

Lakeside Academy

PROGRAM GUIDE

A path to finding hope and recovery for your son.

Lakeside Academy

A Program of Mn Adult & Teen Challenge



WELCOME

Lakeside Academy
A Program of Mn Adult & Teen Challenge

At Lakeside Academy we are committed to making a positive long-term impact in each of our student's lives. We believe that God has created each boy to be a strong, compassionate, respectful man.

Please browse through the pages of this program overview and be assured that no matter where you are right now, change is possible. God has a greater plan for your son, and your family.

Our experienced counselors, structured program, and supportive community will help your son move through a process of healing, and growth. You will see changes in his attitudes and behaviors as he shifts from demonstrating defiance, to compliance, then to understanding, acceptance, and ultimately, transformation.

4 OUR PHILOSOPHY
5 ABOUT OUR PROGRAMS
6 4-LEVEL PROGRAM
7 DAILY SCHEDULE
8 WE INCLUDE
10 FAMILY INVOLVEMENT
12 STUDENT ACTIVITIES
13 FUNDING OPTIONS
15 A MOTHER'S LETTER







Committed to Excellence

Lakeside Academy is a nationally recognized premier treatment program for teen boys. Licensed by the state of MN, accredited by the Joint Commission and Teen Challenge USA, recipient of multiple consecutive America's Best Addiction Treatment Center and Top Workplaces USA awards, Lakeside Academy is committed to excellence in all that we do.

We believe in creating an environment that combines the highest level of clinical care along with a holistic integration of faith, in a beautiful and one-of-a-kind treatment setting. Our staff is committed, engaged, and passionate about their work with your son, providing a top-notch treatment experience second to none in the nation.



Contact Us Today

Our Admissions team is ready to help you today to assess your family's needs and find out more about your situation.

CALL: 612-238-6700

EMAIL: LakesideAdmissions@mntc.org

WEBSITE: boysteenchallenge.mntc.org

OUR **PHILOSOPHY**

Each boy that comes to Lakeside Academy is unique, so our approach starts with assessing each boy's needs individually and creating a plan to provide the best care possible throughout our 4-level program. We identify key topics impacting each student such as behaviors, individual life-controlling issues, school and learning, mental health, and substance use disorder. Then each student works with his care team of care managers, youth counselors, licensed educators, licensed alcohol and drug counselors and mental health therapists based on assessed need.

Throughout our program we use evidenced-based practices such as cognitive behavioral therapy, motivational counseling, individual psychotherapy, group therapy, Dialectical Behavioral Therapy, and twelve step facilitation process, and more; these will be discussed more fully when your son's individual treatment plan is created. In addition, each student works with his care team to identify root causes underlying his behaviors and struggles; his root issues become "personal study topics"–areas to address over the course of his 4-level program. Throughout the program, our team affirms the positive aspects of each student's character and his progress; we make positive encouragement a hallmark of our relationship with each student.

Our approach holistically addresses each student's physical, spiritual and emotional health. Physical health improves through fitness, diet, and stress reduction; spiritual and emotional health is supported through character development, spiritual opportunities, group and individual counseling, and volunteer opportunities. We also make sure that students and staff have fun together by offering extra activities such as games and special events.

I want to extend a personal invitation for you to visit our campus — it's absolutely beautiful! Lakeside Academy sits on 48 acres between two pristine lakes and provides a unique, therapeutic environment. Check out the barn, workshop, woodshop, auto shop, creative arts studio, gymnasium, music room, dining hall, school, and dorm rooms! Enjoy a stroll down to the lake, tour the amphitheater, or hike in the woods. If you're like many visitors your first reaction will simply be "this is great!"

I hope your second reaction will be that this is truly a place for help and healing…and that we can help your son and your family.

Thank you for partnering with us and believing that change is possible!

Jeff Jensen, *Center Director*

"So they will be called oaks of righteousness, the planting of the LORD, that He may be glorified."

ISAIAH 61:3



JEFF JENSEN
Center Director

ABOUT OUR **PROGRAMS**

Lakeside Academy specializes in working with teen boys that are heading down the wrong path due to substance use, mental health, and other behavioral issues such as anger, defiance, trouble in school, and video game addiction, etc. All students participate in our core behavioral program; in addition, licensed treatment and/or licensed mental health services are integrated into an individual's care plan based on assessed need. All students receive individualize academic instruction by two licensed special education teachers, at our on-site public school, licensed by the state of Minnesota.

You'll find that every aspect of our program has been carefully planned to address the spiritual, behavioral, emotional, physical, and academic needs of our students. Our 4-level program can take 6-12 months to complete and is highly customized based on the specific needs and progress of each student. Our prayer and our hope is that each student graduates from our program with the skills and tools needed for long-term success.

Measuring Success

We regularly survey parents to gauge how well we are meeting the needs of our students and their families. Our mission is to help boys be successful not only in our program, but to equip them with the tools they need to be successful in all aspects of their lives. Parents of boys who have completed our program reveal:

- 86% report that their son has healthier relationships overall
- 86% reported that their son now uses healthy ways to deal with anger and frustration
- 71% reported that their son demonstrates respect for them, their siblings and other authority figures
- 75% are either in college or working

Most importantly, our measure of success is seen in the hearts of the boys and through the testimonies of the families themselves. You can find many testimonies from our families at **boysteenchallenge.mntc.org/testimonies**

Serving those struggling with:

- Substance Abuse
- Bipolar Disorder
- ADHD
- Self Harm
- Depression
- Anger Management
- Anxiety



LEVEL 1
Orientation & Acclimation

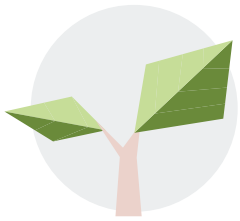
LEVEL 2
Identifying & Addressing Core Issues & Behaviors

LEVEL 3
Creating Consistency & Application

LEVEL 4
Transitioning Home

4-LEVEL **PROGRAM**

At Lakeside Academy we see the potential in each student, and we recognize his destructive behaviors and negative attitudes as symptoms of underlying trauma or harm and unresolved internal needs or issues. In our 4-level program we meet each student where he's at, and then encourage him to take ownership of his life by demonstrating positive spiritual, mental, and emotional growth. We work with him through four different levels, each with its own therapeutic focus, life skills development, and behavioral milestones. As students advance from one level to the next, they have access to more personal privileges and responsibilities.



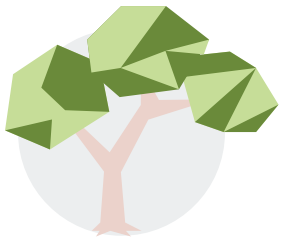
LEVEL 1: ORIENTATION & ACCLIMATION

As students adjust to their new environment and routine at Lakeside Academy, they slowly begin to recognize this can be a place for help and healing. They are introduced to the truth of God's plan and unconditional love for them. This coupled with the love and support of the staff helps them see their true value, improve self-esteem and start to change the context of their decisions and actions.



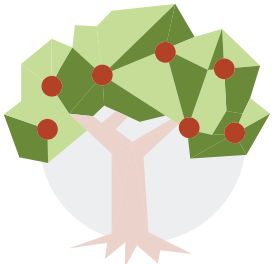
LEVEL 2: IDENTIFYING & ADDRESSING CORE ISSUES & BEHAVIORS

Students start to recognize the role they played in making poor choices and acting out in ways that led them down the wrong path. They begin to explore the underlying beliefs and feelings that led to negative behaviors, and start opening up and becoming more real with themselves. As their context shifts, they're able to begin moving beyond past hurts and hang-ups, and to recognize there is a bigger plan for their life.



LEVEL 3: CREATING CONSISTENCY & APPLICATION

Students start to develop new attitudes and establish healthy behaviors and boundaries to replace old unhealthy ones. They move forward from a sense of being trapped by past choices to actively seeking reconciliation and making amends with those whom they've hurt. They focus on applying what they've learned and becoming consistent in this new way of life.



LEVEL 4: TRANSITIONING HOME

Students prepare for their transition back home by creating personal goals (educational, career, etc.), discussing expectations, identifying potential triggers, and having strategies in place to resolve them constructively. Family involvement is vital in the process of establishing a "new normal" once the student returns home. This level is extremely important as the focus is taking their success at Lakeside Academy back home. Students work with counselors to make a successful transition plan—continuing care, sponsors, support groups, youth group, academics, job, etc.



DAILY **SCHEDULE**

A typical day at Lakeside Academy is highly structured with emphasis on building consistent behaviors and routines, teaching responsibility and encouraging good decision-making by offering choices and providing positive reinforcement.

TYPICAL SCHEDULE FOR THE DAY:

7:00 am	Begin to start their day (Personal Prep) Personal Devotion, Breakfast, Personal Chores
8:00 am	Character Formation
9:00 am	School / CD Group
11:50 am	Lunch
12:30 pm	School / Vocational Experience / SUD Group
3:15 pm	Therapeutic Recreation
4:30 pm	Dinner
5:00 pm	Personal Study Time / Flex / Bible Study Chapel / Youth Group Activity
6:00 pm	Flex (Phone calls home)
8:45 pm	Medications
9:30 pm	Chores
10:00 pm	Room
10:15 pm	Lights out







Motivating Positive Behavior

At Lakeside Academy we use a point scoring system as one of the tools used to measure progress and help students understand the connection between their behaviors and outcomes.

Students learn that their actions and behaviors directly lead to either positive or negative outcomes. Each day when a student demonstrates personal growth and positive behaviors he earns points toward privileges and advancement to the next level of our 4-level program. On the other hand, a student's negative behaviors result in not earning points.

Our point scoring system is individualized and focuses on character development and engagement in our program. Our point scoring system focuses on character and measures of engagement such as: respect, responsibility, resourcefulness, positive peer interactions, and dealing constructively with authority.

Students see their point scoring results on a regular basis; counselors and other staff members are quick to affirm positive student behaviors and to deal constructively with negative behaviors. While our point scoring system starts as an extrinsic motivational approach, students typically mature past the need to receive points for their good behavior. Instead, over time they adopt the healthy behaviors and underlying values as natural; they continue to demonstrate them because it is the right thing to do and they have gained intrinsic motivation.

"There's an overall joy and peace when a boy is dropped off at the facility."

–Luke, program manager at Lakeside Academy





On-site Public School

Many students come to Lakeside Academy experiencing trouble in school or failing grades. We value education and see academic success as a key to long-term life success. To provide students the chance to excel academically we've partnered with the local Minnesota public school district to offer fully accredited classes right on our campus. Southwest Metro's approach fosters an environment that develops and cares holistically for every student.







ACADEMICS

Southwest Metro School provides the educational portion of your son's stay with us. It features:

- Instruction in classes and individual online learning, Monday-Friday
- Licensed special education teachers who specialize in working with adolescents who are experiencing social, emotional, and academic challenges
- Integration of existing IEPs and 504 plans

REPORT CARDS

Parents are provided progress updates on a regular basis through teacher-parent communications. SouthWest Metro sends report cards to parents at the end of each semester.

PROJECT-BASED LEARNING

Students may earn academic credits through Lakeside Academy's range of project-based learning opportunities.

These also help teach practical skills such as building a strong work ethic, creating positive co-worker interactions, and interacting constructively with supervisors.

SouthWest Metro Intermediate District 288

FAMILY **INVOLVEMENT**

Parental Communication

Lakeside Academy's goal is to help parents understand each aspect of their student's progress and care by providing:

- Weekly phone calls with your student
- Regular letters from and to home
- Weekly updates
- Detailed monthly progress reports
- Parent feedback for level advancement

Visitation

Visits from family may be a positive or negative experience for both the student and the visitor.

Visits can be a source of encouragement and support for students. Alternatively, visitations can be detrimental to the progress a student has made. Our staff may offer insight and guidance regarding visitations.

All students, regardless of how long they have been in the program, may receive visits from their physician, religious advisor, county caseworker, attorney, and parole/probation officer. These visits are to be scheduled in advance through the Program Manager at a reasonable time in the program schedule.

Parent Weekends

Parent Weekends are designed for parents/guardians to reconnect with their son, to meet with counselors and staff, and to network with other parents. We host a formal parent weekend four times each year. During these weekends you can expect educational programming, time to discuss any issues with counselors and staff, and time alone with your son. In warm weather months, we welcome parents to stay onsite in one of our cozy cabins.

Home Visits

Students are granted home visits during their stay at Lakeside Academy as they progress through the program, and as deemed therapeutically appropriate. The purpose of these passes is to allow families time to connect and to gauge the progress of the student outside of direct Lakeside Academy supervision. Home visits take place after successful advancement to each level in the program, based on progress, need, and for transitional purposes.

"Thank you Lakeside for all your work with our son. Our son overall is much happier and our family relationships are much better."

–Parent of Lakeside Academy graduate





STUDENT **ACTIVITIES**



Spiritual Growth

Each student is encouraged to examine his relationship with God and to consider Biblical truth for his life.

This is never forced on a student but encouraged as a foundation for life and a hope of a future that brings purpose, perspective and joy. Regular church services are a part of this as well as participation in youth groups and other support and recovery groups.



Recreation

Regular physical activity provides a range of benefits from improving fitness, building confidence, and increasing overall mental health; it's also been linked to higher brain function. Students at Lakeside Academy can participate in a wide range of indoor and outdoor physical activities. Some of our students' favorite outdoor activities include fishing, canoeing, swimming, water sports, running, playing football, softball, and hockey. Indoors, students use the gymnasium to play basketball and pickle ball; they also enjoy weightlifting and use of cardiovascular training equipment. Students have also been able to participate in overnight camping trips, fishing tournaments and retreats that include canoeing and hiking.



Character Development

Every student participates in both personal and group study topics using modified version of Adult & Teen Challenge curriculum that is customized for youth and designed to help them understand and overcome the struggles in their life. With their counselor's guidance and support, students choose topics that help them identify and work on core issues and process them in the con text of a trusting and safe relationship. The goal of this approach and desired end result is seeing a young man that is mentally sound, emotionally balanced, socially adjusted, physically well, and spiritually alive.

FUNDING **OPTIONS**

SCAN ME

To learn more about Lakeside Academy.

Lakeside Academy is a non-profit organization that's committed to minimizing out-of-pocket costs while providing best-in-class quality care. Out-of-pocket costs depend on one's assessed need for services, presence of insurance, and whether one's financial situation qualifies for public funding, scholarships, or other funding streams.

Each individual's situation is reviewed by our care team; the details of program fees will be discussed with you in detail during the Admissions process.

Your Admissions representative will also talk with you about:

- Total program cost for your son, including sources of funding and your estimated out-of-pocket fees
- Down payment – this includes a non-refundable fee for fixed expenses related to the intake process
- Payment plan, if applicable
- Discount for those paying full program fees in advance
- Most major insurances accepted

For more information, and to review your personal situation, please contact **844-768-TEEN** (8336) or email to **LakesideAdmissions@mntc.org**.







A MOTHER'S **LETTER**

Two years ago when life began to unravel, I can honestly say I didn't expect our destination to be Lakeside Academy. The change in attitude withdrawing from family time, the fluctuation in grades...we originally attributed to "teen life." Our lives would soon become out of control. The helicopter mom and drill sergeant dad no longer had a handle on anything, not even ourselves. How did we become afraid of this very being we had created? How long would it be before drugs took him away from us permanently? Was I the only mom after school drop off that would pull over and cry begging for God to let him be there and alive when it was time for pick up? Was I the only mom that would sneak up to her son's room in the middle of the night to see if her son was still breathing then to fall to her knees after walking out of the room and beg God for just one more day?

Then almost as if to appear out of nowhere I received a referral about Lakeside. For the first time I felt hope. The first voice I heard was Luke. It was almost as if God was speaking through him. I was running out of time and Luke made it happen for me to fly to Minnesota from Florida within days of speaking to tour Lakeside Academy. I flew up to Minnesota two days before Christmas alone and afraid. As I drove up to Lakeside it felt peaceful.

When I met Luke, he felt like a friend I had known forever.

God grabbed my hand that day and said, "this is the place." Four days after Christmas our lives would forever change as we made a flight back to Minnesota. This time to leave our son at Lakeside Academy.

As this year apart from our son approaches its end, there are new fears ahead. Coming home and what does life look like together, how do we keep it from going back to where it was. What I can tell you is that as parents you do have to do your homework during this time away. It's not just time away from the once chaotic life. It's your time to grow and heal too. As parents we have to put in the time to learn a new way of communicating, establishing boundaries and expressing triggers.

The last thing I would encourage you to do is stay the course. Don't give up. Don't give in. I have heard all the lines, promises, you name it, to get out early. If you don't give it 100% you will never know how it could turn out. You owe it to yourself and to your son to give it everything you've got. Parents, these people really do care about your son. It's not going to be an easy road but again, I encourage you to stay the course.



THE PATH TO THE TRUTH IS FOUND

THROUGH FAITH

Lakeside Academy

A Program of Mn Adult & Teen Challenge

100 Garrison Ave NE, Buffalo, MN 55313