

The Clinicare Connection

JULY 2009

EAU CLAIRE ACADEMY-WYALUSING ACADEMY-MILWAUKEE ACADEMY-AURORA PLAINS ACADEMY

Clinicare Teams Up With Family Innovations

Clinicare and Family Innovations of MN have recently formed a partnership for working with youth from the Eau Claire Academy, Wyalusing Academy and Milwaukee Academy. In the best efforts to enhance continuum of care, Family Innovations will provide family therapy for most Twin Cities based youth while they are still residing in one of programs and beyond their discharge. In addition, Family Innovations will provide in home counseling and services to youth after they are discharged from our care. Both endeavors are envisioned to enhance services to the children in our care, but to do so without an increased impact to the agencies. Family Innovations will utilize *Children's Therapeutic*



Services and Supports (CTSS) as a funding mechanism to provide aftercare services for up to 214 hours per year, post discharge from our programs.

This collaboration has been spearheaded by several Clinicare staff together with Ed Frickson and Steve Gray of Family Innovations. Family Innovations has a rich history of providing the highest level of professional, clinical care to the immediate 8 counties surrounding the Twin Cities. Clinicare and Family Innovations will share office space for this effort in St. Paul at Griggs Midway Building which is located at 1821 University Ave. W., Ste# 105, St. Paul, MN 55104.

Bettner Promoted to Executive Director

Clinicare Corporation is pleased to announce the promotion of Fred Bettner to Executive Director at Aurora Plains Academy. Mr. Bettner previously held the position of Clinical Director with Aurora Plains since February 2007. Prior to working at Aurora Plains Academy, Mr. Bettner worked at Empowerment Services, Inc. as a Program Director for 5 years and at Eau Claire Academy (subsidiary of Clinicare Corporation) for 3 years in multiple roles. Mr. Bettner's dedication and enthusiasm for Aurora Plains Academy, its residents, staff and programming is truly outstanding and infectious. We look forward to continued success from Mr. Bettner and the rest of the Aurora Plains Academy staff!



ENHANCING THE CONNECTION BETWEEN CLINICARE PROGRAMS AND THOSE WE SERVE.

Multisensory Stimulation Has Calming Effects

Clinicare provides sensory interventions in working with clients. Most of us have either positive or negative reactions to sensory stimuli. Knowing what sensory stimuli help calm us and which activate us can be very helpful to us in regulating our own emotions and behaviors. For instance, a picture of family (visual) may be very calming for some of us. The scent of lilacs (smell) might make some of us very happy and might make others of us feel sick. Blowing bubbles creates a visual stimulation, as well as a slippery feeling (touch), and the tactile sensation of blowing. Music can be soothing or stimulating, depending on the person and the type of music.

Residents at the Academies are learning about items and activities that can help them to calm or help them to be more energized and stimulated. Some clients have their own "sensory box" with items that help them to self-regulate, such as bubbles, moon sand, a picture of a beach, a koosh ball, scented lotion, or a CD of ocean sounds. Some of the Academies have already developed sensory rooms, and the rest will have them in place within the next couple of months.



Clinicare provides array of items that a client can use. Staff are always present to supervise and help the youth learn how to recognize and incorporate their senses in providing feelings of well-being for themselves. Many clients are very receptive to these interventions and find useful coping skills that they can transfer to their home and community.

Clinicare programs use sensory intervention for crisis both proactively and responsively, therapeutic enhancement and as planned interventions. In some cases, students meet with an occupational therapist who will identify which sensory mechanisms will be the most beneficial.

ECA's Residents Enjoy the Community Service Club

Community service is defined as an act by an individual which benefits the local community. People become involved in Community service for many reasons. For some, it is the satisfaction of helping, and for others it may be court ordered. Recent studies have shown that teen involvement in Community Service contributes to academic and social successes.

The youth at the Eau Claire academy have the opportunity to participate in Community Service, as part of our Activity Clubs, which provide the chance for hands-on learning experiences and social development. During weekly meetings, the Youth Community Service club members work on choosing, planning, implementing and reflecting on service projects. The club provides a solid learning opportunity, which allows the residents to work together towards a productive goal cooperatively, while developing an appreciation for giving.

The Eau Claire Academy Youth Community Service club has worked on several projects, including cleaning up local parks, making dog blankets for the local humane society, and raising money for the Heifer International Project to assist children and families around the world receive training and animal gifts that help them become self-reliant. They are currently discussing options to volunteer with the local Community Table food bank.

In addition to the social and educational opportunities offered by this Club, residents who have Community Service obligations can earn hours towards completing their responsibility.

Staff and Community Receive Gang Training

On June 22, 2009 the Eau Claire Academy sponsored a Youth Street Gang Seminar in Eau Claire Wisconsin. Jeff Seidl, Gang Expert and Minneapolis Police Officer, gave a presentation to roughly

250 Clinicare staff and many local agencies such as schools, law enforcement officers, social workers and corrections staff. Seidl provided a detailed history, sociology of street gangs and current trends and patterns. Seidl has presented to the staff at the Eau Claire Academy in the past. We look forward to continuing to working with experts like Seidl in an effort to provide professional education to our staff and the professional staff of the agencies that we work with.



Helping Community Kids Learn

Clinicare currently operates 3 off-site alternative schools in addition to working with day students at Eau Claire Academy and Wyalusing Academy. From north to south, Clinicare operates the Woodland Center in Woodville, WI, New Frontier Academy in Prairie Du Chien and Crossroads Academy in Decorah, IA. Our alternative schools are highly structured learning environments that work with students from the surrounding communities who are not currently in any residential programs. The overall goal of our alternative schools is to work with the local schools in an effort



to get the students prepared to integrate back into main stream schooling.

During the previous school year, our alternative schools worked with an average of 112 students. Furthermore, 10 of these students earned their diplomas and graduated from their home school district.

A Therapist's Tool Box

DID YOU KNOW? All Clinicare Programs offer carefully selected evidence based modalities of therapy to the youth they work with. **Cognitive Behavioral Therapy (CBT)** is a main therapy that teaches residents to connect how their emotions and behaviors lead to positive and negative consequences. **Trauma Focused CBT (TF-CBT)** is a kind of CBT that helps residents process through past trauma. **Dialectical Behavior Therapy (DBT)** works to address resident self-harm behaviors and to help residents learn healthy ways to interact with others. **Eye Movement Desensitization and Reprocessing (EMDR)** is a therapy that helps residents to process trauma—even in nonverbal ways. **Motivational Interviewing** is a type of therapy that works to find resident strengths and help them be motivated in their treatment and their lives. These are a few of the therapy services offered at Clinicare Programs. All therapist receive training in all modalities and many are certified in one or more methods. Therapists are currently receiving training on **Aggression Replacement Therapy** and **Play Training** for future implementation. All Clinicare programs have a passion for innovative and effective treatment modalities. For more information please contact one of the Academies directly.

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A greater promise for life.

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