds of relationships that actually work in life and they are worth working for.

Set the Pace

continued from page 9

has a bonus ripple affect of influencing your child. Just as you get excited about their changes, and celebrate their accomplishments, they feel the same way about you. They may never tell you, but believe me they are paying attention.

There is no better role model for your child than being true to yourself. When you actively seek your lessons one of the messages you give your child is they are not the sole problem in the family. What a horrid burden it would be to feel that way about yourself. If telling them how important they are to you doesn't seem like it's getting through, then do something different. Stop making it about them! Make changes for you! Make changes because

you want to and because you deserve it! After all, if you got a report from your Family Rep that your child was addressing their life on those terms wouldn't you be doing the dance of joy? Well, let me tell you something. If your Family Rep relates to your child that their mom and/or dad are making changes because they want to, for themselves, at the very least your child will know you are committed to the process of change. If they are still in some stage of resistance, they'll also know that it's 'GAME OVER'; no more living life like it used to be.

So what's it going to be for 2004? When you get to this time next year, how will your results measure up? The fantastic news is . . . you get to choose!

Getting the Biggest BANG FOR YOUR BUCK

by Lou Dozier
Senior Trainer
Premier Educational Seminars

Although sending your child to a World Wide Specialty School is an enormous savings, given the average in the industry, this still doesn't make it cheap or easy! As an Adult Focus Facilitator it has always perplexed me that once a family "gets" that things aren't working, and they send their precious child to a School, why do they IMMEDIATELY PRESUME TO TELL

CHANGE . . .
real change . . . comes from the inside out. It doesn't come from hacking at the leaves of attitude and behavior with quick fix personality ethic techniques. It comes from striking at the root . . . the fabric of our thought, the fundamental, essential paradigms, which give definition to our character and create the lens through which we see the world.

~ Stephen R. Covey

delivering a PowerPoint presentation keynote to 500 people. I share this for the purpose of letting you know, that I know, that in order to create CHANGE it requires ENORMOUS COMMITMENT, ACTION, AND FOLLOWING THE COACHING RECOMMENDATIONS

THE SCHOOL HOW TO DEAL WITH THEIR CHILD? Ummmmm?

I do happen to be one of those people who are immensely coachable. When I am creating results I don't want, and hire someone to assist me in getting what I do want, I FOLLOW THEIR RECOMMENDATIONS 100%, whether it has to do with taking my dog to the vet, eating differently, or

COMPLETELY. Not my way, but their way! For you see, I also know that my way got me into my current results and I know that I need to do it differently. Additionally, as a human being I cannot see myself in the same way someone outside of me can see me. i.e.: assisting with a golf swing, tennis serve, what's not working in a relationship with your child, etc.

I understand that for new parents, enrolling your child in their School is a very horrific uncertain time. However, getting to the seminars IMMEDIATELY will assist in letting go of guilt/shame and in moving on in your own life.

I invite you to become coachable. Let go of how you think it should look. Handle what you need to in order to be certain that your child is safe and secure and then FOLLOW THE RECOMMENDATIONS OF YOUR SCHOOL AND YOUR FAMILY REP!

My personal recommendations, given my seven year history with the Programs, and what I have seen work is:

- 1). GRADUATE, GRADUATE, GRADUATE, GRADUATE!
- 2). Hold your child accountable. They will "sniff" any hesitation you have and turn it into a manipulation.
- 3). Beware . . . NEVER bring up a concern you have regarding the School with your child. Address those concerns with your Family Rep.
- 4). As you get to know other parents DO NOT TELL YOUR CHILD what they are doing/choosing for their own child. News travels fast and inaccurately in the Schools!
- 5). Do not get hung up on points, status, and drops. It's their program and their choices that will produce their results. Do not intervene. Do not judge. Remain neutral.

6). No mention of time, ever, ever, EVER! If you have inadvertently dangled "a carrot" (i.e., when you reach Level 4 we'll talk about it) KNOW your child heard, "It's a done deal." Write a letter to



Bottom line, Lou coaches, "Get a life you love and get over it!"

clean that up. Indicate, "Oops, I've learned additional information since then. What I meant to say is that you need to graduate the Program. The End."

- 7). No special cases. Don't send them stuff that's not approved. They have what they need. Spend the money on yourself (if you have any left). Notice when guilt 'chooses' for you and STOP IT! Always check with your Family Rep.
- 8). BEGIN/CONTINUE your own journey. Do all the seminars: Discovery, Focus, Visions. These are designed to look at your own life, create momentum for transformation and change with you, so that you have an entirely different come from in being with your child (i.e., not as easily manipulated, or guilt ridden, etc.). And then staff, staff, staff.
- 9). My personal favorite: GET A LIFE YOU LOVE AND GET OVER IT!

In closing, I want to say thanks to those whom I have had the privilege to connect with on this phenomenal journey!

Freedom of Choices

by Franklin Waggoner
enrolled Cross Creek Center for Boys
June 2003

Before starting this article I looked up the definition of the word **FREE-DOM**. It said “the condition of being free of repression or restraints”. I also looked up the word **CHOICE**. It said “the power, right, or liberty to choose”. What this all meant to me was that there are no restraints holding you back from making any choice you want, no matter if it is good or bad. This is very true, but our choices have boundaries. If you decide to cross those boundaries, there are consequences. For example, if you choose to break the speed limit, you’re likely to get a ticket. You can choose to go as fast as you



“... if I work my program,” Franklin decides, “I will be healthy.”

want, but you also need to be accountable for your choice.

Many of the students used drugs at home, including me. When I used, I got the feeling of happiness and being in control of my life. However, in reality I was always sad and depressed when I wasn’t on drugs. My life was unmanageable. Many times when I broke those boundaries I would get a punishment from my mom and dad. They gave me a verbal reprimand and scolded my non-working behaviors. I knew that using drugs was wrong. It led to many non-working relationships, not only with my drug buddies but also with my family. I knew that using drugs was bad for my health, but I felt I had to keep using so that I could feel better about myself. It was a difficult cycle to be in.

When I first came to Cross Creek I couldn’t understand why I should be here, or how this place was going to “fix” me. Based on my choices though, I know I need to be here. If I work my program I will be healthy. What I mean by working my program is that I can follow the rules here, and prove that I can follow simple household rules. I listen to what the Staff tell me and what my therapist can do to assist me.

It is going to take some time to repair all of my lost trust and broken relationships, but with work, being vulnerable and open to coaching. I gain a huge advantage over those people who do not get the opportunity to come here. I am learning to use tools to become a successful adult and start building relationships with my family.

I do have the freedom to choose – everyday. I am working on making better choices so that I can live a healthier and happier life.



Thank You

by Janine Hall
graduated Casa By The Sea
March 2003

Iremember when I was making non-working decisions at home. I used to crawl into my bed every night and cry myself to sleep. I use to pray to my mom in Heaven (she died from cancer when I was eleven) to give me strength and determination to stop making these choices, and help me onto a working path. But when I woke up in the morning, it was the same old destructive stuff. I was in too deep to get out by myself and I was too bullheaded to ask for help.

Those prayers to my mom came true in a way I would never have expected . . . Casa By The Sea. My dad and step mom sent me to Casa because they did not know what else to do. They had already tried everything else. I went to Casa as a fourteen year old, stuck in the past. Graduating Casa was not easy because I made it like that for myself. I spent two years of my life battling myself and trying to regain the purity of life. Casa is a great experience for all teenagers, because the seminars, staff, environment, and the people around you push you to your own personal greatness. I graduated when I was sixteen years old. My life has never

been the same. The Program has “programmed me”, if you will. You see, I graduated with awareness, awareness of life and what is really going on with myself. I can never forget or give up what I have learned and it will always be with me until I die.

I thank Casa By The Sea for everything, but most of all for bringing out what was hidden inside and teaching me to love myself again.

A quote from my mom, that I found after she died, reads:

“LIFE IS LIKE A BEAUTIFUL SUNRISE. DON’T MISS IT!”

EDITOR’S UPDATE: Janine writes, “I am a senior in high school. I work at a animal hospital after school. I’m involved in karate and softball, and I also love movies.”



Casa By The Sea Campus

Honored Graduates, Candi

by Candice Gius,
Honored Graduate
Tranquility Bay
November 2003

I would like to begin by welcoming all of the family members and friends who have decided to join us in this day of celebration. Your love and support from home has been an asset in our lives.



Candi

I would also like to welcome all of the World Wide employees because without you not one of us would be standing here today.

Everyone in this room, whether parent, sibling, friend, graduate, staff, Director, or Facilitator have grown in some way due to this Program. In the past when someone said the word "Program" I automatically thought of the four walls that surrounded us on the Facility. But I now realize that the Program is so much more. To me the Program is life itself; people assisting each other in growth and learning in an environment that changes lives. It has surely changed mine.

Two years ago I found myself in a mode of massive self destruction. I had no desire to continue life. If my parents would not have intervened when they did I can honestly say that I would not be alive today. My life has become the one

thing that I value most because I have come to find that I am worth all the stars in the sky, and that with life I may aspire to every dream that I have ever had. I have my parents to thank for this. They have stood by me through gaining status and drops, never losing faith. To all the parents and guardians here today I acknowledge your courage.

Today is a day to celebrate the end of a long journey, a graduation from the lessons of life. To my fellow graduates I would like to extend my praise. We have come such a long ways, yet we must always remember that there is always a journey ahead. We are forever learning. Let this day be the beginning, not the end.

taught me will never leave my mind. Times of endless laughter and secrets to bond our souls. I will always remember the times we shared. It has meant the world to me.

We cannot forget those who put up with our negativity in the beginning and then held us as we said goodbye in our last days. My gratitude goes out to all the Staff. You could not change us even in the worst of days, but you never gave up. Coming to work with kids you've never met just to make a difference. Well, you have.

And now I would like to give a special thanks to the Tranquility Bay Director,



November 2003 High School Graduates

In a way, I feel both excited and sad. I am leaving what has become my home and going to what has always been. The memories that have been created will always be engraved in my heart and never forgotten as long as I live. For these two years have been the most precious of my life. I have created relationships that will never compare to those I once had. The friends I have made, both young and old, will not be leaving with me today, but the things that they have

Mr. Jay Kay. You were like a dad to me when I was far away from home. You were always there to listen. You stood by me in the toughest time and believed in me. On behalf of all of the Tranquility Bay students, I thank you. I wish you all the best.

Well, graduates we made it. Never forget where you came from and never stop growing. It's your life.

and Nick, November 2003

by Nick de Villada,
Honored Graduate
Tranquility Bay
November 2003

I still remember like it was yesterday. Knock. Knock. My bedroom door opened and my father appeared with two strangers I had never met before. "Some people are here to see you," he said. The next morning I was on my way to Jamaica. Boy, was I in denial. I thought I was going down to Jamaica to catch a little sun, go to a few parties, and then come back home. You would think the handcuffs would have given it away, but no sir, I was in my own dream land.

My escorts handed me over to Mrs. Grant, the lady who transports students from the airport to the Facility, and we were off. It took us a while to get there. When we finally arrived, I thought it was a little peculiar that most of the windows were barred. It finally hit me that I was not on vacation, when I saw a group of males walking in a single file line all wearing uniforms.

Now, a year and a half later, I feel like a new young man ready to take the challenges life has to offer me head on and live the life I always dreamed of as a little boy. For those of you who don't know me, I am Nicolas de Villada, a proud high school and Program graduate of Tranquility Bay. I know the changes I have made are for me, because I want something different with my life. I know that without the challenging and unique experiences I had during my stay in Jamaica, it wouldn't be possible for me to be where I am today.

One of the most unique qualities of Tranquility Bay is its location. Tranquility Bay is located in St. Elizabeth, Jamaica, a Parish in the South Eastern part of the island. Besides learning my fair share of Patois, living in Jamaica has taught me a lot of things. The main thing I learned was not to take things for granted. This includes my education and other seemingly small things such as washing machines. At home I took so many things for granted and let so many great opportunities pass me by. Being in Jamaica, so far away from everything I know and loved, I realized just how privileged my life truly was. As an Upper Status and Starfish I got the opportunity to experience the Jamaican culture when we would go off grounds and visit local communities. When I first came to the Program I asked my mom why she sent me so far away. Now that I am completing my program, I am happy that my mom

chose Tranquility Bay because my stay in Jamaica has really taught me a lot.

One of the biggest influences in my choice to help myself were the seminars that I attended throughout my stay. Whether it be rocking to the music during Focus or taking a good look at my values during Accountability, all the seminars have really assisted me in understanding why I behaved the way I did back home and what I could do to make it different. I learned that it's okay to risk and open up to others. I learned that a lot of people have been through what I have been through and that I am not alone in facing my problems. I also had a lot of fun staffing and really felt good when I was able to give to others the experience that had been given to me.



Nick

One of the things that will leave an impression in my mind for the rest of my life, is the people I met during my stay in Jamaica. The amount of love and support I experienced while at Tranquility Bay is really amazing. When I first arrived my Family Representative, Mrs. Smalling, really pushed me to my limits and never accepted anything but my best. My

Family Father, Mr. Gooden, always believed in me. When I got down he was always around to talk to me and give me advice. My peers have also played a great part in my experience in Jamaica. At first it was rough when I started working my program. Some students tried to pull me back down but that only made me a stronger person. I also learned what it is to be a true friend. I have learned what it is to care about somebody and not support their non-working choice. The friends that I made throughout my stay pushed me to my limits and helped me accomplish many things. I could keep talking about my stay at Tranquility Bay for quite a long time, but I think some experiences are best kept stored away for a rainy day.

I would like to say thank you to all the hard working staff at Tranquility Bay for all their love and support. Most importantly though, I would like to thank my parents. They truly did save my life. Their love and support was always there throughout my program. I have a long and wonderful life ahead of me. I know it won't always be easy, but when struggles come about I know I'll always have my handy little Program tool box, along with my memories of sunny Jamaica.

**Today is
the first
day of
your
future.**

~ Anon

Visions Changes

by David Gilcrease
President
Premier Educational Seminars

Over the last six months, Premier has been doing an extensive review of the overall seminar program. Specifically, we have been looking at what is needed in the parent program to create a greater possibility of success once your teen graduates. To enhance the impact of the seminars, a change is being made to Visions. The standard ten week Visions program will be replaced with a series of KEYS TO SUCCESS workshops. This change became effective January 1, 2004.

The current Visions program has allowed parents to begin the process of translating the principles of the seminars into every day life. The need for integration of the seminar's principles into everyday living is evident. Those who continue to "work" their program for 6-9 months after Focus are the families I see creating major success at home with their teen and in their

life. The new KEYS series creates enhanced internalization, greater flexibility for the parents and an adult program more closely aligned with the teen program.

Starting in January, we will hold 5-6 specific workshops in each of the regional areas. Participants who have graduated from any Focus seminars, as well as any Visions graduates, may attend any of the workshops they wish. We recommend attending as many as possible. The workshop topics include:

- ~ Living a Purpose-Full Life
- ~ Communication and all that It Creates
- ~ Living and Dealing with Addiction and Abuse
- ~ Creating the Intentional Family
- ~ Marriage and Relationships
- ~ Abundance and Prosperity / Living your Vision

These workshops will become the centerpiece in creating success in, and after, the Program. This will also be an opportunity for you to reconnect with past Facilitators, as a different member of the team will facilitate each workshop. During the weekend, the key principles of the Premier seminars will be reviewed, with experiential processes designed to connect you with your purpose. A workbook will be provided to use following the weekend. This will be used to further define your life's purpose while working with others from the workshop.

The dates for the upcoming workshops are as follows:

- CHICAGO - JANUARY 17-18
- NEW JERSEY - FEBRUARY 7-8
- SEATTLE - FEBRUARY 28-29
- BAY AREA - MARCH 6-7

For more information, please call our information system at 435-635-5836 or visit us online at www.premier-ed.com.



The Payoffs of Completion

by Saul Oakley
graduated Spring Creek Lodge Academy
November 2003

I came into the Program feeling confused, angry, and very alone. I was in a totally new environment in Montana, and I was not used to the structure. There were plenty of rules and consequences to learn and follow and twenty other kids in Excel Family who I did not know at all. Little did I know that some of those kids would turn out to be some of the best friends I have ever had.

I thought I could get my way and get my parents to take me home, but they were committed to Program graduation and to my life. My first plan was threatening to sit and do nothing in the Program until they either pulled me or I turned 18. Then I tried every kind of manipulative

letter I could think of. No matter what I threw their way, they stayed strong in their commitments. Today I am very thankful for that.

I was very stubborn for awhile and stayed on the Lower Levels for almost a year. I spent the holidays away from my family, which was pretty hard on me. I did a lot of thinking about what I really wanted to do, and that was the turning point in my program. I wasn't about to spend another holiday season away from my family. So I decided to work the Program. I got Level 4 in February and shortly after, I had my first off-grounds visit. It was the first time I had been with my whole family since leaving home. I spent a lot of time with my brothers and sisters on my visits, and it made me extremely happy to see how well my family was actually functioning. That

was when I committed myself to Program graduation for the first time. Through all of my phone calls, visits, home passes, and the help of my Family Rep., Kim Sparks, we worked on our communication and other family dynamics. I also learned a lot about myself and what I was willing to stand for and create in my life.

When I was at home I was going nowhere in life. I had no responsibilities and only 1.5 high school credits. Now, at Program graduation, I am only a few credits short of my diploma and I will be going to college next year. So while my old friends are still in their old ways and dropping out of school, I will be moving on and creating something good in my life. The Program has taught me to believe in myself and that I can accomplish

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Recovery Through Service

by Aimee Velez graduated August 2003
Emily Alvarez graduated August 2003
Tanelle Grund, enrolled September 2001
Cross Creek Programs

SERVICE KEEPS YOU SOBER is a phrase we hear all the time at North Campus, the high phase facility for girls. To keep what we have received in our recovery, we must be willing to give it away. Many students have the chance to give back through service. Service comes in many forms and is the key in helping others in their recovery. When we serve others through something as simple as making someone's bed or to as intense as a 24-hour cancer walk-a-thon, we receive a sense of peace.

At the convalescent home, girls have the chance to lead the elderly in a friendly game of bingo. Their hearts are filled with past memories. It helps them when we are there to hug them and let them know how special they are with unconditional love.

At a local day care, the girls rediscover the passion they once had in their lives, their inner child. While positively working with the kids, one girl has even learned sign language to help the deaf.

Other opportunities to serve come through participating in many community events such as "Kids' Safety Fair", assisting in the kite festivals and different marathon events. Many girls take time to clean animal shelters and sanctuaries. Some read to children at a local library or help teachers in elementary schools.

The many self-help groups in the Facility also help us stay on track as we prepare to go home. Anger Management is a group started to help others while helping ourselves, and to look at positive ways to deal with anger, instead of wasting energy staying mad. After all, staying bitter has never worked for any of us. When we see the girls united in sobriety through AA and NA (Alcoholics Anonymous, Narcotics Anonymous) and ready to be of service to anyone, we are motivated to stay clean and sober. At one time in our lives we didn't think we would be able to

go on, but now we know we can make it through with the support of NA and AA, just for today. When we are helping out others we do not feel cravings to use drugs and alcohol, because service gives us a sense of peace never experienced while using.

The EDA (Eating Disorders Anonymous) meetings help us know that we are not alone with the irrational and insane behaviors of that disease. Adoption Group is a place where adoptees can talk about feelings of

abandonment and grieve over lost family, while knowing we are not alone. CODA (Co-Dependents Anonymous) is sharing our experiences and to be there as mutual support without depending on others. The Grievance Committee, High Phase Representatives and Student Council are other ways to be of service to others. Stress can take over our minds, but athletics is a way to let our frustrations go and be carefree. Athletics is not only fun, but we also meet others and represent the community in a positive way.

Another type of service we have is staffing seminars. Staffing is completely different from being in the training. It shows where you were, where you are now and the growth that is still to come.

In short, service keeps us living and giving others the gifts we have gained. When we help someone we may not even be thinking of the effect we have on them, but the impact we make could change someone's life. Service is essential to our recovery; it holds a profound righteousness in our lives as a main value.



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anything. It's taught me that I deserve a happy and successful life. It has also taught me the meaning of true friends that will be there for me no matter what. The



Southern Utah

Program has not only helped me, but my family as well. I have never been closer to my parents or my brothers and sisters. We have all worked to create a loving and supportive environment in our home.

I came into the Program March 22, 2002, and now 19 months later, I am leaving as an honest, confident, compassionate, and worthy young man, ready to go back into the world and follow my dreams.



THE SOURCE Submit articles via e-mail. Include: a title, your name, the name of your student and their facility. Photos must be mailed to address below. Please identify the person(s) in the photo. Photos will be returned, unless otherwise noted. Please note, articles may be edited for clarity and/or space availability, and posted to the On-Line Source.

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2. You may include a link to your website to detail information on your event or function. NOTE: The linked website must be in alignment with the Program's purpose and may not promote another Specialty Program.