

# *Academy of Eastern Arizona*

Giving Teens Academics, Empowerment, Accountability

## PHILOSOPHY

At Academy of Eastern Arizona it is our goal to give your daughter the tools necessary for success in life, to serve those in need and to serve in her community. Just as no two people are a like, no two person's challenges are alike.

- Upon enrollment each student is evaluated to assess her physical, emotional, mental, and social attributes
- We strive to reintegrate the students back into their homes, schools and **communities as a positive asset.**

Through a holistic approach to modifying behavior patterns, your daughter can once again learn to live happily and make healthy choices. She will be able to build on the opportunity she has at Academy of Eastern Arizona to become successful, healthy and happy.

Our goal of Academy of Eastern Arizona is to assist the student in building a firm foundation for academic, social, vocational and physical activity.

## ACADEMICS

## EMPOWERMENT

## ACCOUNTABILITY

## MISSION STATEMENT

At Academy of Eastern Arizona, we believe in helping students that are filled with uncertainty and lack of direction that leaves a person feeling a sense of helplessness and hopelessness, wondering if life will ever get better. Our mission statement is to ensure the student that life CAN and WILL get better through aggressive quality treatment.

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The Academy of Eastern Arizona program is based on three goals:

<p>1. <i>To help the student better themselves</i></p>	<ul style="list-style-type: none"><li>▪ By learning real skills, which she can use after she leaves the program, she can feel a sense of accomplishment.</li><li>▪ Serving her fellow beings helps her to appreciate the individuality in themselves and others.</li><li>▪ She will gain confidence and a sense of honor.</li><li>▪ Through the education program she will be able to improve her school performance and be able to compete with her classmates upon returning to her home school.</li><li>▪ Therapy sessions will better enable her to understand herself and interact with her family and society.</li></ul>
<p>2. <i>To hold the student accountable for her choices</i></p>	<ul style="list-style-type: none"><li>▪ She will come to the realization that individual choices can affect others.</li><li>▪ She will learn of consequences, both negative and positive, that are attached to every action.</li><li>▪ She will be able to make choices that are beneficial in her life.</li></ul>
<p>3. <i>To help the student learn to gain acceptance in the community</i></p>	<ul style="list-style-type: none"><li>▪ Working with her peers and members of the community, she will learn to trust others, gain skills that can be applied to her home life, learn the importance of respecting herself, others, and property as well as providing a real service, thereby being an asset to her community.</li></ul>

## INTRODUCTION

Academy of Eastern Arizona focuses on therapy, education and teaching students' accountability. We serve teenage students who are experiencing problems at home, school, or with society, as well as students experiencing difficulties with emotional, behavioral, or substance abuse issues. Academy of Eastern Arizona maintains a staff of trained professionals to meet the educational and therapeutic needs of each student.

The facility is located in Holbrook, Arizona and can serve up to 34 girls. Student activities are supervised 24 hours per day, 7 days per week. A typical stay is 9 to 14 months and it can vary according to each student's needs and their response to treatment. Each student participates in a comprehensive program, which emphasizes Individual Improvement, accountability, and service. Our program focuses on Education, Therapy, Recreation, and Community Service as the primary tools for accomplishing the objectives of the program.

Academy of Eastern Arizona provides a safe, positive environment where each student is able to learn and apply the values of Responsibility, Self Respect, Respect for Authority and Self Motivation; thereby able to return to their homes, schools and communities with positive and lasting results

Academy of Eastern Arizona provides four types of programming:

- Life Skills
- Education
- Therapy
- Recreation

All of these programs are very important in helping the students become mature, responsible citizens in our society.

# Life Skills



**Learning life and work skills** is vital to the program. The student will learn to take responsibility, pride in their work, satisfaction in accomplishing goals, leadership abilities, learn to work with others and increase their self esteem while providing more service to their community. As part of the Life Skills program, students are given instruction in:

- CPR/First Aid Training
- Proper Food Handling and Preparation
- Nutrition
- Money Management
- Communication Skills

**Service to Others** is a vital tool for instilling in each student a sense of respect for themselves and an appreciation for the feelings and needs of others. At Academy of Eastern Arizona each student will be involved in helping others by participating in community service projects. Through community service, each student develops an appreciation and empathy for the individuals they serve and the community they live in.

Academy of Eastern Arizona maintains contact with various Community Groups to participate in volunteer assistance programs. Each resident will participate in assisting these organizations in varying capacities.

# Educaation



**School** will be individualized for each student. Academy of Eastern Arizona is accredited by the North Central Association Commission on Accreditation and School Improvement. Teachers in the classroom are Academy of Eastern Arizona employees, licensed through the State of Arizona. The programs in school will help the student with their weaknesses. This will serve as an opportunity for each student to receive individualized attention so that they will be able to compete with their peers when she returns to her home school. They learn to take pride in their accomplishments and they learn to work with others in home, workplace, classroom and community settings.

During the orientation period of the student's stay they will be assessed and an IEP (Individual Education Plan) created. Each student's IEP is tailored to her specific needs. Assessment's includes review of school records, therapeutic assessments, personal interviews, academic and placement tests and input from parents and family counselors. The student's educational and career goals are taken into consideration where appropriate.

A teacher is assigned to work one-on-one with the student to accomplish the goals set out in their IEP. Course completion is based on mastery of course objectives rather than "seat time". By working with the teacher in a one-on-one setting the student is able to "make up for lost time" due to lack of performance in their prior academic setting. Curriculum includes Science, Mathematics, Social Studies, Language Arts, as well as a variety of other core and elective course subjects. Since we utilize a one-on-one student/teacher setting, students can begin their course studies immediately upon enrollment in our program.

# Therapy



**Therapy** will be provided to the student on an individual, group and family basis.

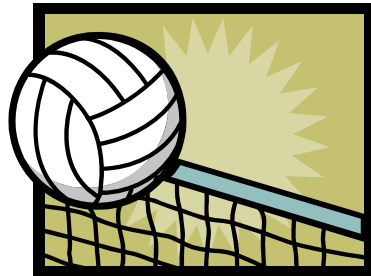
Individual Therapy will help the student understand who she is and help her understand her own behaviors. It will also help her understand how others view her behavior. It helps build self worth and teaches her to think “outside the box” regarding issues and solutions.

Group Therapy teaches the student to work with others regarding common issues and teaches empathy.

Family Therapy brings the family closer and helps each family member understand the other. It teaches healthy communication and conflict resolution.

This program will assist the student in learning more about themselves, how to interact in groups and society and also will benefit them and their families when they return home. Therapy is one of the primary tools utilized by our staff to accomplish the objectives of our program. Therapists focus on all aspects of each student's attitude and behavioral problems including family dynamics, substance abuse, anger management, and conflict resolution. Through identifying core issues the student is able to learn valuable coping skills and self-control.

# Recreation



**Recreation** is an essential part of the mental and physical makeup of all people. At Academy of Eastern Arizona we promote the participation by each student in a well-rounded recreational program that includes both physical and enrichment activities. Our location in Holbrook, Arizona offers unique opportunities for each student to experience different cultures and variety of physical activities.

Enrichment Activities may include:

- Music appreciation
- Museum
- National Park Discoveries

Physical Activities may include::

- Hiking
- Horseback Riding
- Swimming
- Soccer
- Softball
- Volleyball

When used in conjunction, these programs will better equip your daughter with the right tools that she will need in order to achieve any goal that she may set for herself. Your daughter will be better prepared to overcome challenges placed before her, no matter what her circumstances were like before she entered Academy of Eastern Arizona.

# Parent Pages

Academy of Eastern Arizona makes available to each parent an individual, secured internet webpage. Shortly after the student arrives at Academy of Eastern Arizona, the parent is given an internet address, a user name and a password so that they will be able to access their daughter's personal webpage. On this page the parent will be able to access information on the daughter's conduct, activities, teacher and counselor evaluations, as well as view pictures of their weekly activities. This page is totally secure and can be accessed only by the Parent.

## Overview

### Upon Entering the Program

- Comprehensive Psychological testing
- Mental Health Evaluation
- Academic Testing
- Placement Testing

### Daily

- Recreational Group
- Life Skills Class
- Educational Video
- Substance Abuse Support Group
- Reflections Group

### Weekly

- Individual Therapy
- Group Therapy
- Parent pages are updated weekly with pictures and staff notes

### Monthly

- Treatment Planning
- Family Therapy

### As Needed

- Comprehensive Update to Home Therapist
- Medication Management

## Frequently Asked Questions

**Q.** Is Academy of Eastern Arizona Co-ed?

**A.** No. We find that the co-ed environment takes the students longer to effect a change. We believe this is due to the students attempt to gain acceptance from the opposite sex. Other issues also keep us from having a co-ed environment, such as, the student's unwillingness to discuss issues in group with members of the opposite sex present.

**Q.** How long do the students stay?

**A.** Due to our individualized approach, we are able to effect a change in 9 to 14 months. Progress is dependent on each student.

**Q.** Is there a licensed therapist at Academy of Eastern Arizona?

**A.** Yes, each student at Academy of Eastern Arizona receives: Individual, Family and Group therapy with a Licensed Social Worker.

**Q.** Is the staff at Academy of Eastern Arizona trained to work with students with behavioral issues?

**A.** Yes, each staff member is trained in Therapeutic Crisis Intervention, as well as, First Aid/CPR. Staff also receives intensive training in various behavioral topics.

**Q.** My daughter is behind in school, and has done poorly?

**A.** Many of the students that enroll in Academy of Eastern Arizona are behind in school and/or have poor grade point averages. Our students attend school year-round and receive credit by mastering the material rather than being in class a specific number of days per year. Using transcripts from previous schools, academic and placement testing an education plan is created and a weekly track of courses implemented.