A PARENT'S MENTAL HEALTH RESOURCE GUIDE TO HELP YOUR CHILDREN

We created a list of resources from and for other families to help you navigate the care of your child. This isn't an easy process and know you have a team of parents behind you as a sounding board, an ear when you need someone to listen, because we know exactly where you're at emotionally.

This by no means is a comprehensive list of resources. Rather a work in progress and will be updated as new ideas, or resources are brought to everyone's attention. Please send suggestions, edits and updates to brett@stcroixadvisors.com".

Transitional Board Schools, After Care Programs, etc.

This list represents programs our children have attended or others have explored sending their children to. Access other Wilderness parents about their thoughts and experiences with these programs.

Arizona

Red Mountain
Young Adult, Coed, RTC
redmountainsedona.com
928-284-2690
90 Bell Rock Plaza, Suite 100A
Sedona, AZ 86351

Spring Ridge Academy
13-17 years old, Girls Only, TBS
springridgeacademy.com
928-632-4602
13690 S Burton Road
Mayer, AZ 86333

California

Casa Bella Recovery Services
18+, Women
cbrecoveryservices.com
310-913-0029
PO Box 12410
Marina Del Rey, CA 902920

The Grounds Recovery
thegroundsrecovery.com
PO Box 255
La Jolla, CA 92038

Optimum Performance Institute (OPI)
17-28, Coed
866-661-3982
Woodland Hills, CA

Connecticut

Turn Bridge
Young Adults, Coed
tpaddictiontreatment.com
203-937-2309
189 Orange St.
New Haven, CT 06510

Florida

Life Skills South Florida
18+, Coed
lifeskillssouthflorida.com
844-749-1560
1431 SW 9th Ave, FL 33441

New Direction
18-30, Coed
ndfya.com
844-814-7084
3275 W Hillsboro Blvd, #110
Deerfield Beach, FL 33442

Idaho

Innercept
Adolescent and Young Adult, Coed
innercept.net
208-665-7178
115 Ironwood Dr.
Coeur d'Alene, Idaho 83814

Milestones For Young Adults
18-27, Coed, TLP
milestonesforyoungadults.com
208-676-8235
W Idewild Loop
Coeur d'Alene, ID 83814

Illinois

Edge
18-25, Coed
edgelearningcommunity.com
224-616-2655
63 East Lake Street
Chicago, IL 60601

Massachusetts

Chrysalis
3East Dialectical Behavior Therapy (DBT)
Programs for Adolescence and Young Adults
mcleanhospital.org/programs/3east
800-333-0338
McLean Hospital 115 Mill Street
Belmont, MA 02478

Montana

Chrysalis
13-18, Girls Only, TBS
chrysalisschoolmontana.com
(888) 317-9297
77 Trails End Road
Eureka, Montana 59917

Turning Winds
13-18, Coed
turningwinds.com
800-845-1380
31733 S Fork Rd
Troy, MT 59935

North Carolina

CooperRiis
Adults, Coed
cooperriis.org
828-894-7140
(CooperRiis has two campuses-See below)

Asheville Campus
85 Zillicoa Street
Asheville, NC 28801

Mill Spring Campus
101 Healing Farm Lane
Mill Spring, NC 28756

Oregon

Cascade Crest Transitions
18-23, Coed, TLP
cascadecresttransitions.com
866-442-6357
164 NW Hawthorne Ave
Bend, OR 97701

Dragonfly Transition
18-25, Coed
dragonflytransitions.com
208-425-4888
505 N 9th St
Klamath Falls, OR 97601

Pennsylvania

Good Works Recovery House
goodworksrecovery.com
717-317-3308
1853 William Penn Way, PA 17601

Texas

Fulshear Treatment to Transition
18-24, Girls Only
fulsheartransition.com
888-317-9229
10514 Oberrender Rd
Needville, TX 77461

High Frontier High School
12-17, Coed, RTC
thehighfrontier.org
432-364-2241
TX-118
Fort Davis, TX 79734

Utah

At The Cross Road
Young Adult, Coed, RTC
atthecrossroads.com
866-439-0354
139 North 100 West
St. George, UT 84770

Ashcreek Ranch Academy
For Boys
ashcreekranchacademy.com
844-211-1354
652 Shady Ln Toquerville
UT 84774

Crossroad Academy
14-18 and 18-26, Boys Only, RTC
crossroadsrtc.com
801-369-0238
914 32nd St, Ogden, UT 84403

Daniels Academy
Boys Only, TBS
Residential School boys with Autism
danielsacademy.com
435-709-7050
3725 S Big Hollow Road,
Daniel, UT 84032

Discovery Ranch For Boys
13-18, Boys Only, RTC
discoveryranch.net
855-662-9318
1308 South 1600 West
Mapleton, Utah

Eva Carlston Academy
14-18, Girls Only, TBS
evacarlston.com
801-449-0089
4943 S Wasatch Blvd
Salt Lake City, UT 84124

Mountain Spring Academy
mountainspringsprep.com
435-592-3220
1454 South Campus Drive
Cedar City, UT 84720

Telos
14-19, Boys Only, TBS
telosrtc.com
801-380-7980
870 Center St
Orem, UT 84057

Wingate Wilderness Therapy
14-18, Girls or Boys Only, WT
wingatewildernesstherapy.com
(800) 560-1599
6746 East U.S. 89
Kanab, UT 84741
(800) 560-1599

Education Consultants

This list presents Education Consultants parents have used, or recommended to help find the ideal program.

Additional Resources on Therapeutic Schools: National Association of Therapeutic Schools and Programs

www.natsap.org (Plus, natsap has a parents group called SNAP)

Amanda Thomas
Douglas Bodin
The Bodin Group
thebodingroup.com
(650) 937-1111
5050 El Camino Real
Los Altos, CA 94022

Andy Erkis
Erkis Consulting
Education Consulting
erkisconsulting.com
(614) 231-1957
130 Northwoods Blvd, Suite A
Columbus, OH 43235

Dani Levine
The Step Group
818-996-9880
thestepgroup.com

Heather Hayes
heatherhayes.com

Jamie Goodman, M. Ed., LPC
The Aspire Group
(847) 461-8950 - Direct
(847) 945-0913 - Office
jamie@theaspiregroup.com
theaspiregroup.com

Joby Dobson
Dobson Educational Services
215- 410-8433
jpd@dobconsult.com
dobconsult.com

Josh Doyle
The Goldberg Center
For Educational Planning
edconsult.org
(781) 848-8800

Kim Mable
The School Solution
https://theschoolsolution.com
847-242-0865

Linda Cain
At Risk Alternatives
720-299-884
lindadcainconsultant@gmail.com
atriskalternatives.com

Lisa Cheyette
One Oak
oneoakconsult.com
773-288-9156
1115 Upper Hembree Road, Suite B
Rosewell, GA 30076

Mindy Goodman
New Chapters Consulting
& Coaching, LLC
443-506-1662
11620 Reisterstown Road #935
Reisterstown, Maryland 21136
mindy@newchaptersconsulting.com

Tara Casoli
Clarity Family Consulting
tara@clarityfamilyconsulting.com
clarityfamilyconsulting.com
651-324-7274

Books

The Parallel Process
A book to help parents grow with their child in treatment and recognize patterns in their child's lives and their own.

Boundaries
How to find out who you are and how to say yes and no. A book to help you take control of your own life.

Boundaries with Teens
When to say yes and how to say no. Biblically how to handle the teenage years.

The Four Agreements
A practical guide to personal freedom. Transform your life to experience freedom, happiness, and love.

The New Co-Dependency
A guide for today's generation on codependency. Learn who you are and what tools you need to reclaim and create a healthy life.

Hold on to Your Kids
Why parents need to matter more than peers. Seeing parents as a true source of contact, security, and warmth for their children.

Not by Chance
How parents boot their teens success in and after treatment through research, exercises, and real life stories.

The Heroic Parent
Your child's struggle and the road home. A parent's guide through the path to hope.

Brave Parenting
A Buddhist inspired guide to raising emotionally resilient children. For parents and children of all ages.

5 Love Languages of Teenagers
The secret to loving teens effectively.

The Lost Years : Surviving a Mother and Daughter's Worst Nightmare
A mother and a child talk about the lost years of drug and alcohol addiction.

Financial Resources

A topic most individuals are apprehensive to discuss. 99% of individuals or families never contemplated prior to needed this level of care for your child to incorporate this into their financial plan. These higher levels of care require an "all in" financial resources and for many it will become an ineradicably financially challenging. Below are a few resources and advocates to help you to find and understand what financial options are available.

Medical Insurance

Insurance Advocate:
sjhealthinsuranceadvocates.com
They can give you an idea of what can be paid for by insurance companies and which companies reimburse at the best rates. Switching insurance companies may be an option for you and may help with the financial burden.

Denials Management:
fixmyclaim.com
Helps with insurance claims and denials.

The Bremer Group
Insurance Brokers & Consultants
Emily Black Bremer
bremerbenefits.com

The Mental Health and Autism Project
They have a sliding scale for their fee based on your income.
mhautism.org

Illinois

Illinois has something called an, "Individual Care Grant" that pays completely for RTC treatment, and can sometimes be used to pay for the "boarding" portion of a therapeutic boarding school. That means that if you can get your school district to agree to pay for therapeutic day school, you can combine their funding with the ICG and bump it up to a therapeutic boarding school. However, in our case, there was only one school that was eligible for us to do this--and, while it is an excellent program, it does not treat our daughter's diagnosis and had previously declined to admit her due to her impulsivity.

Individual care grant in Illinois:
illinois.gov/hfs/MedicalProviders/behavioral/Pages/icg.aspx

State of Illinois Funding Link:
isbe.net/Documents/mh-res-trtmnt-hdbk01-12.pdf

If you have used or explored State resources, please send the resources so we can add to our list.

Adolescent Transportation Services

Beacon Point Services
801-787-7002
beaconpointservices.com

Bill Lane & Associates
866-492-3400
billlaneandassociates.com

U.S. Transport Service
855-632-1248
ustransportservice.com

Assisted Interventions
888-698-9562
assistedinterventions.com

Right Directions Crisis Intervention
888-592-84400
rdas.net

Jason Fiscus
New Day Interventionist and Transporter
435-691-4357
newdayintervention@gmail.com

Attorney's:
Medical Reimbursement:

Chuck Lloyd
Livgard
2520 University Ave SE
Suite 202
Minneapolis, MN 55414
612-825-7777
888-849-9222 Toll Free
612-825-3977 Fax
www.livgard.com
chuck@livgard.com

Education Attorney

Neal Takiff
Whitted Takiff, LLC
3000 Dundee Road, Suite 303
Northbrook, Illinois 60062
847-564-8662
ntakiff@whittedtakifflaw.com
whittedtakifflaw.com

Groups:

National Association for the Mentally Ill
nami.org
A resource to help with emergency and state funding. Plus, has local support groups.

Families Anonymous
familiesanonymous.org
Local meetings,and nation wide call in meetings on Saturday afternoons. Helpful for parents with kids with ANY form of addictive behavior, not just drugs and alcohol as they are known for.

The Kennedy Forum
thekennedyforum.org
Advocacy website dedicated to changing the way mental health and addictions are treated in the health care system.

For the most updated list, you can **email Brett Anderson** :
brett@stcroixadvisors.com
or call 651.337.1919
with updates, resources or edits.