



PROGRAM INFORMATION

PROGRAM DESCRIPTION

The Northwest Passage Prairieview program is an intensive residential program for adolescent females ages 12-17. The program provides a small group therapeutic and skill-building experience. Residents learn to support other members within the group, tap personal strengths, and develop self-discipline. The challenges within the adventure education program teach cooperation, self-control, and the fundamental need for following rules and limits. A primary objective of this program is to provide a treatment community that reopens the possibility of renewed self-respect.

COMMUNITY INTEGRATION

Northwest Passage is committed to relationship-based services. We believe that one critical facet of long-term, stable mental health, particularly for our female clients, is a lasting connection to a strong community. Therefore, Prairieview 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)

Prairieview engages programming specific to the needs of our clients. Although our female 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 avoid distress by engaging in harmful behaviors (self harm, promiscuity, drug use, elopements, etc.). Therefore, we have integrated Dialectical Behavioral Therapy, 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 Prairieview program, each resident participates in DBT skills group within their unit. These groups are 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

Each resident is provided with academic instruction in a specialized school environment. Individualized instruction in mathematics, grammar, computers and environmental education is emphasized. Preparatory work for the High School Equivalency Diploma (H.S.E.D.) is also available. Course work is credited and transferable. The academic instruction is designed to meet the individual needs of each student.

PROMOTING HEALTH THROUGH ACTION

Few can argue the relationship between self-esteem and an active, healthy lifestyle. Key components of Prairieview are physical training and activities designed to promote healthy living while also providing our clients with an opportunity to experience a healthy outlet for their energies. We weave physical training, weight lifting, and outdoor adventure skills training into the programming. 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 PROGRAMMING:

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 Prairieview have the opportunity to learn photography and editing techniques and are encouraged to express themselves through their art. Prairieview residents also apply their photography talents to the “Women of the Valley” project in which they chronicle the lives of local women, learning to tell their life story artistically to better enable them to narrate their own. Separate from this ongoing project, residents at Prairieview are also regularly exposed to a variety of other individualized artistic interests such as theater, poetry, and music.

PROGRAM COMPLETION:

The end of formal treatment at NWP Prairieview 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.



CONTACTING YOUR CHILD

The following policies have been developed with significant thought and consideration for the family and individuals who enter our program. Providing a safe and secure environment is a primary reason for these policies - your cooperation is greatly appreciated.

*These policies are not all inclusive - extenuating circumstances may require adjustments in policy.

PHONE CALLS

Your daughter may receive and make phone calls from/to individuals on her approved calling list throughout her placement. Please remember that your daughter will be involved in many structured activities throughout the day and evening. These call times have been established to ensure she will be available for your call. Your understanding and cooperation during these times will be appreciated.

Incoming call times **Between 6:00 and 6:30 pm Monday through Thursday**

Outgoing call times **Between 8:15 and 9:00 pm Monday through Thursday**

Each client will get **1 incoming call per week and 1 outgoing call per week.**
(Residents on advanced phases are allowed an additional outgoing call)

Exceptions to this rule are made depending on circumstances. They may contact their social worker and/or attorney at any reasonable time upon request without restriction.

WRITTEN COMMUNICATION

NWP will provide stamps and envelopes for your daughter to write letters. Letters to your daughter from family and friends is also permitted and encouraged.

VISITATION

Throughout your daughter's stay at NWP III, visits will be established according to treatment planning and progress in the program. Your daughter's case manager will be in contact with family to coordinate these visits.

PRAIRIEVIEW PERSONAL POSSESSION/CLOTHING LIST

MINIMUM REQUIREMENTS:

- | | |
|---------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------|
| <input type="checkbox"/> 14 pair underwear (thong underwear is not recommended due to the amount of physical activity in the program) | |
| <input type="checkbox"/> 2 bras | <input type="checkbox"/> 4 Sports bras |
| <input type="checkbox"/> 14 pair socks | <input type="checkbox"/> 3 long pants (i.e. jeans, khakis) |
| <input type="checkbox"/> 3 sweatshirts | <input type="checkbox"/> 4 athletic shorts |
| <input type="checkbox"/> 14 t-shirts | <input type="checkbox"/> 5 pair sweatpants |
| <input type="checkbox"/> 2 long sleeve shirts | <input type="checkbox"/> 1 fall jacket |
| <input type="checkbox"/> 2 pairs shoes (1-running shoes) (1-hiking boots) | <input type="checkbox"/> pajamas |

Winter

- | | |
|---------------------------------------------------|------------------------------------------|
| <input type="checkbox"/> 1 winter coat | <input type="checkbox"/> 1 pair boots |
| <input type="checkbox"/> 1 pair gloves/mittens | <input type="checkbox"/> 1 wool type hat |
| <input type="checkbox"/> 1 pair long-john bottoms | <input type="checkbox"/> 1 long-john top |

Summer

- 1 swimsuit

Please note that each resident's initials will be placed on the tags of all clothing
Please do not pack ripped, torn, holey clothes or low cut or midriff-baring tops.

If your daughter wears prescription glasses, please be sure to bring/pack those also.

Prairieview will provide any clothing deficiencies from this list until arrangements can be made to secure personal clothing. All necessary bathroom and personal hygiene supplies will be provided by Prairieview. If a special hygiene product is necessary for a specific medical purpose (i.e. dry skin, dandruff, acne, etc.), then the resident may bring that product with them.

PERSONAL BELONGINGS:

In addition to standard clothing items, your daughter is encouraged to bring some items to the facility and discouraged from bringing others.

Encouraged Items:

- ✓ A personal pillow or blanket, if you wish. One will be provided, but residents are welcome to bring their own from home.
- ✓ Family photographs. These are best kept in a small soft cover, non-spiral bound album.
- ✓ A stuffed animal.
- ✓ Cordless music devices are recommended. Devices may not have visual or audio recording capabilities.

Inappropriate Items:

- ✓ Electronics that record audio/video or can take photos
- ✓ Jewelry - including watches
- ✓ No metal- including hair accessories (i.e. barrettes, bobby-pins), spiral notebooks, picture frames etc.
- ✓ Do not send money, food, or candy as residents' needs will be met by this agency.

Northwest Passage is not responsible for the loss or damage of any of such items.