



## **ENROLLMENT INFORMATION PACKET**

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## ADMISSIONS POLICY

Catherine Freer's Wilderness Therapy Expedition is designed for adolescents, ages 13 to 18 (14 to 18 in winter months), who are challenged with one or more of the following:

- Abusing alcohol or drugs
- Beyond parental control
- Experiencing low self-esteem
- Rebellious, angry, defiant
- Choosing the wrong friends
- Suffering from attention deficit
- Bright but not achieving
- Recovering from sexual abuse
- Struggling with attachment disorders
- Impulsive or hyperactive
- Poor academic achievement
- Suspended or expelled from school
- Depressed or emotionally troubled

Due to the outdoor nature of this program and lack of access to treatment facilities, some kinds of problems are inappropriate for the expeditions. These include:

- A history of serious suicide attempts or substantial potential for suicide risk
- A history of significant interpersonal violence or sociopathic personality disorders
- A history of psychotic breakdown or a substantial likelihood that such breakdown could occur in the course of the expedition
- Such severe addictions that medically supervised detoxification is required
- Physical conditions or diseases limiting a child's ability to safely hike up to 12 miles a day over rough terrain, carry a 45 to 50 pound backpack, or to endure extended outdoor living in cold, wet, or hot weather
- Needs that require ongoing nursing care or medical supervision or a history indicating a substantial possibility that medical treatment and supervision might become necessary during a three-week period of intense exercise and exposure to natural weather conditions
- Some medications or combination of medications
- A child that is a diabetic
- A history of intravenous drug use

Catherine Freer Wilderness Therapy Programs is an equal opportunity service provider and does not discriminate in accepting residents for treatment or in staff hiring practices on the basis of race, color, religion, ethnicity, national origin, gender, or sexual orientation.



## WILDERNESS THERAPY EXPEDITIONS

### Tuition includes:

- Initial clinical screening
- Individual and group psychotherapy
- Wilderness therapy
- Psychoeducational groups
- Parent consultation and support
- Intense outdoor learning experience and individual challenge experience
- Weekly updates for parents and professionals
- Support with aftercare planning
- Use of specialty outdoor equipment required by program participation (backpacks, tents, tarps, rock climbing equipment, snowshoes, ski poles, and miscellaneous camping gear)
- Hygiene and personal supplies
- Three multi-family meetings
- Family IQ membership

**Wilderness Therapy Expedition:** \$485/day plus a mandatory equipment fee of \$1000. Average length of stay is 51 days.

### Application Processing Fee

There is a \$150 fee for processing an application. If you choose to enroll your child into one of our programs, the fee will be applied towards the tuition fee.

### Deposit

A non-refundable deposit of \$2,500 is needed in order to hold a position for your child on an expedition. The balance of the tuition is due in full on the Friday preceding the beginning of your child's expedition.

**Cancellation after the Wednesday prior to your child's scheduled admission date or failure to appear for a scheduled expedition will result in loss of your deposit.**

## **PREPARATION FOR THE EXPEDITION**

### **Application**

We design an individualized, therapeutic program for your child based on the information you provide to us. Without accurate information, we cannot make an appropriate decision as to whether our program is likely to be helpful for your son or daughter, and we cannot design the most effective type of treatment program. Please be sure to carefully complete the application with full disclosure.

### **Medical Policy**

Parents are responsible for honestly and accurately completing the medical history section in our application and for obtaining a physical examination for their child prior to enrollment. Your family physician must report his or her findings on the medical examination form in the application.

If your child's medical history or examination reveals conditions that may represent a risk to your child or to other participants, we will make a determination as to whether or not admission is appropriate or not. Oftentimes we will work with a consulting physician to arrive at the appropriate decision.

We may request additional laboratory testing and seek enrollment approval by our medical consultant if your child has:

- Used intravenous drugs in the past five years
- Been sexually active and may be pregnant
- Recently been exposed to an infectious disease
- A history suggestive of cardiac disorder
- Multiple medication usage

### **Medication Management**

When a program participant is in need of medication of any kind, the following guidelines will be adhered to:

- A written order signed by a physician is required before any medication can be given and a 30-day supply must be sent with the child.
- Only the child to whom a prescription was written will be allowed to use the prescribed medication.
- Catherine Freer staff will retain physical possession of the medication supply and will supervise a participant's use of prescription medications.
- It is not possible to keep prescription medications in a locked, stationary container. They will be kept by a staff member in his/her backpack or on his/her person for safekeeping. With the exception of winter months, it is not possible to refrigerate medications. Applicants taking refrigerated medications must find a medically acceptable substitute not requiring refrigeration or attend another program that has refrigeration available.
- Individual records will be kept for any prescription drugs taken by residents, including the prescribing physician's name, a description of the medication and dosage, method of administration, verification in writing by treatment staff that the medication was taken and the times and dates given, and any adverse reactions to the medication.
- At the end of each expedition, staff will return all medications to the parent(s) or guardian(s) of the participant, unless they are continuing in our other programs. Staff will count the medication, tally the records of use during the expedition and make sure all the medication is accounted for, and inform the parent or guardian as to the quantities used.
- Expedition staff carries a stock supply of prescription medications that can be used for the treatment of anaphylaxis, infections, allergies, severe pain, or other wilderness medical conditions.

## **Psychological Evaluation and Educational Testing Services**

In addition to our thorough diagnostic and therapeutic services, Catherine Freer also offers psychological evaluation and educational testing services. Psychological testing can answer diagnostic questions, and identify learning disabilities or personality issues that impact a young person's life. Assessment results provide an objective indicator of a client's capabilities and help determine a young person's best fit with schools and residential programs. We offer a menu of assessment services to meet our clients' specific needs. Please ask your admissions counselor for more information if you are interested.

## **Insurance**

Our Joint Commission on Accreditation of Healthcare Organizations (JCAHO) accreditation and numerous state licensures allow many families to receive health insurance reimbursement for their child's treatment in our expedition programs. It is worth checking to see if your insurance company will cover the cost of the expedition. Please note:

- Many insurance companies require pre-authorization for residential care stays. You should make admission arrangements with your insurance company before your child begins one of our programs.
- Insurance companies generally respond best to their customers, so we ask that you contact your company first to check benefits, eligibility, and to arrange for coverage.
- Be sure to read your insurance coverage policy before talking with your insurance company so you are well informed.
- Be prepared. You will usually be asked to describe your child's problem and our program.
- Be sure to ask for a list of the benefits available to you, the maximum available, and any deductions for co-payment or deductible.
- Oregon participants who have substance abuse problems are often eligible for insurance coverage under Oregon law. Oregon residents not experiencing drug or alcohol abuse problems may still be eligible for insurance coverage.
- If the first representative you speak with denies you coverage, do not give up. Ask to speak to a supervisor. Customer representatives rarely have the power to grant exceptions to a standard policy, which tends to include anything unusual.
- After you have talked with your insurance company, they may want to discuss your child's symptoms and diagnosis with us to make a final determination of medical necessity. We will provide them with this information after consulting with you and any other associated professionals.
- When an insurance company gives you a telephone quote of benefits, it is not a guarantee of payment. Our contract is with you, not with the insurance company, and you will be held responsible for payment regardless of the results of your insurance claim.
- If you need assistance working with your insurance company or need consultation on particular talking points, contact your admissions counselor for assistance at (800) 390-3983.
- As a courtesy, we will bill your insurance company.

## **Physical Fitness**

We begin each expedition by hiking short distances for the first couple of days, allowing your child time to become accustomed to the backpack and the physical activity. Your child will eventually get stronger as they continue to hike daily and eat a healthy diet that consists of whole grains, legumes, salami, cheese, vegetables, and fruit. If possible, it is helpful to begin your child on a fitness schedule, as simple as walking or stretching, prior to the expedition.

## **Clothing and Equipment**

We provide all of your child's clothing, gear, and hygiene items. Please do not bring anything except prescription eyeglasses, contact lenses, and saline solution in a sealed container. Your child will be attired in the same functional and seasonally appropriate outdoor clothing as all of the other children. This is done to eliminate the distraction that clothing and fashion typically present to an adolescent. Moreover, your child will not need any money.

Some of the items your child will use on the expedition will be loaned to them. Your child is responsible for taking good care of the equipment. If any item is destroyed through a willful act or by accident, we will bill the parents at the pro-rated cost.

If your child has been using tobacco, or you have any concern about drug use, we would appreciate it if you would supervise what they may have with them when they arrive at the beginning family meeting. If you have any doubts as to whether your child might still possess drugs or cigarettes when we meet them, please let us know.

In the application package, you will be filling out a "Student's Health History and Information" form that asks for your child's height and weight, and clothing and shoe sizes. Please be accurate and specific when giving us this information.

## **What to Expect on the Day of Enrollment**

On the day of your child's enrollment, you and your family will participate in our "Beginning Family Meeting." This meeting will last most of the day. Please plan accordingly.

You will need to arrive at our Albany Office at 8:45 a.m. When you arrive you will be asked to fill out additional paperwork, pay any outstanding balances, and meet with the field staff to discuss medication issues for your child if applicable.

You will then join with the other expedition participants and their families. Here you will share your family dynamics and listen to stories from the other families in a group-style meeting facilitated by a coordinating therapist. This coordinating therapist will be your liaison while your child is on expedition. Please be prepared for this portion of the meeting, as it is generally very emotional. This meeting is scheduled to last most of the day and refreshments are provided.

Towards the end of the meeting, you will have a chance to say goodbye to your child and then they and the other participants will go downstairs where they will have their photograph taken for their file, will undergo a search to ensure they don't have any drugs or paraphernalia on their person, and will be outfitted with new clothing and gear. Any clothing, jewelry, or other items they have with them will be stored and returned to them upon completion of the expedition. They will then depart via van to the trailhead where they will begin their expedition.

After your child departs for outfitting, families will continue to meet to discuss details regarding communication and other pertinent information.

We recommend you arrive in Albany the night before your child's enrollment. If you are flying out of Portland International Airport, it is not recommended to schedule a departing flight before 7 p.m. If you have additional questions, please call the admissions department.

### **What to Expect at the Middle and End Family Meeting**

A second family meeting takes place at the end of Phase I (day 21). This meeting is generally held outdoors under a tarp-covered area. You will want to bring warm clothes and rain gear for this meeting. Even in the warmer summer months, it is recommended that you bring a jacket. Refreshments are provided at the meeting.

The meetings begin promptly. Please plan to arrive early to allow time to reach the meeting site. Here you will be reunited with your child and then join in a therapeutic processing group led your coordinating therapist. At this family meeting, participants openly share with their families and begin accepting their love and concern. Participants reveal long-held secrets that are painful, shameful, or frightening to disclose with families. Participants ask for help and oftentimes for changes within the family.

At the completion of your child's expedition, there is another meeting led by your coordinating therapist. Here you and your child will discuss lessons learned, steps to recovery, and create clear home agreements.

### **Communication**

Your family will be assigned a coordinating therapist who will provide you with weekly updates on your child's progress. Direct telephone contact between the field staff and parents is not possible due to the nature of our treatment environment.

Contact with medical personnel is limited to emergency situations clearly requiring medical treatment. This is at the discretion of qualified staff rather than participants. Participants are free to request medical attention and are encouraged to fully inform staff of any medical problems or concerns they may be experiencing.

### **Letters**

It is helpful for you and other family members to write one or more letters to your child during the expedition. Please do not send more than two letters per family member during Phase I (first three weeks). These are delivered prior to the second family meeting. These letters should be positive, rather than critical, and light in tone, sharing family news, your love for your child, and your hopes that things will go better in the future for all of you. During Phase II of the program, participants and family members have the opportunity to write and receive letters from family on a weekly basis.

**Letters must be received three days prior to the second family meeting.** Address the letters to:

Child Name  
c/o Catherine Freer Wilderness Therapy Programs  
PO Box 1064  
Albany, OR 97321.

### **Family Visits**

Due to the expedition nature of our program, visits from family members are not possible. Your assigned coordinating therapist will update you with information regarding your child's experience.

### **Extended Programs**

#### Holdover

Occasionally we see clients who are slow to progress and who do not make the most of Phase I of our expedition (first three weeks). In these cases, we consider lengthening their stay to provide them with additional structured time and individualized treatment. This is an opportunity to "begin again" for either two or three more weeks, until the child is demonstrating sincere progress and readiness to continue to Phase II.

### Santiam Crossing School

At our outdoor therapeutic school, your child can resume academic study and continue their therapeutic growth in a positive peer culture consisting of students who have shared similar experiences, knowledge, and insight from participating in a therapeutic wilderness program. Please ask your admissions counselor or coordinating therapist for more information.

### Oregon Transition Homes

This program is ideal for adolescents who do not require the intensity of a residential treatment program, but who would not likely make appropriate behavior changes if they returned home. Children live in a private home with a highly qualified and trained family. Adolescents benefit from living in a nurturing home environment, where there are clear and consistent rules and expectations.

### **A Word About Risk**

Any physically strenuous activity creates some risk of injury, and this can be compounded in wilderness settings. Risk can also be increased for young people whose anger, self-abuse, depression, or addiction interferes with their ability to make good judgments about taking care of themselves. Outdoor programs appear to be about as safe as daily living for troubled teens. We take several steps to reduce risk as much as possible, but we cannot eliminate it entirely; accidents, injuries, illnesses and fatalities do occur. We will be glad to discuss our risk management strategy with you. (Also, see Participant and Parents Rights for more information.)

### **Licensing and Accreditation**

At Catherine Freer Wilderness Therapy Programs, we are committed to providing the highest quality and most therapeutically rich adolescent treatment programs. We are an industry leader and as such we are licensed and accredited, and belong to numerous national organizations that promote effective risk management throughout our industry.

#### Accreditation

- Accredited by the Joint Commission on Accreditation of Healthcare Organizations

#### Licensure

- Licensed as a Youth Center for Intensive Residential Treatment by the Oregon Office of Alcohol and Drug Abuse Programs
- Licensed as a Non-Inpatient Provider\* by the Oregon Office of Mental Health Services
- Licensed as an Outdoor Youth Treatment Program by the State of Oregon

\* In Oregon, this includes residential, day treatment, and intensive outpatient care

#### Affiliations

- Outdoor Behavioral Healthcare Industry Council, Founding Member
- National Association of Therapeutic Schools and Programs, Organization Member
- Association for Experiential Education, Organization Member

#### Other

- Participates and adheres to the standards of America Outdoors
- Participates and adheres to the standards of the Oregon Guides and Packers Association
- Participates and adheres to the standards of the Idaho Outfitters and Guides Association
- Operates under special use permits by the U.S. Bureau of Land Management and the U.S. Forest Service

### **Professional Training and Certification**

All of our therapists have master's degrees (M.A. or M.S.W.) or doctorates in counseling fields, or are Oregon certified Alcohol and Drug Counselors (CADC). A therapist and/or certified alcohol and drug counselor accompanies each expedition providing a level of professional, 24-hour-a-day presence rarely attained even by the best indoor residential treatment programs and psychiatric hospitals.

Our lead wilderness guides are certified as Wilderness First Responders (WFR) or Emergency Medical Technicians. These certifications require two to four weeks of intensive training in emergency medical procedures and ongoing professional training to keep certification current. All of our expedition field staff are trained in basic first aid methods and cardiopulmonary resuscitation, and on each expedition, we have at least one staff member trained in more advanced wilderness medicine skills.

### **Assessing Program Competence**

We pride ourselves on the extent to which our programs and employees are licensed and our professional affiliations. Please call any of the organizations below to confirm that we are in good standing.

#### Catherine Freer or Cooley River Expeditions:

Oregon Office of Mental Health and Addiction Services (503) 945-5763  
Oregon Child Welfare Division (503) 945-5944  
National Association of Therapeutic Schools and Programs (928) 443-9505  
Outdoor Behavioral Health Care Industry Council (541) 926-7252 Ext 202  
America Outdoors (800) 524-4814  
Oregon Guides & Packers (503) 378-8587  
Idaho Outfitters & Guides Association (208) 327-7380

#### Individual staff:

Oregon Board of Psychologist Examiners (licensure) (503) 378-4154  
Oregon Psychological Association (503) 253-9155  
American Psychological Association (202) 336-5500  
Oregon Board of Clinical Social Workers (503) 378-5735  
National Association of Social Workers (503) 452-8420 (Oregon Chapter)  
National Association of Alcohol & Drug Counselors (703) 741-7686  
Wilderness Medicine Institute (866) 831-9001  
Wilderness Medicine Association (888) 945-3633  
The Addiction Counselor Certification Board of Oregon (503) 231-8164



## **PARTICIPANT AND FAMILY RIGHTS**

### **Participant and Family Rights**

Catherine Freer Wilderness Therapy Programs respects the individual human dignity and protects the rights of all residents and their family members. Every effort is made to guarantee individual human dignity, safeguard the legal and civil rights of residents, and make certain that they are kept informed of their rights. Staff members of the program recognize and respect the individuality of each resident and family.

Catherine Freer Wilderness Therapy Programs does not discriminate in accepting residents for treatment or in its staff hiring practices on the basis of race, color, creed, ethnicity, national origin, duration of residence, gender, or sexual orientation. The program and its staff make every effort possible to be respectful and are sensitive to the cultural differences among the families and participants. Treatment services will be provided regardless of the source of financial support. In so far as possible, we accept residents with disabilities; however, each resident must be physically able to manage daily hikes of five to 10 miles with a backpack, and intellectually able to manage their self-care, camping and cooking in the wilderness setting.

Catherine Freer Wilderness Therapy Programs recognizes that each individual and family is unique, and will benefit the most from an individual treatment approach. Parents are encouraged to participate to the maximum extent possible in the treatment and aftercare planning of their child to ensure that treatment is uniquely designed for their child and family situation.

Catherine Freer Wilderness Therapy Programs maintains written policies and procedures that describe the rights of residents and families and the means by which these rights are protected and exercised. Resident rights are explained to the resident and the resident's family or legal guardian at the family and parent meeting at the time of admission and are listed below. It is the responsibility of the therapist or his/her designee to ensure that each resident has received, as soon as feasible during the expedition, and understands these rights; and to document in the progress notes that this has taken place by placement of signed copies of the rights in the resident's chart. Copies of the resident rights, rules of the program, and responsibilities of the residents are carried by staff and are available to residents at their request.

#### **1. Confidentiality**

Information disclosed to Catherine Freer Wilderness Therapy Programs is protected under federal and state regulations and cannot be disclosed without written consent unless otherwise indicated in the regulations. Generally, without such consent, staff members in the program may not say to a person outside of the program that a participant attends the program or disclose any information identifying a participant.

Federal and state law and Catherine Freer Wilderness Therapy Programs recognize the following exceptions:

- Information requested by local law enforcement agencies.
- Information regarding imminent danger to self or others, criminal activity involving program or program personnel, or medical emergency.

- Information regarding suspected child abuse.
- Information about communicable diseases that have significant public health implications, including HIV/AIDS, is reported to Linn County, Oregon.
- Disclosure of information may be allowed by court order under limited circumstances.

You may disclose personal information about yourself to whomever you wish, but it is not appropriate to do so about others without their consent. We ask that you not share names or personal information about expedition participants or their families without their permission.

What a participant tells the expedition staff in the field is confidential with respect to outside persons, but not with respect to their own families. One of the goals of the program is to rebuild trust in families by removing the barriers created by lies and secrets. This is best done by encouraging and assisting adolescents to be open and candid with their families, and Catherine Freer staff will so encourage and assist participants. Staff may make exceptions for especially sensitive information that should be discussed in the context of ongoing family therapy.

## 2. Informed Consent

### Participant Treatment

Participants and their families will be informed about the nature of the care, procedures and treatment, and the benefits of treatment procedures. Informed consent will be obtained from residents' parents or guardians during screening and intake procedures. A reasonable attempt will be made to obtain informed consent from residents at the earliest opportunity following admission. Information will be provided to parents and residents in terms easily understandable to them and which contain the following:

- The training or treatment to be undertaken, including the treatment philosophy, methods, and services available
- Alternative training or treatment methods available, if any
- Risks that may be involved in the training or treatment

### Inherent Risk of Wilderness Activities

The risk of injury, even serious injury or death, is unavoidable in the outdoor environment in which we operate. Participation in outdoor adventure-based activities such as hiking, camping, solo experience, whitewater river trips, swimming, boating, horseback riding, sea kayaking, mountain biking, etc. entails known and unanticipated risks that could result in physical or emotional injury, paralysis, death, or damage to property, or injury to third parties. (This includes driving automobiles, which statistically is the most risky activity we engage in). **Such risks simply cannot be eliminated without jeopardizing the essential qualities of the activity.** Furthermore, field staff has a difficult job to perform. They seek to avoid risk, but they are not infallible. They may be unaware of a participant's fitness or abilities. They might misjudge the weather, the elements, or the terrain. They may give inadequate warnings or instructions. The remoteness of the areas in which we travel can create complex emergency situations that have no simple solutions. Catherine Freer Programs has a comprehensive wilderness emergency response and evacuation plan and use appropriate field communication technology in remote wilderness locations. However, communications technology, if used, may be unreliable, and the equipment being used might malfunction.

It is important you understand that there are risks, and that some risks simply cannot be eliminated. Some adventure programs say that they can guarantee your safety. Catherine Freer Programs do not. The risk of injury, even serious injury or death, is unavoidable in the outdoor environment in which we operate.

## 3. Dignity and Respect

Each resident's personal dignity shall be recognized and respected in the provision of all care and treatment.

**4. Voluntary Treatment**

Residents are placed in treatment on the authority of their parents or guardians. Some residents enter treatment willingly and others are brought into treatment against their will. Those who enter treatment willingly may find the program to be less exciting, more strenuous, and harder work than they initially imagined. Those who indicate a desire to leave the program will not be given the opportunity. That is based on judgments about the safety and welfare of both the individual and group.

**5. Physical Searches**

Searches are conducted for the purpose of providing a drug free environment and are carried out in a respectful manner.

**6. Signed Consent**

A written, dated and signed informed consent form shall be obtained from the resident, the resident's family or the resident's legal guardian, as appropriate, for participation in any research program, for photographs which may be used in the program's brochures, or for photos or quotations which might be used for marketing the program such as web site, newsletter, and the like.

**7. Treatment Planning**

Individualized treatment includes an individual treatment plan. Participants are actively involved in creating this.

**8. Clinical Records**

Unless state law provides otherwise, it has been the judgment of the professional staff of the program that due to the sensitivity of the information contained in the clinical record, it is in the best clinical interest of the client and his or her parents that the resident have the right to have his or her clinical record reviewed and/or interpreted by the therapist, or the clinical supervisor, or his designee to provide appropriate information to the resident and his or her parents regarding his or her problem(s), treatment received, alternative forms of treatment available, progress in the program, and recommendations for the future. All residents may request that the clinical record be released to appropriate agencies, their attorney, their physician, referral sources, or follow-up treatment resources.

**9. Services with Unrelated Adults**

Catherine Freer Wilderness Therapy Programs adheres to a family systems treatment philosophy. Admission and discharge occur in the context of a multi-family group therapy session. That is, groups of adolescents are treated within the context of their collective families. Parents, siblings, other family members, and residents are equally likely to receive treatment services under those circumstances. Families also learn from observing other families. Catherine Freer does not provide treatment to adults who are otherwise unrelated.

**10. Personal Property**

Clients are not allowed to bring personal property with them on the expedition except for eyeglasses, contact lenses, and sealed saline solution. If other items are discovered once the expedition has begun, such items are taken and kept by staff. Catherine Freer will not be responsible for these items if they are subsequently misplaced. Residents may reclaim them at the end of the expedition.

**11. Communication**

It is not possible for parents to communicate with their child during the expedition. Parents are encouraged to write to their child during the expedition and send their correspondence to the program office. The letters will normally be delivered to the participants the night or morning before the end family meeting.

## **12. Privacy**

Each participant's personal privacy shall be ensured and protected within the constraints of the individual treatment plan, the outdoor environment, and the participant's own behavior. The Catherine Freer treatment philosophy includes personal solitude, and time alone is usually plentiful. Clients are expected to set up their own camp and shelter in an area assigned by the field staff. Camp assignments are designed to decrease the likelihood of interaction among the residents and allow for line-of-sight supervision by the staff. Privacy for dressing, cleansing, elimination, and self-care is largely determined by the resident's own efforts. Residents will be instructed how to communicate their need for privacy, and on the actions they must take to have privacy. If supervision is required during a resident's personal care, it will be provided by a same-gender staff member.

## **13. Religious Freedom**

Catherine Freer Wilderness Therapy Programs cannot provide access to religious services, religious leaders, or to the standard community religious resources of each resident's choice. Clients are encouraged to consider the spiritual aspects of the wilderness setting, recovery, and their lives. They are free to discuss any aspect of their own religion and values. They are free to engage in personal religious activities. When treatment services focus on spiritual matters, it is without bias for or against any religion or denomination. It is not intrusive.

## **14. Self-determination**

Clients are not allowed to set their own rules, consequences, or conditions of work and play. Catherine Freer clients have behavior, mental, and substance abuse problems. They may lack internal standards of behavior. They often fail to persevere, exercise self-control, and conform at minimal levels to social standards. For this sub-set of adolescents, it is appropriate to provide external constraints upon their behavior. When a participant engages in inappropriate behaviors, the primary goal of behavioral support is to assist the client in regaining self-control as an integrated part of the overall individualized treatment plan. As such, pre-approved behavioral support interventions will be used to control problem behaviors. Use of non-approved interventions will be reviewed for appropriateness and action by the Clinical Department.

## **15. Work**

Clients will not have the opportunity to work for remuneration. They exert substantial physical energy to hike, row, collect firewood, cook, erect shelters, and exercise. Those activities are required to keep up with the group, take care of themselves, and assist others. Some expeditions involve contributing service work such as trail maintenance or trash cleanup.

## **16. Complaint procedures**

Parents and residents are informed about licensing and accrediting bodies at the time of admission. Catherine Freer Wilderness Therapy Programs has an established complaint procedure that is available to participants and families upon request.

## **16. Staff**

Catherine Freer Wilderness Therapy Programs provides an adequate number of competent, qualified, and experienced professional staff to supervise and implement the treatment plan. Participants and their families will be informed about the professional staff members responsible for participant care and of their professional status. Catherine Freer provides continuing training for all staff members and specific orientation for all new staff members in the principles of confidentiality and participant rights.



## **DIRECTIONS**

**Albany Office - (800) 390-3983**

### **From Portland Area to Catherine Freer Albany Office (Travel time approximately 1.5 hours)**

- Take 205 (toward Salem) to I-5 South
- Traveling I-5 South, take Exit 234B, which will put you on Pacific Blvd.
- Take the City Center/Corvallis and Hwy. 20 exit into downtown Albany
- Go to 3rd Avenue and take a left
- Office is on the left hand side at 420 S.W. 3rd Avenue between Washington Street and Ferry Street
- When facing the building, please go around the left side and to the second entry

### **To Albany Office from Southern Oregon**

- Traveling I-5 north, take Exit 233, which will put you on Santiam Highway, which runs into Pacific Blvd.
- Take the City Center/Corvallis and Hwy. 20 exit into downtown Albany
- Go to 3rd Avenue and take a left
- Office is on the left hand side at 420 S.W. 3rd Avenue between Washington Street and Ferry Street
- When facing the building, please go around the left side and to the second entry

### **To Albany Office from Bend**

- Depart Bend on Highway 20
- Follow Hwy 20 to Albany, which takes approximately 2.5 hours
- When you get to Albany follow signs for Albany/City Center/Corvallis
- Take the US-20 ramp toward Albany/City Center
- Go to 3rd Avenue and take a left
- Office is on the left hand side at 420 S.W. 3rd Avenue between Washington Street and Ferry Street
- When facing the building, please go around the left side and to the second entry

### **Lodging in Albany**

Comfort Suites\*: (541) 928-2053

Pfifer Cottage Inn: (541) 971-9557

Days Inn and Suites: (541) 928-5050

Holiday Inn Express and Suites: (541) 928-8820

Phoenix Inn Suites\*: (888) 889-0208

Best Western: (800) 634-PONY

Relax Inn Suites: (541) 926-0170

Motel 6: (541) 926-4233

LaQuinta Inn & Suites: (800) 531-5900

\* Please ask for the Catherine Freer room rate at this property.