



PROGRAM INFORMATION

PROGRAM DESCRIPTION:

The Northwest Passage Lakeshore program is a therapeutic, activity-based, residential treatment program for adolescent males ages 12 to 17. The small group intensive treatment experience of this program is designed to address each client's mental health issues while promoting recovery concepts. Program activities focus on empowering clients, increasing self-worth, developing healthy coping skills, building a constructive connection with the community, and positive relationship building through individual and family therapy, group therapy, expressive arts, and the outdoors.

The program is located 20 miles outside of downtown Spooner on a 15 acre lakeshore campus. NWP Lakeshore utilizes many regional natural resources for hiking, cross-country skiing, and snowshoeing, fishing, and canoeing. The structure and design of the program provides a high impact, immediate response to young men identified as experiencing emotional, behavioral, and mental health problems within their home, school or community environments. The objective of this program is to provide a treatment community that reopens the possibility of renewed self-respect and the hope for a positive future.

COMMUNITY INTEGRATION:

Northwest Passage is committed to relationship-based services. We believe that one critical facet of long-term, stable mental health is a lasting connection to a strong community. Therefore, Northwest Passage Lakeshore incorporates programming to assist clients with productive and rewarding community involvement and community service with the aim of broadening the relationship skill building to include communities. We partner with organizations in surrounding communities to engage our clients in rewarding community service projects.

DIALECTICAL BEHAVIORAL THERAPY (DBT)

Northwest Passage Lakeshore engages programming specific to the needs of our clients. Although our clients are often referred because of behaviors that have been concerning to those who love them and problematic in their lives overall, most often, it is their emotions that lie at the root of their difficulties. Often, our clients are those who have experienced extreme emotions and who often attempt to cope with or avoid distress by engaging in unsustainable, harmful behaviors (verbal/physical aggression, opposition, defiance, self-harm, promiscuity, drug use, elopements, relationship damaging behaviors etc.). Therefore, we have integrated Dialectical Behavioral Therapy skills, or DBT, into our programming. This type of therapy differs from other methods because it focuses on emotions rather than thoughts. Within the Northwest Passage Lakeshore program, each resident participates in DBT skills group weekly. This group is facilitated by licensed therapists and tailored to the emotional functioning of the overall group. Staff members also work to integrate DBT concepts into other activities throughout the week.

ACADEMIC EDUCATION:

Lakeshore's academic curriculum is a flexible program designed to meet the needs of a broad range of student abilities. Individualized instruction in mathematics, language arts, computers and environmental education is emphasized. Social studies and science units are taught and interwoven with critical thinking skills and hands-on problem solving. We also have the ability to work alongside home schools for specific student needs and online courses. Coursework is credited and transferable.

OUTDOOR EXPERIENTIAL EDUCATION:

Lakeshore provides outdoor therapeutic activities to reinforce lessons learned in traditional forms of therapy. Clients are placed in a natural environment that encourages the development of increased social skills, emotional stability, and self confidence. For many of our clients, the outdoor experience at Lakeshore provides a once-in-a-lifetime opportunity to face significant challenges which lead to a sense of accomplishment in themselves that they would not have previously thought possible.

PROMOTING HEALTH THROUGH ACTION

Few can argue the relationship between self-esteem and an active, healthy lifestyle. Another component of the Northwest Passage Lakeshore program is physical activities and exercise designed to promote healthy living while also providing our clients with an opportunity to experience a healthy outlet for their energy. Residents are provided with a range of activities within programming that take into account the varied athletic abilities and interests of the residents. These activities not only provide opportunities for our clients to engage in a more active lifestyle, but they also provide very natural opportunities for positive peer interactions and the development of team-building skills.

EXPRESSIVE ARTS PROGRAMING:

In A New Light is a therapeutic nature photography program that emphasizes skilled expressive arts training and nature immersion, ultimately empowering residents to define themselves by their strengths rather than their weaknesses. Residents at Lakeshore have the opportunity to learn photography and editing techniques and are encouraged to express themselves through their art. Separate from this ongoing project, residents at Lakeshore are also regularly exposed to a variety of musical outlets and other individualized artistic interests.

PROGRAM COMPLETION:

The end of formal treatment at NWP Riverside is only the beginning of living a therapeutic lifestyle. To mark the transition from residential, residents participate in a ceremony highlighting their individual achievements, growth, and journey. Family members, educational consultants, and social workers are encouraged to attend and participate in this celebration.

**NORTHWEST PASSAGE LAKESHORE
PACKING LIST**

MINIMUM REQUIREMENTS:

	Clothing On Intake	Initial Addition	Clothing Sizes
8 pr. undershorts			
2 pr. long underwear			
8 pr. white athletic socks			
2 pr. wool winter socks			
4 sweatshirts			
7 t-shirts			
1 winter jacket/or light coat			
1 pair winter mittens/gloves			
1 winter/baseball hat			
4 pair gym shorts			
1 pair hiking boots			
2 pair tennis shoes			
3 pair long pants (jeans)			
4 pair sweatpants			
2 pair work gloves			

****Note some items are seasonal****

Northwest Passage Lakeshore will provide any clothing deficiencies from this list. Any clothing that is worn through normal wear and tear will be replaced. Clothing that is lost or damaged through neglect by the resident will be replaced at cost to the resident. (This cost will be incurred through chores and/or restitution, etc.)

NOTE: If your son wears prescription glasses, please be sure to pack or bring those also.