

Centers for Adolescent Recovery & Education

# newsletter

## a note about *C.A.R.E.*

The C.A.R.E. Network started about 2 years ago as we were brainstorming ways to unite our two programs—Red Rock Canyon School and Falcon Ridge Ranch. Uniquely different, yet united in the same core principles of success—both schools have their individual strengths and advantages. Red Rock Canyon School focuses on strengthening academic achievement, utilizing different therapy methods, and creating a secure residential environment. Falcon Ridge, with its ranch setting and one-of-a-kind equine therapy program, draws on a different therapy approach than most residential treatment centers. As students work with animals, they heal problems with abuse and trauma and learn work-ethic and other core values as they participate in a therapeutic ranch lifestyle.

As we look toward the future, our goals for the C.A.R.E. Network schools include broadening our reach to help more teens and families. We are taking steps to expand our exposure and become one of the best therapy programs in the nation. We want to always offer the best possible treatment options, care, and service to families.

Our success lies primarily in our exceptional staff. We seek honesty, loyalty, and hard work in dealing with the treatment of troubled adolescents. We lead by example—teaching real-world values and open communication. If you can't reach the youth, you can't teach them. We strive to not "be above them", but to work with them on their level. Our staff are invested in their jobs and their responsibility to help teens reach their full potential. It takes special people to work with at-risk youth.

Above all, the schools in the C.A.R.E. Network are committed to providing the highest level of quality care. We value our good name and hope that many more will come to learn of the success adolescents can find at our schools.

Sincerely,

*Brian Pace*

M.Ed., CEO, C.A.R.E. Network



Red Rock Canyon School, one of the 4 schools in the C.A.R.E. network

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## OUR MISSION

Providing a standard of excellence in an environment of safety and security, wherein caring professionals advocate a culture of responsibility, values, and education, all devoted to healing the troubled child and reuniting the family.

## *C.A.R.E. Network Schools*



Located in Saint George, Utah, Red Rock Canyon School was founded in 1999 and provides treatment to boys and girls ages 12 to 17 years of age. State-licensed, with an academic school accredited through the Northwest Association of Schools and Colleges, Red Rock is also a member of the National Association of Therapeutic Schools and Programs, and is currently in the process of obtaining accreditation through the Joint Commission. Utilizing a non-punitive discipline approach called Positive Peer Culture, students are taught to take on responsibilities, care for others, and themselves. If you could like more information about Red Rock, please contact us at 435.673.6111 and ask to speak to Todd or Bobbie in Admissions.

### VISIT OUR WEBSITES

[www.careschools.org](http://www.careschools.org)

[www.rrrtc.com](http://www.rrrtc.com)

[www.falconridgeranch.com](http://www.falconridgeranch.com)

[www.helpformytroubledteen.com](http://www.helpformytroubledteen.com)

### OR CONTACT US 24 HOURS A DAY

1.800.635.4441

Interested in visiting a C.A.R.E.  
network school?

Contact us for details on obtaining our special room rate of \$79.00 per night at the St. George Hilton Garden Inn.



## Falcon Ridge Ranch

Located in Virgin, Utah, about 30 miles northeast of St. George, Falcon Ridge Ranch sits at the mouth of Zion National Park. Breathtaking views surround the 13 acre ranch in every direction. A school for young women ages 12 to 17, Falcon Ridge is state-licensed, SEVIS approved, and has a accredited academic school through the Northwest Association of Schools and Colleges. With over 20 horses at the ranch at any given time, young women have the opportunity to participate in Equine Therapy with a certified EAGALA specialist and also learn care and concern for others through the Positive Peer Culture approach. Contact Mariah at Falcon Ridge for more information. 435.635.5260 or 1.866.968.4673.

# Quilting at Falcon

by: Mariah Pogue

Falcon Ridge Ranch is a unique and wonderful school created for girls who struggle in their home environment. It is a home, school, treatment center, and a place of love and healing. While at our school, one tradition that nearly every girl comes to love is quilting. When each girl arrives at the ranch she receives a handmade quilt. This quilt is a gift from a student who has graduated and returned home. Along with the quilt is a letter filled with advice and heart-felt wishes for the new student. This “passing of the quilt” tradition represents the very heart of our Ranch. Falcon Ridge practices a philosophy called “Positive Peer Culture” which teaches students self discipline and the importance of giving and receiving help.

The process of quilting can be likened to the healing journey each girl undertakes at the Ranch. Before quilting begins materials must be assembled, just as Falcon Ridge Ranch has assembled the finest therapists, teachers, and mentors. Fabric, like each girl herself, unique and beautiful, is chosen. Batting is selected, as support from the student’s peers is given to lend strength. All of this is placed on a wooden frame. For the girls, this frame is the daily structure with its opportunities for demonstrating responsibility and excellence. Then the hard work begins—no quilt is finished without the repetitious stitches that strengthen and bind, just as each girl is refined and strengthened through treatment.

As a student graduates and leaves for home, she leaves a brightly colored piece of herself. Her own beliefs and memories represented in the colors and patterns of her quilt. The quilts made are as different as the girls themselves—banners of triumph and hope. She takes with her the quilt she received at the beginning of her journey, perhaps a little used, appreciated, and cherished—and the tradition continues from girl to girl, quilt to quilt, with Falcon Ridge forever woven in the fabric of their lives.



## Growing *Sports* participation

Sports activity is always popular at Red Rock Canyon School. Both boys and girls have a basketball team this year, with games lined up with other treatment facilities and schools.

Boys basketball competed in a tournament at Diamond Ranch, a treatment facility located in Hurricane, Utah, on January 23rd and 24th. They Competing against other treatment facilities High Schools in the area, the team placed 2nd. Although dissappointed they didn’t take home the championship, it was a great improvement from last year’s competition where they placed 4th.

When asked what he likes most about being on the team Luke S. remarked, “I like knowing that when you fall down or even miss a shot [the team] will be there to pick you up and make it for you.” Tre W. also comented on what he likes best about basketball. “Playing basketball makes me feel like I am wanted, and it makes me feel good about myself. I know that the coaches care about how well we are doing and not just about winning games.”

The girl’s basketball team practices every Tuesday and Thursday, and hopes to line up a game with another school soon. Girl’s volleyball is a new team formed this year. Bill Mehn, who also coaches the boy’s basketball team, takes the girls once a week to the community recreation center to practice. While many girls have never played volleyball before, the team is learnign and getting ready for future games.

## A note to parents

I don't think anyone would disagree that there's more to life than what CNN typically likes to report. Despite all of the attention which the "doom and gloom" stories receive, those of us who work here at the C.A.R.E. schools have stories of our own to tell, stories about your children that paint a different picture about what lies ahead for their future, and for ours.

Call these stories "inspirational," forasmuch as they are about the miraculous changes you've been praying for, but which you are sometimes afraid will never come. However, as we continue to watch patiently for the confirmation of your hope, the right time will come along- and when it does- we'll most likely be about our business as usual, maybe catching-up with some paperwork while your child is sweeping the floor- only this time, instead of leaving the sweepings for someone else to dispose of (as he/she has done so many times in the past), we hear them ask, "where's the dustpan?" But that's not all!

They then finish the job without any further prompts, or interventions from us! Wow! And to think we saw it with our own eyes! Heard it with our own ears! We scarcely know what to say, except, "that's the best job of sweeping I've ever seen."

It's moments like these- which we can't wait to document in our notes- that persuade us to believe as never before, that there is an unseen power in the universe far greater and wiser than anything that any of us can bring to the table ... and that His timetable clearly isn't ours. To doubt that is to doubt that your child made history with a broom and dustpan when nobody could have expected it! We saw a light, as it were, come on, which neither your child nor any of us who were there can deny, or adequately describe. Call it a random "growth spurt," call it what you will, but there's more to an experience like that than could ever meet the eye, which is why we can say to every parent, that we have it on good authority, that your child is going to be alright;

that he/she's going to make it...and that there's more glorious moments, infinitely more, from where that one came from.

I think I speak for all of us at the C.A.R.E. schools when I say that stories like the one you just read are not all that hypothetical. They happen; and because they do, we not only have more "paydays" than you might expect, but we're also able to better understand the broader application in Einstein's observation, that "the hand of the Lord is subtle." How subtle? To find your answer in part, you need look no further than the dedicated staff who clock in and out of Red Rock day after day, who've become miracle workers in their own right, but who don't know it. Now, how's that for a Headline News story for 2009, CNN?

Until next time,

*Barry Moore*

Transition Director, Red Rock Canyon School

## Teaching at Falcon

by: Shane Swenson

As a teacher, I look for opportunities to change young lives for the good. I can't think of a better place to do this than Falcon Ridge Ranch. This small private school is far removed from the noise and bustle of fast-paced urban life. Here the prevailing ambiance is peace and safety. And I, like so many others, and captivated by the quiet splendor of this country ranch and school.

Every girl who comes here is surrounded by beauty and a nurturing staff in a home-like setting. At the Ranch, all these elements unite to form a powerfully unique therapeutic composition that fosters academic achievement and personal excellence in every young woman who attends. I love teaching here because I can see immediate results from intimate teaching moments which typically occur in small groups of no more than 12 students. Here, I am better able to facilitate each student's learning style through enhanced observations, one-on-one scholastic reviews, and individual student assessments. I see students at Falcon Ridge eliminate credit deficits from past schools and excel where they were previously failing. Falcon Ridge Academy is an ideal place of learning and growth. For a teacher, it can't get better than this.

## *new & improved*

Red Rock Canyon School has experienced many changes in the past 6 months. From a new dance and fitness room to a movie theater and weight room, the changes are exciting to staff and students alike. "They are a great addition to the school, states Andrew Wilson Red Rock employee. "They give the kids an opportunity to participate in more extracurricular activities."

Soon to be completed, the recording studio is already generating a lot of excitement. "It's pretty awesome. I'm really excited," says Monique, a student on the Coral Unit. "It's a great opportunity. There are a lot of kids here that are very talented. I love to sing. It's a great chance for us to persue what we would like to do in our future." Zack on Copper Unit is also looking forward to the studio's completion. "I think it's the most amazing change on campus."

"Without Sherman and Frank's help and listening to our ideas, we wouldn't have any of this stuff," says Dillon, a student on Copper Unit. "I'm excited for the recording studio to be done. I want to play the drums."

Donald on steel is looking forward to the recording studio. "I'm on vocals", he states to the others in the group. Aside from singing, Donald also enjoys the hip hop class. "Our teachers, Nick and Scott are really fun."

Skyler, also on Steel Unit, expressed his excitement of the new weight room. "I like to work out and keep in shape. It's good for your body."

"The executive team at Red Rock has a great vision for the healthy development of our students", states Bobbie Jensen, Admission Staff. "The addition of the fitness room and theater has increased our ability to provide healthy leisure activities for our students. It also creates opportunities for the staff and students to develop positive relationships. That's very important."



## Healthy Food, Healthy Kids

At lunch time, staff and students are probably not wondering how their food contributes to their health and well-being. However, they don't need to worry. A team of professionals planned their meal with their health in mind. From our C.A.R.E. network schools to the Federal Government, various steps are taken to ensure our teens get the best nutrition possible.

As members of the Child Nutrition Program, a federal program funded by The United States Department of Agriculture Food and Nutrition Service, the food we serve must meet the highest standards. Nutritionists from the

state of Utah review all menus, recipes, and food products served. A dietician surveys each menu to make sure it contains the necessary amounts of protein, grain, fruit, vegetable, and dairy. Our C.A.R.E. Network Food Service Director oversees the menu planning and orders food and produce from all over the United States. Only food that meets the highest standards is prepared, cooked, and served by kitchen staff.

Providing healthy nutrition to its teens is just one more way C.A.R.E. network schools are committed to providing the highest level of quality of care.

## CLIMBING to New Heights

Red Rock Canyon School has a new climbing wall. Can you imagine where? It's in the new gym on the North wall. Dee Owens, LCSW, a therapist at Red Rock Canyon School, has over 20 years of climbing and rappelling experience. Drawn to the sport by the beautiful weather and rocky terrain around Southern Utah which provides many opportunities to climb and rappel, Owens thought a campus climbing wall would be a perfect way to help our students identify issues. Rock Climbing is one of the many experiential therapy techniques used by our therapy team, in which safety is our top priority. Helmets, climbing harnesses, and new equipment, help ensure safety. Along with our multiple tied-in anchors for casting, skilled climbing guides instruct the teens in appropriate climbing techniques.

Mountain climbing is a high intensity, physically challenging sport. Whether it's referred to as bouldering, rappelling, climbing or leading, learning and performing appropriate techniques alone cannot complete the climb or rappel for you. The experience is exciting and a real challenge. However, completing the climb is not the only goal. Experiencing the



process is also very important. As teens climb, peers and therapists can observe the climbers behavior and help them gain insight into their lives through these behaviors.

Rock climbing exercises are intended to help our students experience a wide variety of powerful emotions. Emotions felt when involved in this activity create an opportunity for therapists to work through these emotions with the child and teach them the appropriate responses to these emotions. Some of the very specific feelings that often arise during rock climbing are: fear, panic, exhilaration, vertigo, fatigue, and success. Powerful decisions must be made also. A climber needs to decide whether to climb at all. A climber needs to choose which hand holes or foot holes to use and then experience the results of that choice.

Owen's goal is to train each student who participates how to climb correctly, safely, and appropriately. With our new rock wall students at Red Rock Canyon School not only have the opportunity to learn climbing techniques safely and properly, but will also gain valuable learning opportunities as they are guided by their therapist. Let the fun begin!

# ART



To see more student work visit our blog:  
[www.helpformytroubledteen.com](http://www.helpformytroubledteen.com)



## from the *Students*

### What we have learned in treatment...

"Life is too short to be doing dumb stuff." Terry S.

"To not take what you have for granted." Luke S.

"How to be more concerned about my life and how to follow directions. It has taught me how to get along with my peers and not to control my anger." Trie W.

"Self-control." Mitch S.

### Student Accomplishments

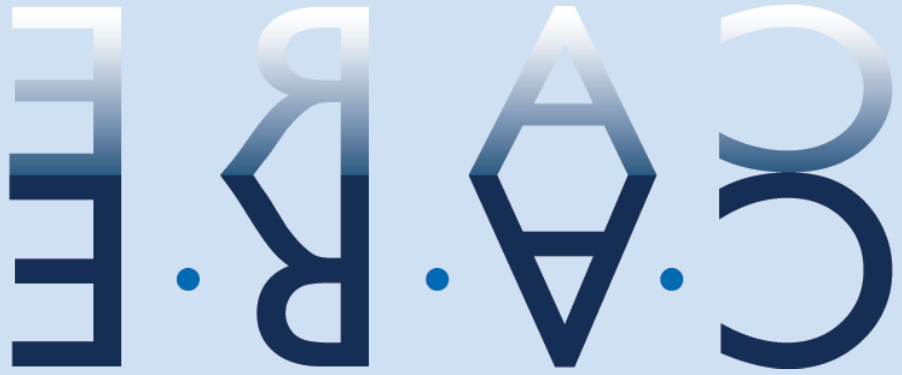
Nick M, Blue Unit, graduated high school at Red Rock Canyon School.

Dani A., Camille G., and Michele P., graduated the Falcon Ridge Ranch program

Suzi G., graduated from the Red Rock Canyon School program.

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