



PROGRAM INFORMATION

PROGRAM DESCRIPTION

The Northwest Passage Riverside program is an intensive residential program for adolescent males ages 12-17. The program provides an individualized small group therapeutic and skill-building experience. Residents learn to support other members within the group, discover personal strengths, and develop a therapeutic lifestyle. A primary objective of this program is to provide a treatment community that reopens the possibility of a healthy sense of self.

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 Riverside 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 Riverside 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 (physical aggression, self harm, suicidal behaviors, promiscuity, drug use, elopements, 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 Riverside program, each resident participates in DBT skills group within their residence. These groups are facilitated by licensed therapists and tailored to the cognitive 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 and is facilitated by staff members that adapt lessons to a range of learning styles. The academic day is divided into periods of project-based learning, traditional school study, and educational field trips.

PROMOTING HEALTH THROUGH ACTION

Few can argue the relationship between self-esteem and an active, healthy lifestyle. Another component of the Northwest Passage Riverside 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 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 Riverside 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 Riverside are also regularly exposed to a variety of other individualized artistic interests such as woodworking, pottery, poetry, and music.

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.



PACKING LIST

MINIMUM REQUIREMENTS:

	Clothing On Intake	Initial Addition	Clothing Sizes
8 pair underwear			
9 pair socks			
5-7 pairs of long pants			
5 pairs of sweat pants			
*3-5 pairs of shorts			
7 t-shirts			
3 sweatshirts			
1 pair tennis shoes			
1 swimming suit			
WINTER			
1 winter coat			
1 pair boots			
1 pair winter gloves/mittens			
1 winter hat			
1 pair long john bottoms			
1 long john top			

*Please bring 5 pairs of shorts at a minimum for summer season. In winter, fewer are necessary; however, resident should still pack some shorts in winter to use in the event of indoor recreational activities.

It is encouraged that a resident’s personal clothing be brought from home with some stipulations. Please do not bring any clothing that is overly worn or has holes and tears in it. Any clothing that has negative or inappropriate messages and representation will be held until a resident’s discharge or it can be returned home. If a resident does not have the clothing to meet the above list requirements, Northwest Passage will provide these items. **If your son wears prescription glasses, please be sure to pack/bring those also.**

The following items are allowed in the program under some circumstances:

- iPods/MP3 players WITHOUT any recording capability (audio or video)
- Nintendo DS (not DSi)
- e-Readers (as long as there is no internet access capability or recording capability (audio or video))
- Personal items- pillow, comforter, pictures (no glass in frames please), etc.

The following items are not allowed and we ask you do NOT send:

- Cell phones
- TVs
- Large stereos
- Gaming systems (XBOX, Playstation, Wii, etc.)
- Any e-Reader with internet access capability
- Any personal game system with internet capability or memory stick capability



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

Each client can receive or make **1 incoming call per day or 1 outgoing call per day.**

(Residents on advanced phases are allowed an additional outgoing call on the weekend. Phone call times also increase as residents move through treatment phases)

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

Letters to your son from family and friends are permitted and encouraged.

Your son will be provided 2 stamps and 2 envelopes per week by Northwest Passage Riverside. Any additional postage or stationary will need to be provided.

VISITATION

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