

# CLINICARE CORPORATION

## Connection

VOLUME 1 - JULY 2008

ENHANCING THE CONNECTION BETWEEN CLINICARE PROGRAMS AND OUR COMMUNITIES.

## Clinicare Opens Facility in South Dakota

In January 2007, Clinicare Corporation began operation of its fourth Residential Treatment Program. The program, which has been named Aurora Plains Academy, was opened on the former State Training School site in Plankinton, South Dakota. The A.P. Academy is licensed by the State of South Dakota Department of Social Services to provide services for residents between the ages of 10 and 20 years old. The target population is characterized by high levels of verbal, physical, and sexual aggression. The Academy's intensive program offers higher staff to youth ratios and specific programming for the populations.

The physical plant is very impressive consisting of an on-site school, full size gymnasium, auto-body and mechanical shop, barn, pottery building, greenhouse/AG science building, several cottages and acres of recreational land. Also on grounds is a large juvenile secure detention center that is currently not being used other than for some office space.

Aurora Plains currently is serving 48 children all from throughout the state of South Dakota. If you would like more information about APA, please contact:

**Becky Harris—Executive Director**  
(605) 942-KIDS.



## Private Health Insurance

In times when many, if not most, counties are finding dwindling money allocated for their use to fund out of home placements, Clinicare Corporation is devoted easing that crunch. Clinicare Corporation has been providing treatment for members of many of the most common private insurance carriers throughout the mid-west. Our admissions and financial personnel will work with placing agencies to insure all allowable benefits are exhausted prior to us billing your county and/or organization. Eau Claire Academy is a preferred provider for Health Partners and United Behavioral Health. Clinicare programs are routine providers Health Partners, Blue Cross Blue Shield, Medica, and Preferred One. Additionally, Clinicare is continually looking to increase the insurance companies they serve, so please inquire about all private insurance.



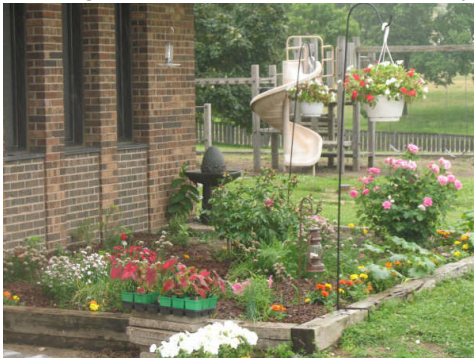
## Clinicare Staff Gives Ultimate Gift

On May 22, 2008, Shawn Connery of Clinicare Corporation donated one of his kidneys to his mother who has been dealing with kidney complications all of her life. Shawn's mother, Judy Connery, was born with only one functional kidney. The gift Shawn has given her will allow her to live a healthy life without the complications of dialysis. Shawn serves as Program Analyst/Development and works out of the Corporate Office in West Allis, but more commonly spends most of his time on the road traveling to visit the agencies that Clinicare serves. The surgery was performed at the Methodist Hospital in Rochester, MN through Mayo Clinic. After he was discharged from the hospital, he spent several weeks recovering at his family's vacation home in Crosslake, MN. Shawn returned to work on June 20, 2008.

## Milwaukee Academy Buzzing With Activity

Often times summer is a very busy time of the year for most people, whether it be family vacations, seminars or a few baseball games. There is no exception to the rule even for the girls at the Milwaukee Academy. Summer is a season of activity packed days, so much so, that often times the girls forget they are engaged in therapeutic activities because it isn't occurring in indoors in a highly structured environment that they are accustomed to. The girls at the Milwaukee Academy

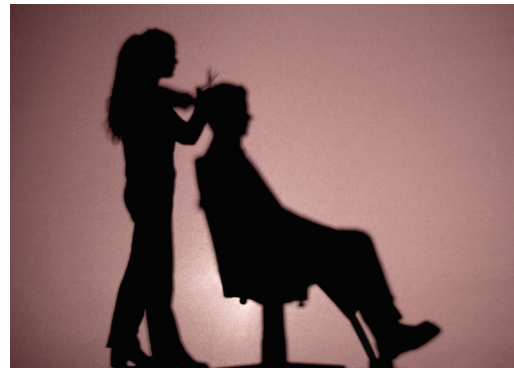
have been busy in their garden just a few steps out their door. Through gardening, the girls are learning how to respect mother earth but also raising



their own self esteem. The girls learn how to create and control their own environment in the garden, all while breaking barriers and creating bonds that transcend social obstacles through needed cooperation. It also gives them a sense of accomplishment and something to occupy their minds and energy.

## Wyalusing Continues Cosmetology Program

Starting more than a year ago, the Wyalusing Academy developed and implemented a Cosmetology Program. This program is designed to guide the students in acquiring the history, theory and technical information pertaining to all areas of cosmetology. The field of cosmetology provides many opportunities for the students in a variety of career paths. A broad beauty education will give the students the chance of exploring different avenues of cosmetology until they find a path best suited to their skills,



abilities and interests; while learning the importance of hygiene and grooming through the students creativity and hands on experience.

The goal is to build a positive attitude that develops a stronger confidence and better self-esteem in themselves. The students gain experience working on manikins and then progress to human volunteers once they have reached that level of competence. Male students are given equal learning through an emphasis on barbering.

## Clinical Staff Attend DBT Training

Clinicare Corporation staff from all Academies recently traveled to Boston and Minneapolis expanding their expertise with DBT therapy. In May 2008, Vera Matter (ECA), Wendy Winger (ECA), Krista Lapp (ECA), Dana Dorn (MA), Melissa Gutierrez (MA), Colleen Teynor (WA), and Angela Monaghan (WA) all completed the 10 day Dialectical Behavior Therapy Intensive Training Course on Dialectical Behavior Therapy (DBT) through Behavioral Tech, LLC. DBT is an effective, evidence based therapy that was developed by Marsha Linehan. DBT is designed to treat individuals with complex and difficult to treat disorders a combination of Axis I and Axis II diagnoses and who have difficulties with emotional regulation. At the Eau Claire Academy DBT concepts have begun to be implemented with clients who would benefit from DBT by providing a DBT skills group on one unit and through apply concepts during individual therapy.

# Clinicare Launches Balance Program

Clinicare Corporation recognizes the need to manage youths' difficult symptoms and behaviors to provide a safe and secure environment. For some youth it may seem that accomplishing compliance with the program is a large achievement. The bigger goal, however, is to provide the child with skills and insight so that they can be successful after leaving the structure of the residential program.

The BALANCE program increases the connection between behavioral and clinical programs at the Academies. BALANCE, (Behavioral, Activity & Learning Approaches to New Coping strategies for Everyone) illuminates program strategies, such as: Program Structure and Skill Development, Clinical Plans and Treatment Curriculum, and Population Specific Staff Development and Creative Interventions. Documents of these strategies are available for each population the Academy serves.

The BALANCE program also provides a strength based alternative to a levels system. It is designed to provide opportunities for the development of youths' skills and self-awareness. When youth experience difficulty with behavioral choices; recovery in-

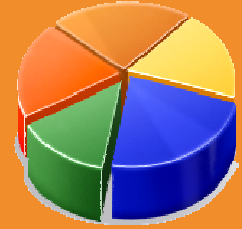
tervals and creative interventions are individualized, to provide them with the best opportunity to learn. These types of difficulties are perceived as "teachable moments". Discovering each youth's best learning style is an exciting challenge.

Helping youth increase self-awareness promotes their ability to become independent in managing their own behaviors and choices. BALANCE involves youth with staff in documenting and reviewing their behaviors, choices and demonstration of skills. The development of self-awareness improves youths' success as they return to their home community.

Please ask for more details as each Academy transitions to the BALANCE program.



## FACTS AND FIGURES



Clinicare Programs admitted **340** adolescents in 2007.

In 2007, Eau Claire Academy vehicles drove **299,891** miles taking kids to appointments, home visits, court, or family therapy.

In 2007, Clinicare served kids from 8 states.

## CLINICARE CORPORATION

*A greater promise for life.*

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### EAU CLAIRE ACADEMY

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P.O. Box 1161  
Eau Claire, WI 54702

Darci Roesler - Admissions

(715) 834-6681 *phone*  
(715) 834-1938 *fax*

### WYALUSING ACADEMY

601 South Beaumont Road  
P.O. Box 269  
Prairie du Chien, WI 53821

Roberta Lear - Admissions

(608) 326-6481 *phone*  
(608) 326-6166 *fax*

### MILWAUKEE ACADEMY

9501 Watertown Plank Road  
P.O. Box 13397  
Wauwatosa WI 53213-0397

Dana Dorn - Exec. Director

(414) 257-3141 *phone*  
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Jenni Koresh - Teacher (WA)

Clinicare Corporation aims to expand and improve this newsletter. If you would like to do any of the following: opt out of receiving this newsletter, add someone to the list or provide feedback, please email [roesler@clinicarecorp.com](mailto:roesler@clinicarecorp.com).