



Parent Information Packet



Santiam Crossing is an outdoor therapeutic school for troubled youth located on 157-acres in the Oregon foothills of the Cascade Mountains. Our program allows students to continue to build on treatment gains they made during their therapeutic wilderness experience and resume academic study.

Our mission is to engage the whole child in a thoroughly individualized program that addresses emotional needs, learning styles, academic history, and adolescent development.

We expect our students to:

- Make progress according to their individual therapeutic treatment plan
- Develop the skills, self-discipline, and motivation to become life-long learners
- Deepen their comprehension and skills in a variety of academic areas
- Earn academic credits
- Build the emotional skills necessary to become successful participants in their communities
- Participate in service learning to experience making a meaningful contribution as a part of their recovery

The people at Catherine Freer Wilderness Therapy Programs, who have been providing therapeutically rich adolescent treatment programs since 1988, developed Santiam Crossing School.



TUITION INFORMATION

Tuition includes:

- Initial clinical screening
- Individual and group psychotherapy
- Family therapy
- Psychoeducational groups
- Academic classes
- Individualized academic instruction
- Adventure and service learning weekend trips
- Professional development certifications
- Use of specialized outdoor equipment required by program participation (backpacks, tents, tarps, rock climbing equipment, snowshoes, ski poles, and miscellaneous camping gear)
- Hygiene and personal supplies
- Room and board
- Monthly family weekends including parent workshops and initiatives

The cost of the program is \$6300 per month plus a one-time \$1500 enrollment fee. Tuition fees for three months are due at the time the placement begins. This covers the first two-months and the last month's tuition. Additional payments are due at the beginning of every month.

Student Account

A \$100 student account fee for incidentals (including haircuts, special outings, etc.) is due at the time of admission. Any remaining balance left in a client's account will be returned to the family upon completion of the program. There will be additional charges for transportation to and from the airport for home visits if necessary.

Equipment Fee

A \$500 equipment fee is due at the time of admission. Your child will be provided outdoor gear appropriate to the season and individual equipment required by program participation.

Financing

American Healthcare Lending can help you obtain financing to cover Santiam Crossing's tuition. You may contact them directly to discuss this option at 800-625-7412.

DETAILED PROGRAM INFORMATION

Treatment

Each student is assigned a master's level therapist or certified drug and alcohol counselor who guides the child treatment, sets therapeutic milestones, and facilitates family therapy sessions.

Our therapists and counselors spend significant time each day working with students to help them gain perspective on their personal and family dynamics. Therapy is client-centered and individualized and includes:

- Students participate in four therapist lead group therapy sessions each week
- Students have at least bi-weekly family therapy via phone sessions
- Students have two weekly individual therapy sessions
- Students take part in a substance abuse relapse and recovery program
- Students participate in family therapy during family weekend
- Students have 1:1 check-ins as appropriate for additional peer accountability and support
- Students have therapeutic support from cabin staff

Family Reunification

Including families in therapeutic interventions with their child is one of the best ways to enrich family life and to prevent a child from relapsing after treatment. Parents and their student join together on campus one weekend per month to work toward successfully reuniting the family. Therapy issues addressed include family structure, communication, parenting consistency, trust and responsibility, and managing together the child's behavior and future. Parents also take part in weekly phone calls with their student, bi-weekly family therapy calls, and in parent coaching sessions.

Education

Each student's academic history is reviewed and his or her course work is selected according to learning styles, grade level, and academic history. Accredited online courses provide the framework for each student's academic work, while classroom teachers provide individualized support and guide students in the practice of personal responsibility, time management, and recognition of their strengths and unique learning styles.

Our small class size at Santiam Crossing ensures that each student receives the time and attention of educators who guide students in the practice of personal responsibility, organization, time management, and recognition of their strengths as learners.

Unlike many traditional schools, we require our students to apply therapeutic learning to their academic life. Our teachers and therapists maintain close communication about students, ensuring that the treatment focus of each student is applied in the classroom setting.

The school day is organized to provide students with the time and structure necessary for successful learning. Students begin their school day checking in with their teacher. This provides the teacher and student the opportunity to determine what assignments need to be completed, where academic performance difficulties lay, and to evaluate the student's academic needs. After

check in, students follow an individualized work plan. The needs of the student greatly determine the structure of this work plan.

Academic Credit Recapture

Santiam Crossing's academic curriculum is designed to enable students to work at their own pace and academic level and to regain credits. Students also develop skills essential to academic success: organization, time management, and recognition of their strengths as learners. We are accredited by the Northwest Association of Accredited Schools (NAAS).

Adventure Education

Three weekends out of every month, and one week each quarter, students participate in wilderness experiences such as mountain biking, rock climbing, horsemanship or whitewater rafting. Through these activities students find excitement, courage and success, earn elective school credits, develop healthy replacement activities, build competency, and learn valuable lessons regarding healing and change. Also woven into these experiences is service learning opportunities.

Professional Development

This one-of-its kind program enables students to earn nationally recognized professional credentials including Whitewater Rescue Technician, Red Cross Lifeguarding, and Wilderness First Responder. Students will be exposed to professions and professionals that may inspire their future academic and career goals. In addition to earning these valuable credentials, students' will gather decision-making, risk-management, and group management skills that will aid in the development of responsibility and self-regulation. Plus, the certifications will be a great addition to a students' college application or summer job resume.

Service Learning

Service learning is a powerful component of the Santiam Crossing program. We believe that participation in a variety of service learning opportunities will help students make meaningful contributions to the environment and to their community as part of their recovery.

Students are involved in the logistical planning of many of the service-learning expeditions, taking part in itinerary planning, equipment preparation, menu planning, and designing a recreation component for the weekend trip.

Our Students

Students who successfully complete a clinically based wilderness therapy program may be eligible for enrollment. Students must be willing participants in the program. Appropriate candidates need to be able to embrace the academic, therapeutic, and leadership opportunities and navigate their way through a level system.

Our Community

The Santiam Crossing campus is located on 157-acres in the Oregon foothills of the Cascade Mountains. A creek runs though the lush and forested property. At the heart of the campus are two creek fed ponds. A floating dock on the main pond is a favorite spot to hold individual therapy sessions. The campus includes a schoolhouse, learning center, and computer lab. The beautiful surroundings create a remarkable natural classroom.

Students live in cabins equipped with wood stoves. The cabins are designed to house 12 students, and two staff members. Students do their own cooking in a covered outdoor kitchen located at their campsite. Groups work together to plan and prepare meals.

Daily Life

The schedule is designed to keep students busy and engaged in healthy activities. Students are on campus Monday through Thursday. While on campus, students begin the day with breakfast in their campsite, followed by group therapy, individual therapy, activities or academics, depending upon the day. There are two to three school blocks each day, with a break for lunch and other activities between the blocks. On Monday and Tuesday there is at least one activity block, during which time students participate in campus building projects and recreational activities. Students prepare dinner in their campsites each evening, followed by group therapy in the late evenings on Monday and Wednesday. The day ends with an opportunity for personal time. During their personal time students can write letters, read, work on their journals, or finish outstanding projects and assignments, followed by bedtime between 10 p.m. and 10:30 p.m.

Students leave the campus three weekends out of the month for a wilderness based recreation and service-learning trip. They depart on Thursday afternoon and return on Sunday evening. The weekend schedule varies depending upon the activity. Students spend their weekends actively engaged in variety of activities, including service learning projects and recreational activities such as rafting, climbing, and primitive skills instruction. One weekend of each month the students stay on campus to participate in parent weekend activities.

Program Completion

In order to demonstrate readiness for program completion, we expect our students to be willing and able to successfully manage their own behavior within the family, in school, in social settings, and within the community. We expect our students to be ready to make appropriate and healthy lifestyle choices, be committed to their recovery, and be ready to experience success in another academic setting. To be recommended for completion, students must demonstrate a level of therapeutic and academic progress, which will be determined on an individual basis. We would like our students to experience and demonstrate true emotional growth and maturity before transitioning out of the program. Students will be expected to advance through the level system prior to program completion.

Our Staff

Santiam Crossing staff has the experience, maturity, qualifications, and enthusiasm necessary to create a nurturing learning atmosphere for our students.

Our teachers are experienced, certified teachers with past success in working with non-traditional learners. They demonstrate the enthusiasm and expertise necessary to get our students excited about learning. Our youth counselors hold bachelor's degrees in psychology or a related field, and have experience working with adolescents. Our therapists have either a master's degree or are certificated as an alcohol and drug counselor.

Family Involvement

Families are expected to actively participate in their child's education and in their own. Family counseling takes place bi-weekly via telephone. Parents and siblings visit the campus monthly and take part in a weekend filled with family workshops, and initiatives designed to help reunify the family. Parents also benefit from connecting with other families and creating a support network.

Parent Coaching

Parents will participate in five parent coaching sessions upon their child's enrollment. These sessions are designed to support parents. On these calls parents will learn what to expect while their child is enrolled at Santiam Crossing, learn how to become fully engaged in their child's treatment, and discover how to best support their child. The coach will also help prepare parents for their first on-campus visit with their child. Each session will be approximately an hour in length.

Communication and Visits

Students speak at least bi-weekly with their parents. Every other week the communication is during a half hour family therapy call. When students begin to progress through the level system they begin having supervised personal calls on alternative weeks.

Students are encouraged to write to their families on a regular basis. Families will also have regular contact with their child's teacher and his or her therapist. Home and on-campus visits will be determined on an individual basis, largely depending upon the level of the student.

Levels System

The level system provides structure for each student's journey through the program. A student's progression through the levels mirrors their growth and maturation within the school. Each level has a focus, contains expectations and responsibilities, and privileges.

Level I focus is on students acceptance of their placement in Santiam Crossing and of being in the "here and now" at Santiam Crossing. Level II focuses on working and doing the "work" outlined in their Santiam Individual Plan, Level III focuses on owning and internalizing their plan for success, the final level is transition when students are ready to take their new tools and use them beyond Santiam Crossing.

Clothing and Equipment

To ensure that students have the proper, seasonally appropriate clothing and equipment, parents must purchase an outdoor equipment package from Santiam Crossing. The cost of the equipment package is \$500. Parents will be responsible for sending the additional items listed in the Student Clothing List. Students will be responsible for laundering and maintaining their belongings.

Student Clothing List

Please bring these items on the day of enrollment.

Level I Clothing List

ITEM	QTY
Underwear	7 pair
Sports Bras	7
Socks (lightweight cotton)	7 pair
T-Shirts (plain, solid colors, no logos, appropriate size*) non-cotton recommended	7
Blue Jeans : 501, 550, etc Levi, Kirkland, Wrangler Jeans, (appropriate size **) no designer jeans, not skin tight, not baggy, not cut to show off navel	5 pair
Columbia Shorts (khaki, green, tan, or brown), max length to mid knee cap, min length from knee to end of middle fingerc	3 pair
Sweatshirt (black, blue, or gray – Please note: a seasonally appropriate jacket will be supplied in their equipment package.)	1
Sweatpants (black, blue, or gray)	1 pair
Dress slacks (used for graduation ceremonies)	1 pair
Dress shirt (button down or polo – used for graduation ceremonies)	1
Inexpensive Athletic Shoes (running shoes/cross trainers)	1 pair
School Backpack – water resistant (to hold school books or for day hikes)	1
Disposable Camera	1
Bedding for single bed- top and bottom sheet, pillowcase, blanket, comforter, and mattress pad if you so choose.	1 set

*Shirts need to fit appropriately, not expose the midriff with hands raised or extend past mid thigh.

In order to eliminate jeans or shorts that are either too tight or too baggy, please use actual waist measurements (no larger than 2 inches more than waist (not hip, measure 1 inch above pelvis bones) measurement) and **not what your child **says** their size is. If you are unsure of your child's pant size, bring a couple of sizes and your child may try them on during the day of enrollment. You can bring home and return the sizes that don't fit and send additional pairs of the correct size. Clothing that does not fit properly or that is not on the list will be returned home.

Santiam Crossing Supplied Equipment Package (\$500)*

ITEM	QUANTITY
Hiking Boots	1 pair
Winter Boots	1 pair
Sleeping Bag	Seasonally appropriate
Sleep pad	1
Rain Suit	1
Poly-pro thermal underwear	As needed
Headlamp	1
Crazy creek chair	1
Gloves	3 pair
Foot locker	1
Towels	2
Water bottles	As Needed
Pillow/case	1
Toothpaste/toothbrush/case	As needed
Comb	1
Hair Brush	1
Deodorant	As needed
Shampoo	As needed
Soap	As needed
Razors	As needed
Shaving Cream	As needed
Floss	As needed
Feminine Hygiene Products	As needed
Fingernail Clippers	As needed

* We realize that many of these items have been purchased as part of the expedition equipment package. Due to the rigorous nature of the wilderness expeditions, many of these items are near the end of their useful life when students arrive at Santiam, so we need to replace them.

Licensing and Accreditation

Santiam Crossing is a registered private school and is state-licensed as both an Outdoor Youth Program and an Organizational Camp. Our academic program is accredited by the Northwest Association of Accredited Schools.

Contact Information

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