



northwestpassage

WELCOME TO ASSESSMENT

A Caretakers Guide



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Welcome to Northwest Passage. We look forward to getting to know you and your child, and we are honored to be involved in their care. The responsibility of caring for your child is not lost on us. While we know that this will be challenging at times, we strive for your experience to be one filled with hope and healing.



Best Wishes,

Northwest Passage Care Team

At Northwest Passage we know that every family is comprised of their own unique and special members, who are not always biologically connected. While the language of this book often reflects a parent/child relationship, we acknowledge and support the role of all caregivers in the lives of the children we serve.

Dear Parents,

You are here because your family is experiencing hopelessness and pain. We understand that. You have spent a lot of time and energy doing your best as a caregiver, and we recognize that. We are here to help your family look forward and recover. We are honored to serve you and your child.

As your loved one transitions to Northwest Passage, we know you're apt to experience a mix of emotions. You'll likely feel relief, guilt, loss, sadness, anxiety, uncertainty, and hope. It may be overwhelming at times, but know that we are here for you every step of the way.

In the following pages, we will outline what to expect as you send your child to Northwest Passage for an assessment. While your child is here, they'll be immersed in a therapeutic lifestyle, providing an ideal environment for a comprehensive assessment.

Thousands of caregivers have entrusted us to care for their children and to bring their families back from the brink of despair. Let us do for you what we've done for so many others... foster healing and restore hope.

We wish you all the best on this journey,

Ellen

Ellen Race, Program Director

Andy

Andy Flottum, Program Coordinator

ADMISSION DAY

As you near the admission day, you and your child are likely experiencing a range of emotions, and our goal is to ease the transition by preparing you for what to expect. The following information provides a few general guidelines, but please know that we will take your family's needs into account and adjust the plan as needed!

- When you and your child arrive, you will meet with the case manager and your child will spend time with a Youth Development Specialist. While your child begins orienting to the program, they will learn about the program schedule and expectations, take a tour, and will be asked about their interests, needs, and preferences. In your meeting with the case manager, you will have an opportunity to ask questions, finalize paperwork, establish a plan for communication with your child and with the case manager, and take a tour. You can expect to be on site for approximately an hour to an hour and a half.
- Admissions are typically scheduled between 9:00 am - 3:00 pm Monday - Wednesday, but the day and time will be chosen with your input based on travel needs and the availability of the case manager.
- If you are not able to be present on the day of admission, the case manager will reach out to let you know your child arrived safely, answer your questions, and establish a plan for contact.
- If you'd like assistance with how to talk with your child about coming to Northwest Passage, please reach out to one of our Admissions Directors.

TIPS FOR SUCCESS

The well-known phrase “kids don’t come with an instruction manual” is true, but we can offer some advice as your child enters our assessment program.

NOW WHAT?

Seeking help for your child at Northwest Passage is a positive step for your family, and while it may be what is best for the future, this is still a difficult time. We ask you to trust us and our over forty years of experience leading thousands of families, like yours, on a journey of hope and healing.

As you go through the admissions process, this guide is meant to help you with the uncertainty you may be feeling and clarify your role in your child’s assessment. As you navigate this journey, please remember:

TRUST THE PROFESSIONALS

You can count on us to guide you through this process. We have well-established protocols that you’ll be reviewing with your case manager, in detail, in person or by phone. Please take notes and ask questions as you have them. We’re here for your family.

DISENGAGE FROM NEGATIVITY

Your child may not be looking forward to their time at Northwest Passage, and that’s okay. They may have negative things to say about their transition, but don’t let that discourage you! It is perfectly normal. Soon enough, your child will find themselves making friends, settling into day-to-day life here, and enjoying the activities offered. Acknowledge their negative feelings and move on.

DEVELOP HEALTHY BOUNDARIES

You may have a hard time managing the emotions of this transition. Don't let those feelings get in the way of progress for your child. It is common for children to express unhappiness or even anger about their time here. It will be important for you to validate their feelings without agreeing with them. It is normal to feel frustration, but remind them they are on the right path.

DON'T BRING OUTSIDE STRUGGLES IN

Your child needs you to support the hard work they're doing at Northwest Passage. Their efforts will take all their time and energy. Topics such as illness, sibling problems, financial and marriage difficulties should not be brought into conversations with your child, so that they can focus on their own healing. Instead, let your child know that life is okay at home and will be until they return.

ENGAGE IN YOUR CHILD'S EXPERIENCE

Your child is being immersed in a therapeutic lifestyle. They will be working hard to engage in their assessment and will have a lot to share. Ask about what's going on and what they're doing. If you get short answers such as, "it's okay", switch to asking about the week's activities. These conversations will allow you to remain connected with your child throughout their assessment.

RESPECT THE CONTACT PROTOCOLS

We know how important it is to both you and your child to stay in touch during their time with us and how difficult it is to have restrictions on contact. We have developed a balanced protocol that allows for the right amount of contact between families while honoring the space your child needs for optimal success during their assessment. Please trust us to have your family's wellbeing in mind as you review the contact protocol in the coming pages and reach out to us if you have questions.

CONTACT WITH YOUR CHILD

The guidelines described below were established with balance in mind and are based on over forty years of experience with children and their families. It is important that your child remains connected to family while also fully engaging in the assessment. You may feel like the phone call and visit schedules are either not enough or too much. Please reach out to your child's case manager with any questions or concerns regarding the frequency of contact.

PHONE CALLS

Your child may have one phone call per day with individuals who are on the approved calling list. This list will be developed with your input and typically includes immediate family members and caregivers. Please keep in mind that your child will be involved in many structured appointments and activities throughout their stay. We will do our best to ensure that your child is available for your call and request that family phone calls take place in the evening. Typically residents place one phone call a day; however, your case manager will work with you to establish a calling schedule that fits with the program schedule as well as the needs of your family.

CALL SCHEDULE

Calls occur in the evenings. Your case manager will touch base with you about exact time frames.

MAIL

Letters to your child from family and friends are encouraged. Northwest Passage will provide your child

with stamps and envelopes. You may choose to provide additional postage or stationary if desired. Please address mail as follows:

Your Child's name C/O Northwest Passage
203 United Way, Frederic, WI 54837

VISITS

We will work with you and any professionals involved in your child's care to determine the most appropriate level of visitation, including frequency, duration, and location, throughout the assessment process. Due to the intense needs of the assessment period, we typically recommend approximately two visits during the 30-day assessment. When distance is a challenge, video calls may be an option in place of face-to-face contact.

Due to scheduling, confidentiality, and other safety concerns, we require visits to be scheduled in advance, and only authorized visitors will be allowed to participate in visits. You may contact your case manager Monday through Thursday between the hours of 8:30 am and 4:30 pm to schedule a visit. Visits need to be arranged by the end of the day Thursday for the upcoming weekend due to weekend activity planning.

THE FIRST VISIT

The first visit can be tough, especially if you've experienced a high level of tension within your family relationships. Seeing you in person for the first time may spark some intense emotions for your child. For this reason, we recommend that the first visit take place on campus. The decision to stay on campus or go off grounds for future visits will be discussed between you and the rest of the assessment team.

COMMUNICATING

It is of vital importance to maintain healthy communication practices with your child and with the assessment team. Below are some examples of how to validate, encourage, and avoid taking sides. Contact your child's case manager if you'd like to discuss a plan for communication. Remember, it is okay to end a call early if the conversation feels like it's moving in an unhealthy direction.

TIPS FOR SUCCESSFUL PHONE CALLS

Your child may have a lot of negative things to say about Northwest Passage, especially in their first few days with us. They may cry, yell, demand to come home, hang up on you, or decline your phone calls. Remember your child is adjusting to new routines and relationships. This may lead you to feel discouraged, and it may lead you to question whether or not this is the best place for your child. Hang in there! Give it time and offer validation without agreeing. Here are a few helpful tips:

DO validate

- “I know this is really hard for you.”

DO encourage

- “I’m confident that you are right where you need to be. Keep participating and do your best to stay open. I love you and I’ll stay in touch.”

DON'T take sides

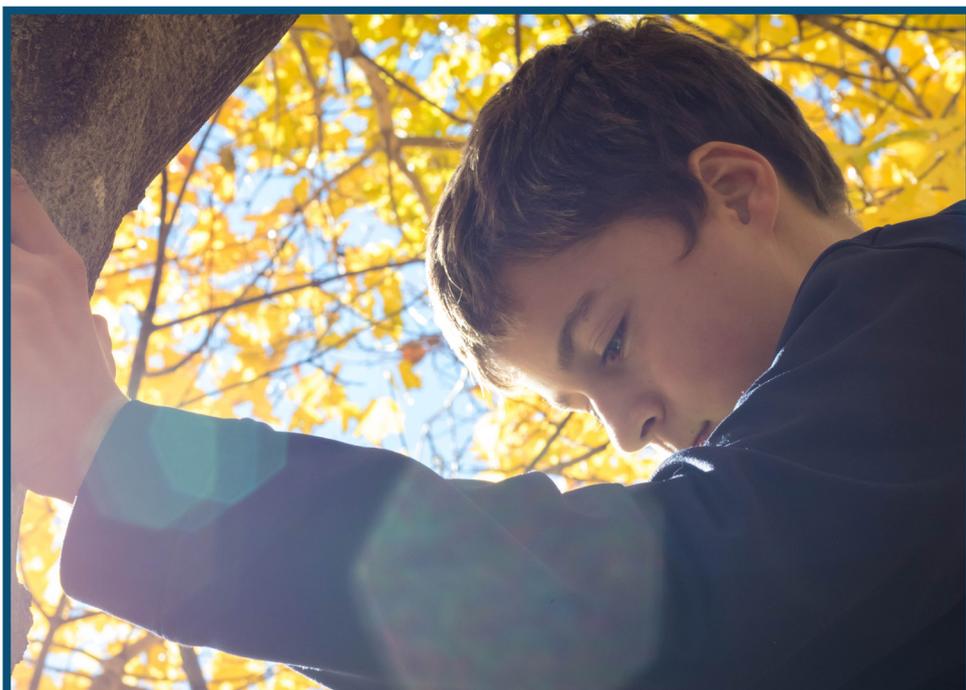
- “Wow, I can’t believe they did that. That does sound really mean!”

Here are some examples of what you might hear from your child:

- “This place isn’t going to help me.”
- “This place is making things worse.”
- “They don’t even do treatment here.”
- “I just need a chance to show you that I’ll be okay at home.”
- “I don’t belong here. All the other kids are so much worse than I am.”
- “The staff are mean.”
- “They don’t do real school here.”

KEEP IN MIND

Your child may have a “honeymoon period” upon arrival to the program, and may not show the same level of dysregulation that you’re used to seeing at home. Chances are, we will eventually see the same patterns and challenges that brought your child here, as your child will be living here around the clock – eating, sleeping, going to school, living with others, staying connected with family, and engaging in daily activities.



SELF-CARE

After your child begins their assessment at Northwest Passage you may have feelings of relief, loss, guilt, sadness, and uncertainty, but you may also feel hope! At times these emotions, and the likely mix of emotions, may feel overwhelming.

You have spent a lot of time and energy doing your best as a parent, perhaps at the expense of your own health and wellness. Use this time to take care of yourself. You need to be healthy in order to be an effective parent.

REACH OUT

Support can come from many places. We encourage you to access www.nwpltd.org/welcome-resources for the following recommended readings:

Free eBook: The Weary Parent's Guide to Escaping Exhaustion

Book: The Road Home: A Guide for Parents with Teens or Young Adults Returning from Treatment
by Ruben Jimenez

REMEMBER...

*You can't pour from an empty cup.
Take care of yourself first.*

PARENT

“

QUOTE

Our smart, attractive, hardworking kid with loving, non-abusive, nurturing parents, tried to take their own life. What did we do wrong? We were seeing our family counselor to try and keep our life from falling apart. Our marriage was slipping. I remember being in my car one day thinking I am tired, frustrated, my marriage to my soul mate is all but exhausted, and I had little to keep me going. Then we found Northwest Passage. Being apart from our child was hard, but also somewhat renewing as we were able to start to work on fixing us. The foundation of our family. Thank you Northwest Passage for doing what you do, for absorbing the problems of so many kids and bringing them back one at a time.”



THE TEAM APPROACH

We're in this together now! The team approach at Northwest Passage includes a comprehensive and dedicated staff, but it also includes you and your support system at home.

THE TEAM APPROACH STARTS WITH YOU

As we introduce you to our staff and process, please remember that as your child settles into Northwest Passage, it's likely that the relationships built here will mirror relationships in your home. Think about how things looked at home – how did your child interact with you and other children in your home?

Are you reminded of a similar situation you've seen or heard before when your child is attempting to create a reaction, distract, or deflect?

We are probably going to see similar patterns play out in relationships here, and as a result you may hear your child talk about Northwest Passage staff and residents in an unhealthy way. We encourage you to reflect on whether or not it sounds familiar.

You are encouraged to bring all serious concerns to our attention. It's vital that we present a united front, and effective communication is essential. It's normal for disagreements to arise, and it will be important to model for your child how to have a disagreement without degrading or devaluing one another. We want to have a relationship of mutual respect and trust with you.

I will forever be grateful to the entire Assessment team and staff, who have provided an amazing, comprehensive report but most importantly, have kept my daughter engaged and safe during her entire stay at Northwest Passage! She now has a sparkle in her eye that I have not seen in a very long time! In the four years that we have been on this mental health journey, I have never met a more amazing and cooperative staff, therapists, and administrators who always put the needs of my daughter first. Thank you from the bottom of my heart!

REMEMBER...

The nice thing about teamwork is that you always have others on your side.



ASSESSMENT TEAM

Our assessments are completed in a highly integrated team model that is more intensely beneficial than traditional outpatient evaluation services. Our process is uniquely collaborative and generates a comprehensive clinical conceptualization and a dynamic treatment plan designed by the interdisciplinary team to address the needs of both the child and family. Each member of our clinical team brings experience and expertise in their field to a process that allows for complete integration of all of the findings.

Case Manager The case manager will be your primary contact throughout your child's time at Northwest Passage. The case manager will communicate with you regularly about your child's time in the program, the assessment process, appointments with the clinical team, and visitation. When your child first arrives, frequent communication may be needed to ease the transition and orient you to the program. As you and your child settle in, contact with your case manager will even out to weekly updates and check-ins, with additional contact as needed. Your case manager will arrange contact with you based on your preferences.

Pediatric Neuropsychologist Completes a neuropsychological evaluation that seeks to understand how your child's brain works and how it impacts their emotions, behaviors, and personality development. Specific areas assessed include intellectual abilities, academic skills, memory, attention, fine motor skills, and executive functioning. In this setting the testing schedule is tailored to meet your child's needs (e.g., many short

sessions over time).

Therapist Completes a family assessment that focuses on how your child's issues and needs have impacted the family system and how the family system can impact your child. If applicable, the therapist will also complete a chemical health assessment that focuses on history of use, diagnoses, treatment planning, and recommendations integrated with other identified treatment needs.

Child Psychiatrist or Psychiatric Nurse Practitioner

Completes a psychiatric assessment and provides medication management. The focus is on assessment of current medications, changes to medications when necessary, and overall effective use of psychotropic medications. If changes are made, they happen one at a time and are weighed carefully due to the short-term nature of the assessment program. At the end of your child's time at Northwest Passage you will leave with a clear medication plan.

Teachers Complete an educational and academic functioning assessment that focuses not only on academic functioning, but also on what academic pursuits will help your child find success in their education.

Direct Care Staff This broad term covers the majority of the adults who interact with your child on a day-to-day basis, and are responsible for supporting and supervising your child through all aspects of their stay. They complete a therapeutic lifestyle assessment that focuses on strengths and treatment interfering behaviors related to the use of nature, recreation, relaxation, nutrition, exercise, relationships, service, and spirit to promote wellness. In addition, observations of your child in the therapeutic living environment and programming are used to assist the clinical evaluations.

Medical Team Completes a health/medical assessment that focuses on evaluating overall health and providing care or seeking referrals for effective medical treatment if needed. The medical director oversees the medical team, reviews your child's medical history and medications at the time of intake, and consults on any non-psychiatric medical issues that may arise with your child. A registered nurse (RN), working closely with the medical director, will clarify medical needs at the time of intake, and will triage medical needs throughout your child's stay at Northwest Passage. The RN will also directly supervise the licensed practical nurse (LPN) and certified medical assistants (CMAs) in their daily work, and will meet regularly with your child's case manager to assess medical health concerns. The LPN and CMAs are responsible for medication ordering and distribution as well as being the initial contact concerning routine medical concerns that your child may experience.

Social Worker or Educational Consultant You may be working with a social worker or educational consultant who was involved in the decision to have your child come to Northwest Passage. If so, it's likely that they will continue to be involved through regular contact with the case manager and participation in the staffing and discharge planning.

You and Your Child You and your child will play an active role in the assessment by providing relevant information and remaining in close contact with the rest of the team. Families are directly engaged in the assessment through individual meetings with the neuropsychologist and family therapist. The connections with the case manager and the family meetings help you shape the assessment to make certain the questions you have about your child's needs are answered thoroughly.

YOUR TEAM

Take a moment to make note of the members of your child's Assessment Team.

Case Manager/Aftercare Coordinator

Name: _____

Contact Info: _____

Notes: _____

Therapist

Name: _____

Notes: _____

Neuropsychologist

Name: _____

Notes: _____

Psychiatric Provider

Name: _____

Notes: _____

ASSESSMENT PROCESS

The process described below was established with the goal of providing the most comprehensive, accurate, and meaningful assessment possible.

Week 1: The first week is focused on allowing your child an opportunity to settle in to the new environment, adjust to the schedule, and begin forming relationships with the assessment team for the purpose of establishing a foundation for the remainder of the assessment. Goals for the assessment are also identified.

- While your child gets to know us, we're also starting to get to know your child! This includes a review of previous records, initial appointments and conversations, and ongoing observations.
- You will be asked to share your goals and expectations for the assessment.
- Within the first week of the assessment, you will receive questionnaires that are important to the assessment process. Please complete and return these questionnaires at your earliest convenience.
- The case manager will update you on observed social, emotional, and behavioral observations, as well as any observations related to medication changes (if applicable).

Week 2: At this point, your child has had initial appointments with the various members of the assessment team, initial testing has occurred, and clinical impressions and recommendations may be beginning to take shape. The team remains focused on gathering information that will aid in the assessment.

- Observation continues to be an important piece of the assessment, as we have the opportunity to care for your child around-the-clock, and see them in a variety of activities and situations each day.
- Families are asked to make themselves available to the assessment team for appointments approximately one week to ten days into the assessment. Generally, sessions are scheduled for 1 hour with the neuropsychologist and 2 hours with the family therapist. These sessions are preferred to occur in person, but may be completed by phone when circumstances prevent participation in person.
- The case manager will update you on any available preliminary findings, diagnostic impressions, and early thoughts on recommendations.

Week 3: During the third week, the focus is on integrating all of the information that has been gathered to solidify a comprehensive clinical conceptualization. This includes diagnostic impressions, and level of care recommendations when applicable.

- The team will focus on observed patterns of behaviors, emotions, and social interactions. If medication changes have been made, observations will also focus on any changes or adverse effects.
- If new questions come up as a result of the initial assessment findings, the team will use this time to seek answers through additional conversation with you or previous treatment providers, requesting additional records, or arranging for further testing.
- The case manager will be in touch with you to provide an update on observations, diagnostic impressions, and preliminary recommendations.

- The case manager will also confirm the staffing date and time, and your method of participation, either by phone or in person.

Week 4: Week four brings the conclusion of the assessment, which culminates in a staffing that will include you and other members of the community treatment team, as well as the Northwest Passage case manager, therapist, and neuropsychologist.

- The staffing provides an opportunity to explain and discuss our assessment findings and recommendations. Our clinical staff makes certain that all of your questions are answered directly so you do not have to comb through technical reports to find the answers on your own. Then, comprehensive written reports can be more easily understood and can serve as a reference point moving forward. The staffing agenda includes:
 - A summary of behavioral, emotional, and social patterns observed during the assessment.
 - A discussion of neuropsychological individual sessions, test findings, and diagnostic conceptualization.
 - A discussion of individual therapy sessions, family dynamics, and treatment recommendations.
 - Overview of current medications and any future recommendations.
 - Level of care recommendations, if applicable.
 - An opportunity for questions.
- You will be provided with a written Assessment Team Summary by the end of the next business day. Complete reports will be sent at a later date, and clinicians are available for individual conversations with future providers in the meantime.

PARENT



QUOTE

What started out as our worst nightmare has turned into our biggest blessing and it's all because of you amazing people that make up Northwest Passage. The words "thank you" don't begin to express our gratitude. Everyone we've met has been so kind. It takes a very special person to do this kind of work and we are so thankful to each one of you for choosing to do it!

REMEMBER...

*"Once you choose hope, anything is possible."
-Christopher Reeve*



PROMOTING HEALTH THROUGH ACTION

Few can argue the relationship between self-esteem and an active, healthy lifestyle.

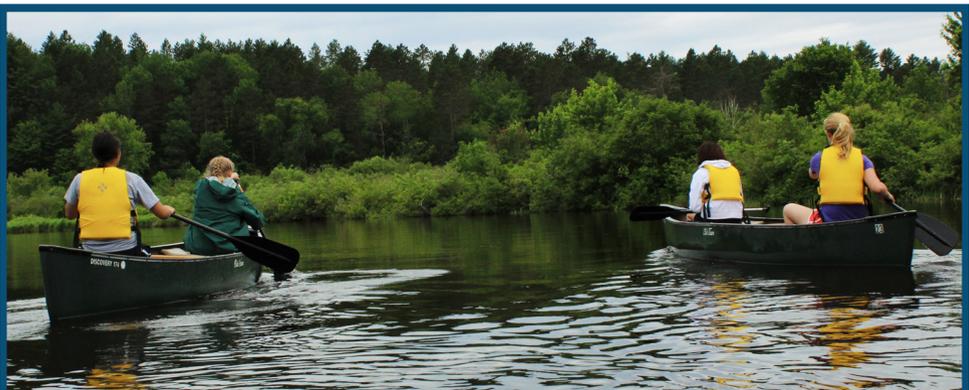
Key components of the assessment are activities designed to promote healthy living while also providing your child with an opportunity to experience a healthy outlet for their energies. We weave physical and outdoor activities into our programming. These not only provide opportunities for your child to engage in a more active lifestyle, but they also provide very natural opportunities for assessment of peer interactions and the ability to use team-building skills.

You can learn more about leading an active and therapeutic lifestyle by familiarizing yourself with our grounding principle, the PassageWay, on pages 33-34 of this book.

REMEMBER...

The greatest wealth is health.





DAILY SCHEDULE

Your child will be consistently engaged in active and structured programming. These activities provide opportunities for our staff to evaluate your child's response to a variety of treatment interventions and modalities. This assists the team in providing specific recommendations for successful treatment services following the assessment.

During the day: your child will work with special education staff and mental health professionals on a variety of group work, educational programming, diagnostic testing, and active recreation both indoors and outdoors.

In the evening: your child will engage in a variety of group activities facilitated by our trained mental health staff.

On weekends: your child will continue to follow a schedule with structured physical activities such as hiking, swimming, sledding, etc., and will have opportunities to engage in activities that are interesting to them whether that be arts and crafts, playing games, writing, or other recreational activities.

REMEMBER...

The secret of your success is found in your daily routine.

DAILY SCHEDULE EXAMPLE*

8:00 - 8:30 am	Wake up, begin preparing for the day
8:30 - 9:00 am	Breakfast
9:00 - 9:30 am	Unit time: room checks, shower, laundry
9:30 - 11:40 am	School: silent reading, writing prompt, current events, weekly project (science or social studies), photo trip on Friday
11:40 - 12:30 pm	Break Activity in classroom or gym
12:30 - 1:00 pm	Lunch
1:00 - 1:30 pm	Unit time
1:30 - 2:45 pm	School: math, photo editing on Monday movie on Friday
2:45 - 3:15 pm	Room time Staff Transition

EVENING SCHEDULE EXAMPLE*

3:15 - 3:30 pm	Snack
3:30 - 4:30 pm	Programming Block 1
4:30 - 5:30 pm	Programming Block 2
5:30 - 6:00 pm	Dinner
6:00 - 6:15 pm	Room time
6:15 - 7:15 pm	Outdoor/Indoor Recreation
7:15 - 8:00 pm	Silent Independent Time (SIT) Phone Calls Showers
8:00 - 8:30 pm	Structured Free Time (SFT) Phone Calls Showers
8:30 - 9:00 pm	Wind down Roses & Thorns Activity
9:00 pm	Room time
10:00 pm	Lights out

Weekend activities include experiential programming based on elements of the PassageWay. These activities include time in nature, exercise, and recreation, both on and off campus.

**Exact daily schedule depends on unit assignment.*

SAFETY

The safety of your child is our number one priority. We are dedicated to providing consistency among the staff and adults your child engages with. The following is an outline of our safety procedures. All staff regularly attend specific training regarding how to manage these events safely and effectively with overarching needs in mind.

Rest assured your case manager will notify you promptly of any serious events involving your child. Here are some examples of serious events along with our response:

SUICIDAL STATEMENTS OR GESTURES

Residents will be placed on Suicide Precautions following any suicidal statement or if staff observe warning signs and have reason to be concerned for suicide risk. Suicide Precautions include immediate as well as follow up assessments to monitor both risk factors and protective factors, increased supervision, and restricted access to potentially dangerous items.

SELF-HARM

Self-harm differs from suicidal ideation in that the intent is to cause physical damage without suicidal intent. As such, the response differs as well. In the moment, a primary consideration is limiting secondary gain. For example, a resident will be provided with items needed to clean and bandage self-harm, but staff will not clean and bandage it for them (staff may assist younger residents if they are unable to adequately care for themselves).

RUNNING AWAY

Our programs are not locked, though doors and windows are equipped with alarms and residents are monitored 24 hours per day. If your child leaves a building or area without permission, staff will follow and offer encouragement to return. In some cases, staff may escort your child back to campus and/or contact law enforcement for assistance either in locating your child or returning your child to Northwest Passage. Run Risk Precautions will be utilized following elopement endorsements or attempts.

PHYSICAL AGGRESSION

Northwest Passage has the ability to use safety holds and physically enforced separation in the event that a resident is presenting danger towards self or others. Staff will make every attempt to engage your child in de-escalation strategies and exhaust other options prior to the use of physical intervention. Following the use of physical intervention, staff will process the incident with your child.

INCIDENTS REQUIRING MEDICAL ATTENTION

We have a medical director/pediatrician, psychiatric nurse practitioner, and on-site nursing staff. After hours, medical staff are available for consultation. If needed, the local clinic, emergency room, and/or 911 will be utilized. If your child requires emergency medical services outside of our facility, you will be notified as soon as possible.

If we have any reason to believe that the staff at Northwest Passage are not able to keep your child safe, we will notify you as soon as possible and involve you in planning for safety.

EXPERIENTIAL LEARNING

Spending time in residential care should not mean compromising your child's academics. Your child will be enrolled in classes that provide a classroom setting focused on building relationships and project based learning centered on the environment. Our teachers borrow from their traditional classroom experiences and integrate components of a therapeutic lifestyle.

ACADEMIC EDUCATION

Each resident is provided with academic instruction in a specialized school environment to aid in the assessment process. Individualized instruction in mathematics, grammar, social studies and science is emphasized with additional group and project based learning opportunities.

Course work is accredited and transferable. The academic instruction is designed to meet the individual needs of each student while also helping to identify necessary and effective educational accommodations for future classroom settings.

REMEMBER...

A mind that is stretched by a new experience can never go back to its old dimensions.



EXPRESSIVE ARTS

Your child will be immersed in the arts, one of the best conduits to hope and healing that we have found. We provide varied opportunities to engage with art to foster self-expression, growth, community, and self-worth.

EXPRESSIVE ARTS

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 Northwest Passage 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 Northwest Passage are also regularly exposed to a variety of other individualized artistic interests including expressive writing.

REMEMBER...

Art is a constant agent of transformation and is indeed the soul's drive to health.



TRANSITIONING

The end of the assessment is the beginning of a new treatment plan that is influenced and strengthened by the comprehensive assessment findings. It will be important for your child to have continued support around them to assist with the transition from this highly structured and supportive setting. It's ideal for services to be established prior to discharge, allowing for clinical collaboration, continuity of care, and ultimately a smoother transition.

Given the short-term nature of the assessment, conversations about the upcoming transition from the program begin very early in the process. These conversations will involve discussion of recommended treatment and educational services, structure and support in the environment, and placement considerations. We will make every effort to communicate with you about our recommendations as early in the assessment process as possible so that you (and your social worker or educational consultant) can arrange for services to resume or begin following the assessment. That being said, we also want to give you the best possible recommendations that are informed by the assessment findings, and that can sometimes mean that complete recommendations are not available until near the end of the assessment period.



While the assessment period is always 30 days, clients may stay after the assessment is complete to allow time for treatment plan implementation. If this option is necessary, clients are engaged in all aspects of the programming including educational, behavioral, and group services as well as medication management efforts during their entire stay.

REMEMBER...

If you have the courage to begin, you have the courage to succeed.



THE PASSAGEWAY

During their time at Northwest Passage, your child will learn about our grounding principal known as the PassageWay. The PassageWay is an approach to wellness that borrows from the wisdom of the past and combines it with current research about the importance of living a full and mindful lifestyle.

THE PASSAGEWAY

Your child's assessment time is a unique opportunity to create a carefully designed environment to promote wellness and healing for your child. We use the PassageWay to design such an environment. Our approach to wellness depends on a commitment to building a therapeutic lifestyle to support the medical and clinical care your child is receiving during their assessment time.

You can see the eight elements essential to a therapeutic lifestyle at your right.

REMEMBER...

Lifestyle changes can offer significant therapeutic advantages for patients, therapists, and societies."

-Roger Walsh



NATURE Spending time in nature allows our residents to re-center and unplug, finding a quiet rarely witnessed in everyday life. Sunshine and fresh air can change a mindset. *Nature heals.*



RECREATION Finding something to do that we love, that makes us feel good, is just as important to healing and growth as a therapist's couch. *Action filled with enjoyment.*



RELAXATION Teaching principles and methods of relaxation helps manage distress and provides an opportunity to step back from our fast-paced world. *Relaxation promotes mindfulness.*



NUTRITION The fuel we choose for our bodies has a direct impact on our emotional well-being in addition to our physical well-being. *Good nutrition feeds the soul.*



EXERCISE A healthy understanding of the role that movement plays in our day-to-day lives is critical to sustaining positive mental health. *Healthy bodies, healthy minds.*



RELATIONSHIPS Interactions with our families, peers, communities, and with ourselves are the core of our human experience and a reflection of our health. *Relationships transform and create hope.*



SERVICE Spending time with those in need and giving back to our communities allows our residents to connect with both others and themselves. *Service benefits oneself as much as others.*



SPIRIT Contemplation about values and core beliefs allows exploration of what matters most in our lives and helps discover the passion that lights our flame. *Spirituality is an opportunity to self-reflect.*

VISITING THE AREA

Frederic, Wisconsin is a rural community an hour and a half north of the Twin Cities of Minneapolis and St. Paul, MN. Farms, forests, open land, and many lakes characterize the Frederic area, providing a tranquil environment to relax, recover and reconnect with oneself.

NORTHWEST PASSAGE ASSESSMENT CAMPUS:

Address: 203 United Way, Frederic, WI 54837

Phone: 715-327-4402

Please check in at the main entrance. If you arrive in the evening hours or during the weekend and find the door locked, please ring the bell for entry.

LODGING (15 minutes North in Siren, WI)

- **Best Western Northwood's Lodge:**
hotelsinsirenwi.h.bestwestern.com
- **The Lodge at Crooked Lake:** mylodge.com

RESTAURANTS

A&W Restaurant | Siren, WI

Adventures Restaurant and Pub | Siren, WI

Casual, Northwoods atmosphere, lengthy menu
Lunch and dinner

The Barrel House | Frederic, WI

Large menu and beautiful views

Lunch and dinner daily, breakfast served on weekends

Café Wren | Luck, WI

Coffee shop, great sandwiches and soups

Breakfast and lunch

Chattering Squirrel | Siren, WI

Coffee shop, sandwiches, paninis and wraps
Breakfast and lunch

Dairy Queen | Siren, WI

Closed mid-December through January

Gary's Rude Café | Siren, WI

Giant pancakes, breakfast all day; Breakfast and lunch

Jimmy's Drive In | Frederic, WI

Laid back diner, indoor and outdoor seating
Lunch and dinner, open seasonally

The Pheasant Inn | Siren, WI

Sports bar and family dining, great pizza
Lunch and dinner

Northwoods Bakery & Café | Frederic, WI

Fresh baked goods, full menu with daily specials
Breakfast, lunch and dinner

Panda Inn | Siren, WI

Chinese cuisine, dine-in or take-out; Lunch and dinner

Pour House | Siren, WI

Sports bar and family dining, Friday fish fry
Lunch and dinner daily, breakfast served on weekends

Subway | Frederic, WI & Siren, WI

Tesora | Siren, WI

Chef inspired cuisine, upscale dining
Dinner only, open Tuesday - Saturday

Tin Shed Café | Frederic, WI

Daily specials and a fun, trendy menu
Breakfast and lunch, closed on Tuesday

The Woodshed | Siren, WI

Casual rustic dining, unique wood-fired brick oven pizza
Dinner only, open Tuesday - Saturday



northwestpassage

Northwest Passage is dedicated to restoring hope through innovative mental health services for children and families.

