

From:

Sent: Friday, June 16, 2006 4:13 AM

To: heal@heal-online.org

Subject: Aspen Ranch School Completed Story

These are all factual events that take place at aspen ranch everyday, these are events that have taken place and will continue to unless someone takes action soon. Everything in my statement is true and I give HEAL permission to use my statement.

I am a survivor of the aspen ranch school, located in Loa, UT. A Therapeutic Boarding school/ rehabilitation center.....my ass. Aspen Ranch uses a physical restraint system called PCS (positive control system) which is actually FAR from positive. PCS includes a barrage or various pressure points and bent wrists, locked joints, and strained tendons. Once put into PCS submission you are held here by a minimum of 3 staff, your pulse regularly checked to indicate your level of anger. You are normally on the ground (also known as "Carpet Time" for a norm of 45 minutes to an hour)

They use any method of getting you down, whether it be calmly asking you to cooperate with them or tackling you through a crowd of people onto concrete (which seems to be a staff favorite). I have seen many of my friends at Aspen Ranch end up with broken wrists from PCS. I have myself lost the feeling in the tips of my fingers for days as a result of being held in PCS submission for over 3 hours. Once you are PCSed (on top of everything) you have to go to R&R (redirection and recovery) more commonly known as the room where you wear red sweat pants and sweat shirts even in the dead of the summer (in the Desert) to no avail.

The "on campus" psychiatrist's prescribe you medications based on staff behavioral reports, without even consulting you to see how you feel about putting a new foreign substance into your body or checking past medical records (could be detrimental to your well being).

For example I myself was a bit ADHD according to staff, and the staff apparently thought that they were doing me a favor recommending that I be prescribed to ritalin (methylphenidate), which actually led to a number of seizures...to bad they didn't bother to check to see if my family had a history of amphetamine related seizures.

thanks aspen ranch!!

-Anonymous

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Please keep this story anonymous and **do NOT share any of my contact information with ANYONE. A lawsuit will be filed on HEAL and the third party if my contact information is given out/stolen/comes into contact with anyone.**