



RESOLUTION RANCH
ACADEMY

Parent Introduction Packet

*"Recovery and Academics through Nature, Counseling, and
Healing"*

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Introduction

Resolution Ranch is a 24-hour a day, 7-day a week general residential facility for male residents, ages 13-17 years old. Resolution Ranch is designed around addressing the need for behavioral modification of young men dealing with or suffering from discipline problems, lack of respect for authority or the law, poor academic achievement, family dysfunction, substance abuse and addiction, violent tendencies, depression and much more. Our motto for the Resolution R.A.N.C.H. Experience is “Recovery and Academics through Nature, Counseling, and Healing.”

Resolution Ranch is centered on change, honesty, and trust, with a core foundation of individual, group therapy and family therapy, sessions and outdoor activities to provide a nurturing environment for making positive life changes.

The length of stay varies according to resident needs (3 months minimum). In general, self-referred residents can expect to be in Resolution Ranch for approximately six-ten months. Of course, each resident and family is unique and brings their own level of abilities, commitment and motivation. Therefore, length of stay varies for each individual/family and is contingent upon continual staff assessment.

Aside from being a general residential facility, Resolution Ranch offers residents the opportunity to learn about, care for and ride horses. Resolution Ranch is located on 500 pristine acres with a beautiful lake. As a resident, along with his recovery, your child will learn how to apply the skills and knowledge gained in the program towards hands-on ranch work.

We know that the decision to place your child in a treatment facility is extremely difficult. To help ease this process, we are committed to communicating with you on a regular basis regarding your child’s progress and recovery. The following are some of our policies that pertain to this communication as well as other pertinent information regarding our program, rules, and procedures.

If you have any further questions or concerns not addressed in this packet, please feel free to contact us at any time. After enrollment your son’s therapist will be the primary contact for program questions. Therapist can be reached by phone at the main office number listed below.

**Resolution Ranch
2274 CR 203 LP
Cameron, TX 76520
(254) 697-2422**

Program Philosophy

The Philosophy of Resolution Ranch is based on a commitment to personal growth through change, honesty, trust, experiencing nature and people helping people. We employ this philosophy in all of our day-to-day activities in this program. We are a family—a group of people involved in the total sharing of our lives. We know that change happens as a result of meaningful sharing and honest relationships. We also know that growth in the areas of honesty, trust, improved relationships, responsibility, and stress management will reduce your child’s dependence on unmanageable behavior, thus increasing his ability to find joy and fulfillment in life. As a result, the family dynamics will change and result in a happier family system.

Change

In the past, addiction was a way of life for your child. It was not just a habit, but rather an obsession, which led him down a path of self-destruction. It is also family systems issue and will require adjustments within that system. Here at Resolution Ranch, he will have the opportunity to discover a totally new way of living.

This is a place of change, and all changes, no matter good or bad, bring stress into our lives. If you are going to bring positive changes in your life, expect some feelings of discomfort and even hurt along the way. Remember, change takes time, do not expect instant gratification.

In this program, as in life, we should constantly assess our lives and behaviors, and seek to employ changes as they become necessary. Here at Resolution Ranch you and your son will learn this invaluable skill. After all, the only thing that happens consistently in life is change.

Honesty

Honesty is the bare necessity of a successful recovery. It is the fuel that drives meaningful change; without it, your child will leave here the same person he was when he arrived—riddled with problems and addicted to negative behavior.

Learning to be honest will take a lot of effort. In fact, for many of our sons, dishonesty has been as much a part of their lives as the air they breathe. Although dishonesty has been a cause of much pain in his life, like alcohol or drugs, he felt he could not live without it. When we are dishonest, either to ourselves or with others, we cannot expose our true feelings. Without being in touch with our feelings, we cannot help ourselves to change our lives.

At Resolution Ranch, we deal with dishonesty in the same way that we deal with any other threat to our lives—swiftly, openly and conclusively. In other words, any violation of the honesty ethic becomes an issue for the entire family at Resolution Ranch. Everyone grows by dealing with the causes and effects of dishonesty in an open and honest manner.

Trust

If you're like everyone else in this world, you've been hurt by someone you trusted—parents, friends, loved ones, and the list goes on and on. So why should you trust this program or the people in it now? Well, what choice do you have? Unless your child starts trusting in someone or something outside himself, he is doomed to stay where he is now—trapped in anger and addiction. Your sending him here is proof that he needs help. It is also proof that you are willing to make changes. The next step is to trust the program and the people in it to lead your son to a life of recovery.

Experiencing Nature

Many of us, especially when consumed by addiction, lose touch with our true natures and the things that connect us to the vitality of life. The healing philosophy of Resolution Ranch supports the idea that no man is an island, meaning that our actions and lives have far-reaching repercussions, and that we are responsible not only to ourselves, but to the world around us. This includes other people, as well as the environment and other living things. At Resolution Ranch we get your child back in touch with the world with a variety of activities including, but not limited to, hiking, camping, ranching, horseback riding, tending to animals, gardening, composting, fishing, food preparation and recycling.

People Helping People

After introducing your child into Resolution Ranch it is natural to feel misplaced, scared, alone, and even angry. But what you will find is that you are no different from any other parent or staff here. We have all either gone through or are currently experiencing what you are experiencing at this moment. It is this uniting factor that fuels the Resolution Ranch Philosophy of People Helping People. Let others help your son, listen to their advice, feedback, and constructive criticism. If you don't like what you hear, still keep an open ear, because sometimes what we need to hear is not what we want to hear.

The R.A.N.C.H. Experience

The Resolution Ranch Program Philosophy and Concepts are implemented in the day-to-day workings of the camp via the R.A.N.C.H. Experience: *Recovery and Academics through Nature, Counseling, and Healing*. The R.A.N.C.H acronym will be integral to your child's stay here helping bring focus for each level they reach. Each level has five main concepts around which various written work and activities are centered.

Level 1 (Orientation): *Ranch Hands*

- **Respect**
- **Awareness**
- **Narrative**
- **Constructive Criticism**
- **Honesty**

Level 2: *Cattle Men*

- **Responsibility**
- **Acknowledgement**
- **New Beginnings**
- **Character**
- **Heart**

Level 3: *Ropers*

- **Resolve**
- **Admission**
- **Nurture**
- **Change**
- **Humility**

Level 4: *Wranglers*

- **Relationships**
- **Amends**
- **Nourishment**
- **Confidence**
- **Helpfulness**

Level 5: *Cowboys*

- **Reexamine**
- **Affirm**
- **Navigate**
- **Commit**
- **Hope**

Some Important Tools for Change

We have numerous activities within our program. All of these activities are designed to provide your son with the tools to change and grow in ways that will increase his abilities to live a better life.

Special care is given to ensure that scheduled activities accommodate the diverse needs of all residents. Resolution Ranch provides a drug free environment where personal, emotional, mental and spiritual growth can take place. The program emphasis is to teach and enhance basic communication skills, develop awareness and insights into past destructive patterns, improve self-esteem, instill a sense of responsibility, establish options and alternative plans for leisure time activities and, overall, learn how to make choices that will support your son's desire for life-long sobriety.

Academics

Resolution Ranch is as much dedicated to educational success as it is to emotional recovery. The academic program is accredited through Southern Association of Colleges and Schools (SACS). Every resident will be in school for a minimum of 20 hours per week, with an extra 5 hour of individual instruction available. Your child's course of study will be tailored to meet his individual grade level and needs.

At Resolution Ranch, we are proud to offer the **PLATO® curriculum**. This instructional program and online assessment tool creates successful learning opportunities for every child. Working in an online environment, students remain engaged and motivated. They receive the individualized attention they need to address areas of weakness and celebrate strengths. Whether students are struggling, are on grade-level or need acceleration, PLATO solutions can **personalize an academic plan** aligned to the student's home state standards. Online reporting and tracking afford instructors the ability to monitor student progress and mastery, as well as share status updates with parents, administrators and schools.

In addition, Resolution Ranch offers individual tutoring and consultation often lacking in our nation's overcrowded classrooms. We work hard to prepare those individuals in need standardized test preparation for ACT, SAT, GED, and high school exit exams.

Since most of our residents struggle with getting good grades, ADD/ADHD and other concentration inhibiting disorders, peer pressure, and a general lack of confidence in their own academic abilities, we know that school is often the most difficult environment for teenagers today. We also know that a solid education opens up many doors in life, and is crucial to prolonged security and happiness. It is our priority to reinstate the values of hard work, organization, and responsibility that come with being a model student. Learning is the key to giving your son options in life, and a huge tool in promoting the growth and change integral to his recovery and personal development.

Community Service

Community service is part of the process of giving back to the community and/or people in need. When residents reach level 4, they are required to do 12 hours of community service. In addition, residents that may have community service requirements can earn time towards that requirement. All hours will be documented and applicable to any court ordered service mandate.

Family Contact

In an effort to assist residents, their families and concerned friends to understand the effects of addiction, and to rebuild core foundations of communication, respect, trust, and love, Resolution Ranch provides a family program and family education seminars. Family therapy is mandatory requirement for all families.

Parents are encouraged to participate in the family contact—family members can write, call, and visit the resident at Resolution Ranch. Written contact can happen as often as you like, phone calls are limited to one 10-minute call per week (to start) and visits can occur for up to 2 days every 3 weeks (3 days for families coming from out of state). This is all contingent of course on resident behavior, therapist recommendation, and what is best for your son's recovery at that time.

After the first thirty days of placement, parents can call their son on either Saturday or Sunday between the hours of 11 am – 7 pm.

Therapeutic Services

The type of therapeutic services provided for your son is based off the Treatment Plan that is developed during the thirty day assessment period. The treatment team will develop a plan that his tailored your child's needs. The treatment team will consist of Program/Clinical Director, Therapist, Director of Education, Primary Direct Care Worker, Direct Care Supervisor and Case Manager. We encourage the parent to be involved in the process. **It is very important the parent be very detailed in the application process about the issues your son having so that an accurate Treatment Plan can be developed.**

Residents are provided one individual and group therapy session per week from a licensed professional therapist or intern (LPC-intern). Therapy can occur in a variety of modalities, for example, Equine Assisted Psychotherapy, DBT, REBT, CBT, and Family Systems Therapy. These different modalities provide different avenues to meet the needs of your child.

Family therapy will start on level 3. Family therapy will have the following structure: We need to address and correct the negative issues surrounding your home life—communication barriers, stresses, and possible threats to your child's sobriety before he graduates and leaves Resolution Ranch. We believe strongly in family systems approach, and restoring relationships. Life doesn't happen in a vacuum, so your son must learn to manage his relationships productively. Resolution Ranch highly encourage parents go to individual therapy and/or family therapy in their respective city to address any issues to prepare for their son's return. Another resource for parents is A-Alon for support regarding substance abuse related issues.

There will also be homework that the therapist will give, that we ask that the family complete at home. **After the first thirty days, you will be contacted to attend a Resolution Ranch Orientation, review treatment plan, and expectations for the therapeutic process.** This is referred to as the *ITP Meeting*.

Equine Program

Resolution Ranch is pleased in recognizing an equine program that is specially designed for the growth and development of adolescent trials and adversities. The equine program is structured around a fully operating on-site facility with safety and responsibility as core aspects. Non-verbal communication is a valuable tool that equines provide in recognizing various forms of communication, utilizing resources for positive and productive results, as well as temper management. Equine therapy is offered in dual aspects within Resolution Ranch through programs such as, Equine Assisted Growth and Learning (EAGALA) and Basic Equitation. EAGALA is a proven international program that is specially designed for the developmental needs of individuals with recognition towards emotions and treatment goals. Basic equitation is offered to each individual as part of a non-verbal communicative effort in recognizing personal struggles, individual growth, as well as responsibility.

Each resident will be introduced into the equitation learning experience with a similar approach to their individual level programs. Such introduction and growth will be as follows:

Level One: Safety rules and horsemanship policies, anatomy and equipment recognition.

Level Two: Haltering, grooming, saddling, bridling and basic equitation within the enclosed arena.

Level Three: Increased horsemanship and equitation skills with arena and trail rides, process groups and increased responsibilities.

Level Four: advancing horsemanship and equitation skills with arena activities, trail rides, process groups and educational opportunities involving lower levels.

The equine therapy program has provided individual progression by allowing individuals to recognize attitude and demeanor around adverse and developmental experiences. These opportunities provide for recognition of personal needs, desires, personalities and abilities in a positive growth and developmental environment.

Community Groups

Group sessions at Resolution Ranch are designed to look at recurring behaviors, address issues and vent feelings. Residents will have plenty of opportunity to examine their own values and behavior patterns with the help of peers in small and entire community group settings. The goals of the group sessions will include improved self-esteem, self-awareness, self-understanding, self-acceptance, improved trust levels and enhanced interpersonal communication. It is our hope that the tools and skills gained will be instrumental in your quest for a better life.

Content of the groups will vary. The aim is to realistically focus on the individual's feelings and awareness as they affect the present moment. Here we attempt to know others and ourselves as thinking, feeling persons and identify our defenses (denial, rationalization, projection and protection) that prevent this discovery.

Life Space Interviews

Life Space Interviews are conducted with the professional direct care workers to facilitate Resolution Ranch mentoring program. Your son will be required to get two life space interviews a week. The purpose of Life Space Interviews is to provide another way to process issues that your son may be experiencing. Direct care workers have a wide variety and experiences in life which are valuable in in the mentoring process.

Level Work

Level Work is the “guts” of our program. It consists of the written assignments your child will complete on his journey through the levels. Each level highlights 5 core concepts of the R.A.N.C.H. experience and is designed to be a catalyst in recovery. Time to work on Level Work is scheduled three times a week.

After completing the required level work packets and assignments for a level, your child will submit it for review to his primary direct care worker for review. Your son will then need to get signatures from the following departments: (1) Therapist (2) Director of Education (3) NA Coordinator. It is then submitted to the Program/Clinical director for final approval he will be given a date in which he may attempt to move up. He then calls group and recites the program rules and vocabulary related to that level before the community. Your son will then receive feedback from the community and be voted up. **Your child may not move up the levels unless he completes all required level work.**

Modified 12 Step Program

Over the years, the concepts, philosophy and social network of Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) has proven, time and again, to be one of the most effective tools for a person in recovery. Here alcoholics and addicts have immediate access to a network of caring people who are experts in the field of addiction and who are willing to assist those wanting to stop using on the road of recovery.

The primary emphasis will be focused on working The Twelve Steps in accordance with your son’s current level. Specific Step Work Packets will help to illuminate the teachings and goals of each step, and how it applies to his specific affliction.

In addition to step study classes, all residents are required to attend a specific number of AA/NA meetings per week. For those residents who have no reported substance abuse problems, the 12 Steps will be tailored to address their specific addiction (lying, sex, video games, running away, etc.). In addition, Productive Choices Education will be offered in lieu of AA/NA meetings.

The Twelve Step Program is a very useful tool to improve self-awareness, build a solid foundation for recovery and further one's relationship with their Higher Power. If you stick to it and do the steps thoroughly, you will find beneficial results. Also, NA/AA and other Anon Groups have world-reaching chapters, and outside meetings are highly beneficial tools to maintaining sobriety once out of the program. We introduce your son to this program here as a bridge for continuing his success “on the outs.”

Religious Services

Our ultimate goal at Resolution Ranch is to help with your child's recovery and growth. This can only be accomplished through spiritual growth and awareness. Religious preference is not the issue here. What is important is becoming aware and in contact with a higher power.

Resolution Ranch believes that spiritual renewal of the individual is an essential part of recovery. Residents that are level 3 and above (demonstrated safe behaviors) will be allowed to attend a Sunday church service if they so desire. Alternate activities will be available for those who do not wish to attend. The Resolution Ranch program, in congruence with NA, references "God" as a label for each person's personal spiritual Higher Power. Though we employ Christian principles, Resolution Ranch is tolerant of all religious and spiritual beliefs, and will make every attempt to accommodate appropriate needs.

Resolution Ranch Rules

Cardinal Rules

As in any family, we have rules and general guidelines for acceptable behaviors and attitudes. Our community at Resolution Ranch has 12 of these Cardinal rules that must be followed at all times. Learning Experiences for these rules vary from case to case, but usually include Work Detail, followed by some degree of Loss of Privileges (LOP).

- (1) **No Drugs or Alcohol.**
 - This includes knowledge of anyone using or possessing drugs. This includes using prescription drugs or other chemicals as inhalants. This includes any conspiracy or knowledge of a conspiracy to use drugs.
- (2) **No Physical or Verbal Acts or Threats of Violence.**
 - This includes verbal or physical threats as well as provocation. This also includes initiations, unsupervised wrestling or boxing, grabbing, holding or forcing someone against his will.
- (3) **No Stealing.**
 - This includes borrowing staff or other resident's possessions without written permission from staff. This also includes stealing or hoarding food from the kitchen.
- (4) **No Destruction or Damage to any Resolution Ranch or Personal Property.**
 - This includes defacing, tagging, marking and carving of any kind.
- (5) **No Breach of Confidentiality.**
 - This includes discussing other resident's issues with ANYONE other than Resolution Ranch Staff. This also includes shaming, mocking or intentionally humiliating another resident's confidential issues shared in-group. We all need to feel safe in our sharing.
- (6) **No Sexual Activity.**
 - This includes any simulation of an act of anal intercourse, genital stimulation, erotic activity, touching another, oral sex or any type of sexual come-ons.
- (7) **No Disobeying Staff.**
- (8) **No AWOP (Absent Without Permission).**
 - This includes attempting to leave the property as well as being involved in a conspiracy to leave the property (AWOP). This also includes tampering with the door locks or alarms.
- (9) **No Mutilation of Oneself or Others.**
 - This includes burning, drawing, cutting, tattooing, piercing or any other form of mutilation.
- (10) **No Out of Bounds.**
- (11) **No Failure to Submit to Take a Drug Test or be Searched When Staff Needs.**
- (12) **No Racism.**
 - This includes jokes, racial slurs, or any equally derogatory remarks towards gender, orientation, or race.

General Rules

In addition to the 12 Cardinal Rules, there are 10 General Rules that are also in effect during your son's entire stay. The Learning Experience for breaking a general rule is either an immediate **Zero** or a redirection and then a zero. If you have received multiple zeros for the same infraction, insight writing or some degree of loss of privilege is employed. The general rules are:

- (1) No cursing.
- (2) No disrespecting staff.
- (3) No splitting staff (This means asking different staff the same question hoping for a different response).
- (4) No horseplay.
- (5) T.B.C. (Time Bound Commitment)
- (6) No haircutting. (Without staff permission.)
- (7) No drug glorification.
- (8) No gang activity (Including wearing baseball caps in any way other than forward, making gang signs, drawing or writing gang material, glorifying gangs or wearing any clothing attributed to gangs; and no sagging).
- (9) No using the TV, stereo or any other electronic equipment without permission.
- (10) Shoes and shirts must be worn at all times when outside the dorm.

Group Rules

Group Rules are necessary to follow to ensure a safe, respectful circle of trust. Any group rule infraction has an immediate zero consequence.

- (1) T.B.C. Residents must be in-group no later than 5 minutes after group is called.
Group officially starts when the facilitator arrives in group.
- (2) No cross-talking. This means no talking when others are talking.
- (3) No horseplay.
- (4) No slouching or sleeping.
- (5) No playing with animals during group.
- (6) No leaving group for any reason. Use your T.B.C. to use the bathroom before entering group.
- (7) No eating, drinking or spitting.
- (8) Eye contact.
- (9) Feedback, and lots of it.

Dormitory Rules

- (1) The last one out of the room is responsible for turning the light off.
- (2) All lights in the room must be out at 10:00 pm (M-TH) 12:00 am (F-S).
- (3) No eating, drinking, storing food or storing drink in your room.
- (4) Nothing is to be left lying on your bed after it is made.
- (5) All beds should be made once you wake up and kept until you use them at night.
- (6) All rooms and personal areas should be kept neat and clean at all times.
- (7) No horseplay.
- (8) No one may go into the staff quarters without staff permission.
- (9) Dirty clothing must be cleaned in a timely matter.
- (10) Slippers or sandals must be worn at all times.
- (11) No borrowing or using another resident's clothes without staff permission.
- (12) No exercising.
- (13) No lying on the floor.

Lodge Rules

- (1) The TV and stereo may only be used during appropriate hours. Staff must give permission for the use of either piece.
- (2) No one may go into the billiards loft without staff permission, and it may only be used during appropriate hours.
- (3) The lodge is to be straightened up after meetings, groups, etc.
- (4) Furniture cushions are to stay in place at all times. They are not to be used as pillows.
- (5) No sleeping or lying down is allowed in the lodge except during specified relaxation or meditation times.
- (6) No exercising.

Meal Rules

- (1) All residents must be seated at the tables and silent within 5 minutes of the meal call.
- (2) Grace will be given either by a staff or a resident.
- (3) The meal is served after grace and staff, guests and kitchen help are served first.
- (4) Residents should line up at the cafeteria, and sit at the appropriate table.
- (5) During the meal, there should be no horseplay or loud talking.
- (6) No one can leave the dining area until everyone is done eating, the tables are cleared and cleaned, and staff has dismissed everyone.

Orientation Rules

While on Orientation, along with adhering to all the above program rules, there are certain orientation specific rules that your son must follow until he moves up to Level Two.

- (1) Shadow. For the first seven days at Resolution Ranch he will be assigned to an upper level shadow. **He must be within arm's length of your shadow at all times.**
- (2) He may not communicate with any other level one residents. This includes verbal and nonverbal forms (e.g., smiling, gesturing, eye signals etc.). This may seem silly, but it is a very important rule. All orientations still have a street mentality, are homesick, and more than likely not happy to be here. Negativity breeds more negativity, so we prevent them from communicating with residents that may be a hindrance to their recovery.
- (3) No visits will be allowed during the resident's first 30 days. Exceptions will be allowed only for dire circumstances, and must be cleared with Program/Clinical Director before approval is granted.

Academic Rules

- (1) Do not talk during class time without permission.
- (2) Do not get out of your seat without permission.
- (3) Your area must be clean and neat every time you leave.
- (4) Only material related to your current class is allowed at your desk.
- (5) Computers are for classwork only. Permission must be given to work on non- class items.
- (6) During class time you must always be working on your assignments or reviewing past assignments.

Rules for Family Visits and Outings

Hours: Visiting hours are from 11:00 AM to 7:00 PM.

The Sign Out sheet must be signed at departure and arrival. All residents will return to the camp no later than 7:00 p.m. Parents will have to leave for the night. Visits should last no longer than 3 days.

Rules:

1. No alcohol, narcotics or firearms allowed on the property (this includes intoxicated visitors).
2. Residents may not hold keys or cigarettes for visitors.
3. Do not sit in the car with your son.
4. No friends or girlfriends of residents allowed on the property at any time.
5. Families are allowed to bring food in from outside. We do not allow energy drinks and ask that caffeine and candy is limited (If food is given to other residents, please ask staff for permission).
6. Residents will not be able to leave the property unless they have reached level 4 or above.
7. Residents will follow the same rules that they follow at the Ranch.
8. Residents will not manipulate their parents.
9. On visits, level 1-2, visits will be required to have a shadow.
10. Level 1 visits are limited to lodge.
Level 2 will have access to the front porch as well as the lodge.
Level 3 have access to the whole ranch.
Level 4 and 5 day or overnight passes.
11. Residents will only spend the night out with special permission from the Program/Clinical Director.
12. If you are spending the night off property or going on an extended home pass a separate contract will also apply.

Please remember that visits are meant to serve as a tool in bringing your family closer together. Parents and residents are advised that if the visit begins to turn manipulative, threatening, or generally negative they should return to the Ranch to better resolve the issue with staff assistance.

Visits may be shortened or terminated at any time if these rules are not followed or if the visit proves to be destructive to recovery.

Important Program Regulations

Phone Call Policy

After the first thirty days, phone calls will start. The call hours are 11 am to 7pm. It is your responsibility to call us. If you wish to reschedule your call time, you must let us know one week in advance. Emergency exceptions will be made, of course, but as we endeavor to keep your child on a regimented schedule, you can help us reinforce this by adhering to these time periods. Phone calls will be limited to 10 minutes (to start), which will be strictly enforced.

Visitation

Visitation begins after the first thirty days and then follows a 3 week rotation. Typically, the first visit is limited to one day. After that visit, you are welcome to visit both days. Parents that are coming out state can come for three days, for example, Friday - Sunday or Saturday – Monday. A visit may be moved to another date if your son is in disciplinary status. Resolution Ranch will make every effort to notify you if adjustment in visitation is required. We request that the parent notify by email or phone, the Program/Clinical Director that they are coming.

Weekend and day passes typically will start on level 4. There will be times that there may be a therapeutic value for a resident to have a day pass and that resident will be allowed to leave for the day. A day pass will be recommended by the therapist to the Program/Clinical Director and arrangements will be made with that family. We ask that parents and residents please do not ask for a day pass.

Mail and Gifts

Mail can be sent and received as often as you and your son wish. Any family other than the immediate family that you wish to allow contact with your child must be submitted prior to mail acceptance. We require a list of each person's full legal name, relationship, mailing address, and phone number. Contact with friends or girlfriends are strictly prohibited.

You may also e-mail your son in emergency situation to the Program/Clinical Director email. They will not be able to respond to any e-mail until they earn computer privileges on Level 5.

Unless it is your child's birthday or the Holidays, we would like to discourage you from sending gifts. Sometimes parents feel guilty that they have had to send their child away, and try to assuage that guilt through gift giving. Do not feel bad. You have already given your child an amazing gift by sending him to Resolution Ranch for a new start.

Progress Reports

Written progress reports will be sent by email on the 1st and 15th of each month. These will be comprehensive reports given by the treatment team. The therapist that is working with your family will call weekly to provide updates on treatment. If you have questions, please call between these hours or feel free to email. If it is an emergency, please feel free to call at any time.

Program Director: Monday-Friday from 8:30 am – 5 pm. If it is emergency, available 24/7.

Therapist: Monday-Friday between the hours of 9:30 am – 10:00 am. Please email at any other time. The therapist will make every effort to get back to you in timely manner.

Education: Monday-Friday between the hours of 9:30 am – 11 am and 4-5 pm.

Direct Care: Monday-Friday between 11 am – 1 pm and 2 – 4 pm.

Case Manager: Monday 9 am – 5 pm. Thursday - Friday 9 am - 5 pm.

Billing: Wednesday 9 am – 5 pm. Please email if not able to call during those hours.

Equine Specialist: Monday – Friday 9:30 – 10:00 am.

Trips Off Property

From time to time, we will reward certain residents by taking them on trips off the property. This includes camping trips, trips to historical locations, museums, or other places of interest. If it is going to be an overnight outing, every attempt will be made to contact you in advance.

Medication

All medications are kept in a locked cabinet near the office. Medications are self-administered at the proper time and under the supervision of the appropriate staff. A log is maintained in the office and it contains the resident's name and what kind of medication they are taking. All over the counter drugs normally available in drug stores (vitamins, aspirin, cold tablets, dietary supplements, etc.) are also kept in the cabinet and may only be taken under appropriate staff supervision.

Medical/Dental

Your son will receive a physical and dental exam within the first thirty days of placement. If your son has had a physical or dental exam within the last 6 months, please provide that information and your son will be exempt. Immunizations will be checked to ensure they are up to date and given if needed. If a parent does not wish their son to receive any immunizations, we would require a notarized letter from the parent stating that they do not want their son to receive any immunizations due to religious beliefs.

If routine medical issues, Resolution Ranch uses the services of Richard's Memorial Hospital in Rockdale, Tx. If there is a life threatening medical issue, your son would be transported by ambulance to Scott and White hospital in Temple, Tx.

Nutrition

Nutrition is an important part of the process in recovery. Resolution Ranch exceeds the daily nutritional guidelines of the Department of Family Services. Your son can choose what he wants to eat as he comes through the cafeteria. He will receive a large portion of food that he chooses to eat. Typically, he will be able to have seconds and/or thirds on any remaining food. A salad bar is provided during lunch time. There will be water, juice and/or milk provided at each meal. Healthy snacks are provided each night.

A menu is posted in the kitchen if you would like to see what your son is eating. We do not make any special accommodations unless there is a medical issue or eating a certain type of food is against your religious beliefs.

If your son chooses to refuse to eat, it will be noted in the daily progress report.

Drug Testing

Random urine tests will be given to all residents when the staff decides. The purpose of this test is to verify that you are following the Ranch's rule of no drugs. Failure to be tested could result in immediate consequences.

Some visitors, if suspected of intoxication, may also be tested and/or searched. Failure to submit is grounds for an automatic revoking of your scheduled visit, and you will be asked to leave Resolution Ranch property.

Resident Dress Code

Residents are expected to dress appropriately and respectfully at all times.

- (1) No piercings of any kind allowed.
- (2) Tank tops or swimming wear are only allowed during appropriate recreational and exercise activities.
- (3) Shoes and shirts are required at all time.
- (4) Tee shirts or tank tops that glorify drugs or other negative life styles will not be allowed.
- (5) Cut shirts and clothing with tears or holes are not allowed at any time.
- (6) Footwear must be appropriate for the specific activity at hand.

Code Red

A Code Red, though extremely rare, is issued when there is a series of problems or issues, which grossly affect the quality and safety of the camp environment—fights, AWOP, trespassers, or equally severe incidents require Code Red status. Here, the entire camp is placed on an isolation status. This is an extreme measure used only in dire times. The Code Red is lifted when order has been restored and attitudes are brought into line.

Resident Code Red Rules:

1. Quit what you are doing.
2. No talking.
3. Follow your direct care worker to the dormitory.
4. Line up for headcount.
5. Take your shoes off.
6. Sit in your bed.
7. No communicating of any kind with other residents.
8. Raise your hand to speak to a direct care worker.
9. No sleeping or slouching.
10. Nothing may be in your hands.

Consequences as Learning Experiences

Zeros

Zeros are a reminder that a rule has been broken, and when a resident receives a zero they are expected to change their actions immediately. When a direct care worker gives a zero, the proper response is “Thank you,” followed by a positive behavior shift. If a resident argues or talks back to a direct care worker after he receives a zero, or he will be issued another.

The direct care worker will record the zero on zero log sheets, and inform the resident the reason for the zero. **Each zero equates to 45 minutes of extra chores on Saturday** (i.e., 3 zeros in a week means you must put in 2 hours and 15 minutes of work the following Sunday).

When a resident receives 3 zeros in one day, they will receive one day of Work Detail (see below). A resident who receives 5 zeros in a week will have L.O.P. (see below) for one week. A resident who receives 7 or more zeros in one week will be assigned 3-5 days of Work Detail, followed by some degree of L.O.P. for one week.

Insight Writing

A popular learning experience used in Resolution Ranch is called insight-writing assignments. Insight writing assignments vary in length, content, and time allotted to complete depending on the resident and offense. All reports must be completed on time, and completely to the direct care worker who assigned it. Failure to do so is a Cardinal Offense.

Some examples of when insight writing would be employed are as follows:

- 1: A resident keeps glorifying drugs after several redirections and zeros. A direct care worker assigns him a 10-page report on 10 reasons it is inappropriate to glorify drugs at Resolution Ranch.
- 2: A resident keeps going for seconds at dinner and throwing away most of his food. A direct care worker gives him a redirection to raise his awareness, and assigns him a 5-page report on Starvation and Malnutrition.
- 3: A resident keeps speaking out in group, and interrupting other residents during their share time. He has already received a zero for this today. The facilitator of the group assigns him a 7-page report on “Why I should respect others.”

Extra Duties/Chores and GI

Extra duties and chores are often the best way to provide a reminder that a behavior is not appropriate. For instance, a resident who forgets to do one day of kitchen duties may be assigned to complete two days of kitchen duty the following week. A resident who neglects to wash his clothes one week may be assigned to do laundry every day the following week.

GI or General Inspection is a term used which means to thoroughly clean. This is another way in which a learning experience can reinforce a change in someone’s behaviors. For example, if you refused to clean your room in the morning, you might be directed to GI your room on Sunday.

Talk Ban

Talk Ban means exactly what it sounds like—your child is prohibited from talking. For the duration of his ban, he may only communicate to staff and direct care workers with pen and paper. He may use no communication at all with other residents. This is meant to serve as an exercise in listening skills. Given the severity of the ban, he may or may not be allowed to share in groups.

Loss of Privileges (L.O.P.)

L.O.P. or Loss of Privileges means that for a designated time your child loses certain privileges. It is designed as a learning experience to increase his gratitude and make him appreciate what he is given.

Work Detail

If your child repeatedly offends, or break any Cardinal Rules, he will receive 1-5 days of Work Detail. Work Detail is labor or chore intensive consequence in which residents are separated from the Ranch Community and all of its normal scheduled activities. Following a Work Detail shift, your child will have to write a 5-page report detailing why he got work detail, what he learned, and what the community can expect from him. He will read this to the group, and they will give feedback. He will be let back into the Ranch Community pending peers and direct care worker approval. Following any time spent on work detail, your child will be on L.O.P. status for twice as many days as the served work detail shift.

Room Ban

On occasion if a resident becomes uncontrollably violent, or poses any threat to the safety and welfare to anyone in the Resolution Ranch Community, Room Ban will be employed. While on room ban you must sit awake on your bed with no one else around except for a direct care worker or another appropriate staff member.

Therapeutic Interventions

Your son is an individual and there may be times that a specific intervention is needed. The treatment team will develop a specific intervention to assist in your son development. Your son will be notified of this of intervention and the reason for its implementation. The intervention will be discontinued when your son has developed to age-appropriate level. There will also be times that the therapist will request that your son work through an issue by doing some therapeutic homework.

Weekday Schedule (w/ Horses)



	Monday	Tuesday	Wednesday	Thursday	Friday
7:00	Morning Chores/Medication Horse Program	Morning Chores/Medication Horse Program	Morning Chores/Medication Horse Program	Morning Chores/Medication Horse Program	Morning Chores/Medication/Horse Program
7:40	Exercises/Horse Program	Exercises/Horse Program	Exercises/Horse Program	Exercises/Program	Exercises/Horse Program
8:40	Personal Hygiene/Horse Program	Personal Hygiene/Horse Program	Personal Hygiene/Horse Program	Personal Hygiene/Horse Program	Personal Hygiene/Horse Program
9:30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10:00	Lodge Chores/KP	Lodge Chores/KP	Lodge Chores/KP	Lodge Chores/KP	Lodge Chores/KP
10:30	School	School	School	School	School
11:00-1:00	School	School	School	School	School
11:50-12:00	Break	Break	Break	Break	Break
12:00-1:00	Lunch	Lunch	Lunch	Lunch	Lunch
2:00-4:00	School	School	School	School	School
2:50-3:00	Break	Break	Break	Break	Break
4:00	Group Activity Feed animals Horse Program	Free Time Feed animals Horse Program	Group Activity Feed animals Horse Program	Free Time Feed animals Horse Program	Group Activity Feed animals Horse Program
5:30	Dinner	Dinner	Dinner	Dinner	Dinner
6:00	Vote Off	Vote Off	Vote Off	Vote Off	Vote Off
6:30	Level Work	Process Group	Church/Spiritual Development/Spiritual Development Group	Process Group	GI
7:30-7:45	Snack Time	Snack Time	Snack Time	Snack Time	GI
8:00	NA Productive Choices	NA Productive Choices	Level Work	NA Productive Choices	Movie night/Snacks

9:00	Quiet Time/Journal Time	Quiet Time/Journal Time	Quiet Time/Journal Time	Quiet Time/Journal Time	Movie night
9:30	Quiet time	Quiet time	Quiet time	Quiet time	Movie night
10:00	Lights Out	Lights Out	Lights Out	Lights Out	Quiet time/Journal Time
11:00					Lights Out

Weekend Schedule (w/ Horses)



	Saturday	Sunday
9:00	Wake up/Make Beds>Showers/Feed Animals/Medication	Wake up/Make Beds>Showers/Feed Animals/Medication
9:30	Breakfast	Breakfast
10:00	Lodge Chores	Lodge Chores
11:00	Zero Work	Church/Free Time/Community Service
12:00	Zero Work	Free Time/Visits Horse Program
1:00	Lunch	Lunch
2:00	<u>Zero Work</u>	Free Time Visits Horse Program
3:00	Group Activity	<u>Group Activity</u> Horse Program Visits
4:00	<u>Group Activity</u> Feed Animals	Visits Horse Program Free Time
5:30	Dinner	Dinner
6:00	Level Work	Dinner/Free Time
6:30	Level Work	Free Time
7:00	N/A	Process Group
8:00	Activity Night/Snack Time	Group Activity/ Snack Time

9:00	Activity Night	Quiet Time/Journals
9:30	Activity Night	Quiet Time/Journals
10:00	<u>Quiet</u> <u>Time/Journals</u>	Lights Out
10:30	Quiet Time/Journals	
11:00	Lights Outs	