

Open Sky

wilderness
therapy



discover your true nature

Welcome to Open Sky



I know that making the decision to send your son or daughter out of the home for help requires a tremendous leap of faith. This is a decision we understand and one we will never take for granted. Open Sky is an employee owned company and everyone on our team has a personal investment in the quality of services we provide. The safety and well being of each and every student placed in our care is our greatest responsibility and deserving of the highest regard and attention. We strive to deliver a profound and meaningful experience for long-lasting impact and powerful outcomes. We believe deeply in the work we are doing to restore young lives and we honor the opportunity to serve each and every family, each and every day.

In 2006, the Open Sky leadership team came together after decades of experience working in other wilderness programs because we

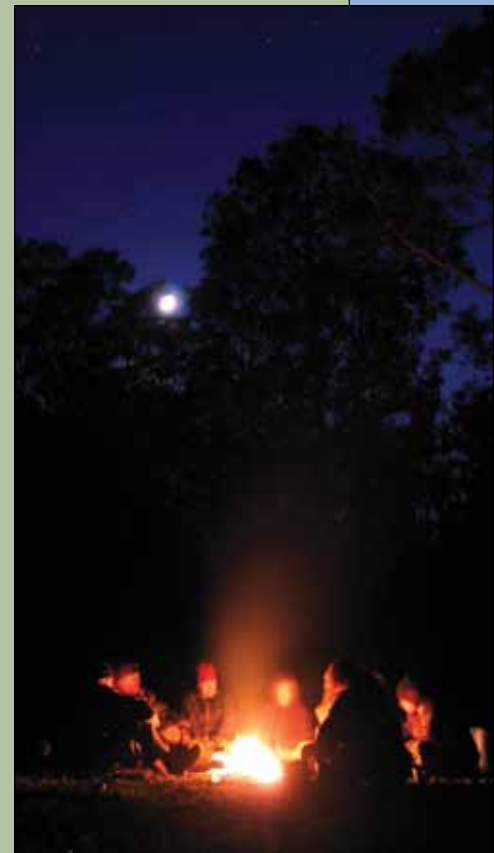
shared a bold vision of creating an innovative, holistic wilderness therapy program with personalized therapeutic care. We are the first such program to integrate the best of contemporary clinical modalities, naturopathic medicine, and awareness practices into wilderness therapy. The outcome research we conduct on every participant at Open Sky has affirmed that our integrated model is tremendously effective. We believe this approach leads our students on a healing journey to wholeness.

My hope is that the information found herein will greatly assist you in finding the right treatment for a teen or young adult in need of help. Thank you for considering Open Sky and please do not hesitate to call us anytime.

Sincerely,

A handwritten signature in black ink that reads "Aaron Fernandes". The signature is fluid and cursive.

Aaron Fernandes
CEO/Founder



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Program Overview & Objectives

Open Sky Wilderness Therapy assists struggling adolescents and young adults in discovering their true nature as honorable, capable, worthy people. We do this by integrating the best of contemporary clinical modalities, naturopathic medicine, and awareness practices with wilderness therapy.

We take a holistic approach...to treating the entire person. We provide care for each interdependent part of the person: the body, mind, heart and soul.

Open Sky...is proven to work! Using the *Youth Outcome Questionnaire*, our data show that our clients make behavioral, interpersonal and mental health gains while with us and maintain those gains after treatment.

We are licensed...as a therapeutic program with the Department of Health and Human Services in the states of Utah and Colorado.

We treat...male and female teens ages 13 to 17 in our adolescent program and young adults ages 18 to 28 in our adult program.

Our program length...is paced according to individual needs and averages 8 to 9 weeks.

Our clients...are struggling with any of a variety of issues including:

- Self-Esteem Issues
- Eating Disorders
- Oppositional Defiance
- Entitlement
- Drug Abuse
- Alcohol Abuse
- Anxiety
- Depression
- Bi-Polar Disorder
- Anger Management
- ADD & ADHD
- Learning Differences
- Social Skills Deficits
- Identity Issues
- Self Harm
- Chemical Dependency
- Relationship issues
- School Problems
- Grief and Loss
- Family Problems
- Promiscuity
- Attachment Issues
- School & Work Problems
- Negative Life Patterns
- Gaming Addiction
- Adjustment Issues



Our Vision

Open Sky's holistic wilderness treatment program integrates the best of contemporary clinical modalities, naturopathic medicine, and awareness practices with wilderness therapy.

Each Open Sky graduate will:

Become Healthy

Our students experience physical well-being which reinforces positive self-regard. Every day our students participate in physically rejuvenating activities like hiking, yoga, and outdoor living. We also offer a balanced menu of the highest

quality whole foods and organic fruits and vegetables.

Think Clearly

Students who struggle in traditional school environments tend to excel in the experiential learning environment at Open Sky. Every day our students engage their mind in critical thinking and

decision making in such activities as journal and letter writing, self-reflection and learning to productively express their thoughts. Students learn to make better choices by recognizing the negative consequences of poor choices.

Be Real

Our students learn to listen to their heart, to identify their feelings, discover what truly matters to them and to appropriately express themselves enabling them to have lasting, authentic connections, both with themselves and in their important relationships. On a daily basis, students explore and work through interpersonal issues, learn how to successfully cope with stress, develop healthy relationship skills, and experience strong connections with both peers and adults.

Discover their True Nature

Our essence as complete and worthy human beings is our true nature. For time immemorial, great spiritual teachers have gone to nature for guidance and discovering this truth. With the grand, expansive, desert and mountain backdrop of the Southwest, our students engage in daily meditation and yoga practice, complete a multi-day solo experience and participate in sweat lodges to acquaint themselves with this essential aspect of being human.



Clinical Overview

The Open Sky clinical approach utilizes the latest in evidence-based clinical modalities integrated with innovative, well researched, mindfulness and holistic healing practices. Students are assigned a therapist for the duration of their stay at Open Sky.

Clinical Philosophy

We believe therapy is first and foremost about authentic relationships. Our therapists skillfully combine compassion and assertiveness to give our students an accurate reflection of their life experiences, decisions and subsequent consequences in the context of the startling lessons and gifts of wilderness living. With intentional guidance from our therapists and field guides, our students learn proper ways to manage frustration, share emotions, develop healthy relationships and appropriately meet their unique personal needs.

Clinical Assessment

Crucial to treatment is developing a comprehensive assessment of each student's challenges and problems. The Open Sky initial assessment includes the following:

- Strengths-based, bio-psychosocial assessment
- Physical health exam
- Substance abuse assessment
- Strengths-based family assessment

Often, further assessment (at an additional fee) is helpful in developing a more thorough and detailed picture when complex factors are involved.

These can include:

- Psychological Assessment
- Psychiatric Assessment
- Naturopathic Assessment

Individualized Treatment Planning

The clinical assessment is used to design a comprehensive treatment plan to support the students' and their family's growth and development. The student's primary therapist leads the Open Sky treatment team. Both family and student are vital, active members in the treatment planning process.

On-going Clinical Services for Students

Students are matched with a primary therapist with whom they meet on a weekly basis for individual and group therapy sessions. Group sessions focus on a range of therapeutic topics and individual sessions focus on the student's individualized treatment plan.



On-going Clinical Services for Families

Weekly phone calls between the parents and the student's primary therapist provide on-going support and updates on student progress. Phone calls also provide time to review the progress made on the family assignments from the Open Sky Family Pathway.

Education & Family Support

Open Sky provides weekly teleconference support group for families on a variety of relevant educational topics, including aftercare planning, adolescent development, stress management, parenting skills and drug/alcohol related issues.

Treatment Planning and Coordination with Other Professionals

Open Sky therapists schedule regular phone updates with educational consultants, home therapists/professionals, and prospective aftercare services.

Web Support

Parents will be assigned a password to a secure and confidential family web page. This individual family site provides photos, letters, and regularly updated information about the student's experience at Open Sky.

Aftercare Planning

The Open Sky treatment team will confer with educational consultants, home therapists, residential programs, therapeutic boarding schools, and other related professionals on a continuous basis to support the student's continued success. The Open Sky doctors are also available for consultation to ensure the holistic care of each student and family will be continued after leaving Open Sky.

Optional Clinical Services

Open Sky arranges additional clinical services as elected by families, including complete psychological testing, psychiatric services, follow-up services, and specialized family services.

Psychological Testing

Open Sky works with a team of licensed clinical psychologists who provide a full and comprehensive battery of psychological measures to assist in developing a thorough assessment. In order to provide excellent treatment and aftercare planning, psychologists come to the field to interview and administer tests, integrate any previous testing, consult with involved professionals and members of the treatment team, including key family members, to develop a clear, accurate and useful tool for understanding the student's unique traits.

Psychiatric Services

When medication is a viable option for a student, referrals are made to our Open Sky psychiatrist, who meets with the student in the field, spends an hour or more interviewing the student in an initial assessment, then makes recommendations, with follow-up sessions as needed. For students already on medication, our psychiatrist is available to support them on an as needed basis.

Family Reunion & Student Graduation

At the end of the student's program the family returns for a family graduation experience, which includes family education, family therapy, camping under the stars together, celebrating successes, and preparing for the transition to the next



step after Open Sky. Taking place mostly at the Open Sky base camp provides for a unique opportunity for the student to be the family's primary caretaker, showing the family their newfound capabilities and confidence in the outdoors.

Emily Demong, LCSW

Clinical Director/co-founder/owner



Emily has worked with adolescents and families in wilderness settings for over a decade as a therapist, field instructor, trainer, logistics coordinator, emergency responder, and field director. Emily earned a BA from Bates College and a Master's of Social Work from the University of Utah. Emily's diverse training includes yoga, psychodynamic theory, and adolescent development.

Paul Case, PsyD

Clinical Psychologist/Adult Therapist



Dr. Paul is a clinical psychologist with over 15 years of experience working with children, adolescents, young adults and their families. He earned his doctorate from Wheaton College and completed his doctoral residency at Butler University, where he provided individual, group and family therapy and comprehensive psychological evaluations for young adults. Dr. Paul has lectured widely and published a book for parents of troubled teens called *What Now? How Teen Therapeutic Programs Could Save Your Troubled Child*.

Clinical Staff (cont.)

Fred Peipman, PhD

Clinical Psychologist/Adolescent Therapist



Dr. Fred has worked extensively with adolescents, young adults, and their families in private practice as well as in high school, university, and mental health settings. He earned his PhD in counseling psychology at the University of Miami. His clinical specialties include mindfulness based therapy, family therapy, and health psychology. Dr. Fred brings an enthusiasm for the outdoors as well as genuine compassion towards people healing and growing in their journey.

Katie Grace MacElveen, PhD

Adult Clinical Therapist



Dr. Katie Grace received her PhD in clinical psychology from the Union Institute & University. She has clinical experience in inpatient adolescent and adult psychiatric settings as well as private practice. Her clinical specialties include addiction recovery, grief and trauma, transitions, emotional and behavioral difficulties, and educational challenges. Dr. Katie Grace has taught courses in psychology and communication at Naropa University and Duke University. Katie Grace is the mother of two grown children.

Rebecca Wildbear, MS

Licensed Professional Counselor/Adult Clinical Therapist



Rebecca brings more than a decade's worth of experience in wilderness therapy at several nationally recognized programs serving adolescents and young adults. She specializes in helping individuals heal from trauma, open themselves to enriching relationships, and develop to their fullest potential. Rebecca earned her MS in counseling from John's Hopkins University. As an interdisciplinary yoga teacher and a student of Hakomi experiential therapy, Rebecca brings a body-centered approach to her work with students.

Heather Menzie, MA

Licensed Professional Counselor/Adolescent Clinical Therapist



Heather joined the Open Sky clinical team in 2007 and has been working with students and conducting family quests, an intensive family therapy program. Integrating body-centered psychotherapy and experiential psychotherapy, Heather supports her students in healing from past traumas, anxiety, and depression through mind/body-based practices. Heather received her BA in English from William & Mary and her MA from Naropa University in Transpersonal Psychology, with an emphasis in Wilderness Therapy.

Health & Wellness

Wellness Commitment at Open Sky

Exclusive to Open Sky is an entire department devoted to holistic care. Led by our team of naturopathic doctors, we provide a holistic wellness experience for each student. Wellness is about more than a student's emotional health; it is about their total health.

Naturopathic Doctors

Open Sky employs two full-time, licensed naturopathic doctors. The Open Sky doctors have created a customized wellness curriculum and food menu to specifically address the needs of adolescents and young adults. In addition to facilitating wellness groups, they ensure that each student's physical well-being is cared for and provide ongoing training for the other members of the Open Sky team.

Naturopathic Doctors have a four-year, graduate-level education in the same basic sciences as MD's followed by additional training in holistic and non-toxic approaches to healing with a strong emphasis on disease prevention and optimizing health.

Individualized Naturopathic Treatment

Our Naturopathic Doctors are available for more in-depth, individualized assessment, consultation, and treatment for students and families that are interested in natural approaches or who may have tried conventional approaches to their issues without finding satisfactory solutions.

Organic & Whole Foods Menu

At Open Sky, we focus on providing a healthy balanced diet. We believe that nutrition is a simple way to teach about mind-body health. The menu was created by our naturopathic doctors to meet the unique needs of adolescents and young adults while incorporating the latest available research linking behavior and health with dietary choices. It includes a balance of the highest quality whole foods and organic meats, fruits, and fresh vegetables free from pesticides, antibiotics and hormones.

Wellness Curriculum

We believe that wellness education is the key to a long-lasting lifestyle change. Open Sky's wellness curriculum teaches students how to create and maintain healthy, life-long habits for hygiene, eating, exercise, stress reduction, sleeping and personal relationships.



Health & Wellness Staff

Our focus at Open Sky is to educate students, families, staff and referring professionals not only how, but *why* it's important to make health-conscious choices in all aspects of our life.

Jade Wimberley, ND

Health Director/Naturopathic Doctor



Dr. Wimberley is a licensed naturopathic physician with a BA from Denison University and a doctorate from the Southwest College of Naturopathic Medicine. Her passion for the wilderness, naturopathic medicine and working with adolescents and young adults makes for a perfect fit.

She brings to Open Sky vast and varied work and personal experiences. In addition to being in recovery, she has operated a private practice, served as regional sales and marketing director for an environmental risk assessment company, been a sales representative for medicinal plant products and a co-owner of a local natural foods store.

Jonathan Kalman, ND

Naturopathic Doctor

Dr. Jon earned his doctorate from the Southwest College of Naturopathic Medicine and Health Sciences. He has also completed his training as an Emergency Medical Technician. Fueled by his own experiences in the outdoors, Dr. Jon decided to blend his training in emergency medicine and naturopathic medicine, making him a great fit for Open Sky. Dr. Jon is especially interested in supporting the health and vitality of young people, working outdoors, and utilizing naturopathic medicine in both acute and chronic conditions. For the past two years, Dr. Jon has been the Disaster Relief Medical Director for Naturopaths International.



“ I cannot begin to tell you how grateful I am for Open Sky. What you are doing there is so real and so effective. I have always been a spiritual person but felt as though I'd lost some of that recently. You not only brought it all back to life within me, but reminded me of my own path. What you all have done for my family is profound. ”

—Linda, mother of adolescent, Winter 2009

Family Experience

Family Support

The family is the centerpiece of the Open Sky program experience. Open Sky's program provides multiple opportunities for the family's involvement over the duration of the program through weekly treatment planning sessions, therapist phone calls, written correspondence and therapy assignments, as well as the Wellness Weekend, the Family Reunion and Student Graduation and optional Family Quest outings.

Family Communication

Letter writing serves as the foundation for communication between the family and student while at Open Sky by giving the family an opportunity to restore meaningful and intentional connections with one another. Towards the latter part

“

Thanks is a very small word that doesn't even begin to express the deep emotion of gratitude and hope I feel that is directly related to my journey with Open Sky.

”

—Lynn, mother of adult, Summer 2008

of the program, the student's therapist facilitates a family therapy phone call with the student and parents.

Family Pathway

The Open Sky Family Pathway is a workbook that will guide parents through the week-by-week process of treatment at Open Sky. This workbook corresponds with the student's work at Open Sky and provides for a complementary experience to what they are learning.

Phone Calls with your Open Sky Therapist

Open Sky therapists conduct weekly phone calls with the parents. The focus is to discuss the student's development within the program, treatment planning, review of family members' on-going work in the Family Pathway workbook, and after-care planning. Each therapist is accessible via e-mail and voicemail between weekly phone conversations.

Parent Support Group

Open Sky hosts a weekly Parent Support Group teleconference call. Each call offers an opportunity for new parents to interact with those who have been with Open Sky for several weeks. In addition to getting support from other parents, the group also benefits from a variety of practical tools and topics offered by the Open Sky moderator.

Family Experience (cont.)



Family Reunion and Student Graduation

Once a student is ready to leave Open Sky, they will be honored in this transition with a graduation that includes a reunion with family at the Open Sky base camp. During this 2 day, 1 night stay, the family will be provided with a chance to reconnect within the supportive confines of Open Sky's graduation team and therapists. In process groups and through ceremony, the family will share safely and openly with one another, rekindle strong bonds, and enjoy being in nature together.



Family Quests

These customized, therapist-led wilderness adventures for families in the desert, mountains and rivers of the Southwest are a perfect opportunity to have a rejuvenating wilderness experience, assist in making a life change or finding new ways of communicating as a family. Families come together in the wilderness for 3 days and 2 nights in a remote and relaxed environment, guided by a therapist, sharing and connecting with one another to re-establish healthy bonds while participating in Open Sky's daily routines like meditation, yoga, preparing organic meals, and hiking.



“ Open Sky has assembled the best and the brightest in wilderness therapy. You are dedicated professionally to the students and to each other. You love your job and it shows! The weekly family group conference call is the most useful family comfort tool. It facilitates communication and progress in all other aspects of the program. ”

—Binka, mother of adult, Summer 2006

Norman Elizondo

Family Wellness Counselor/owner

Norman has been working with Open Sky since its inception in 2006 and has been working in wilderness therapy since 1998. Norman is known for his tremendous compassion, sacred respect for the student and family experience and keen insight into the human condition. He has served Open Sky as a senior field guide, field manager, field trainer, de-escalation/crisis prevention instructor, and wellness weekend facilitator. As well, he is a committed meditation practitioner with the Dharma Ocean sangha, a community based on the tenants of Tibetan Buddhism.



Parent Wellness Weekend

Wellness Weekend Schedule

Friday

4:00pm: Meet with therapist for in-person family session

5:00pm: Meet weekend facilitators & participants

6:00pm: Dinner with participants & Open Sky team members

Saturday

9:00am: Beginner's yoga class

11:30am: Lunch and Learn: nutrition and health

2:00pm: Short hike near Durango

4:00pm: Group sharing opportunity

Evening on your own to enjoy Durango.

Sunday

9:00am: Meditation Instruction & Practice

10:00am: Relaxing hot tub soak

11:00am: Wellness Planning

12:00pm: Wrap up and goodbyes

Each month we offer a weekend in Durango for parents and caregivers of students currently enrolled.

This is an opportunity to:

- *Meet the Open Sky team in person.* Spend time with several of the Open Sky team members that work with the students on a regular basis.
- *Focus on their health and wellness.* Moving the center of attention away from the student to the parents provides an opportunity for parents to re-focus their energy and rejuvenate themselves.
- *Get support from other families.* Parents will get a network of support that could only be provided by other parents who have faced similar challenges.
- *Have a parallel experience.* Parents participate in the some of the same elements of the daily

student experience: yoga, meditation, being in nature, cooking and enjoying authentic fellowship.

- *Create a wellness plan to take home.* With guidance from our naturopathic doctors, parents will create a plan to improve their well-being once back home.
- *Enjoy Durango.* Great ski areas, hot springs, national parks are easily accessible as well as numerous amenities like restaurants, shops and spas.





Thank you so much for
 all you did for our family
 we are very grateful for your
 kindness & concern for all of
 us & all the work you do at Open Sky

Pam, Heather, Aaron, Greg, Etc.
 Thank you from the bottom of our hearts for
 the amazing work you do. The children in
 your care are transformed by your love.
 We will appreciate this

Open Sky Team,
 Thank you all for your
 support, guidance, com-
 passion, & care for our
 son, Travis
 you were all so wonderful

Dear Open Sky
 Thank you so much
 for all you did for
 our family over the
 last few months. We
 are so grateful for
 the loving way you
 guided us on a new
 learning experience.
 We appreciate Emily,
 Jade & the guides
 that worked directly
 with Leena.

we were also grateful
 for the parent calls and
 the opportunity to be
 part of Wellness Weekend.
 The high light was
 graduation & really
 experiencing a small bit
 of what Leena had
 been doing.
 You partnered with
 our
 the
 girl

Dear Aaron,
 Our entire family
 is immensely grateful
 to you for your
 amazing generosity &
 grace in offering the
 Scholarship to Matthew.
 It has been absolutely
 life-saving and life-
 giving. I am eternally
 grateful for this incredible
 gift.



Field & Operations

Safety

Safety is our single greatest priority. Our entire operation is based on maintaining the highest level of care for our students and our employees. We frequently and thoroughly provide training to our team and are devoted to maintaining the highest standards in the industry.

Initial Guide Training

Open Sky's primary mission is to maintain each student's safety at all times. Field and operations staff are selected and trained with this as the highest consideration. New field guides attend a 12-day training at the start of their employment including 8 field days. Training topics include:

- Wilderness safety
- Run-away prevention
- Self-harm prevention
- De-escalation
- Emotional safety
- First Aid and CPR
- Medication management
- Weather-related challenges
- Communication systems
- Medical emergency

Weekly Ongoing Guide Training

After the initial training, a field guide will receive ongoing training each week for the duration of their employment in such areas as risk management, therapeutic skills, psychological diagnosis and treatment, emergency response, and first aid.

Field Communications

Open Sky is committed to having the most sophisticated communications available today. Twice daily, our guides are required to check in with the support personnel via handheld radio or satellite phone.

Support Personnel

We have full-time support personnel on duty at all times, 24 hours a day, 7 days a week monitoring the radio and phone in case a guide team is in need of any kind of support.

Equipment

Our field guides & support personnel are each outfitted with the following:

•A satellite or cell phone

For communicating with support and medical personnel and clinical therapists at anytime from anywhere.

•2-way handheld radios

For coordinating with other teams and communicating with support personnel that are in close proximity.

•GPS unit

A portable Global Positioning System allows for our guides to know their precise whereabouts at all times.

• Complete Map Set

Ensures our guides & support personnel know the lay of the land.

Field & Operations (cont.)

Emergency Response Team

In addition to our on-duty support personnel, we also have a comprehensive team of emergency responders on-call 24 hours a day, 7 days a week within short distance of the field should additional support be needed.

Four-Wheel Drive Vehicles

We maintain a complete fleet of four-wheel drive vehicles for transporting students and providing logistical support to our teams in the field. They are equipped with 2-way radios, GPS units, satellite phone, cell phone and map set.

Search & Rescue Partnerships

We have strong relationships with our local search and rescue teams and can communicate and coordinate with them should someone need additional assistance.



Nearby Medical Facilities

Our visits are most often for preventative and cautionary measures. Should a student sustain an injury or get an illness that is beyond the scope of care available in the field, we can relocate the student easily to a nearby medical facility.

Field Guides

Open Sky field guides are the heart and soul of the Open Sky team, spending more time with the students than any other member of our team. Field guides are highly trained and well-educated professionals that serve as inspiring role models for our students.

At Open Sky, field guides are uniquely qualified professionals:

- Average age: 30 years.
- Highly selective. Greater than a 4:1 ratio of applicants to new hires.
- More than 50% of our guides have worked in another wilderness program.
- More than 90% have worked with adolescents or young adults prior to joining Open Sky.
- More than 85% of our guides have college degrees.
- Average Open Sky senior field guide has worked more than 200 field days in wilderness therapy.
- Professional Medical Training: Each team has either one EMT or WFR (Wilderness First Responder) certified guide.

Student Gear & Clothing

Open Sky provides exceptionally high quality, weather-resistant gear and clothing for each student. All gear is field-tested and guide approved prior to being issued to students.

Typical Day at Open Sky

Open Sky Expedition

Each week our students spend 5 days out on expedition, exploring the canyon country of Utah or the high mountains of Colorado by backpack.

Typical Expedition Day

8:00am: wake up

8:15am: personal hygiene

8:30am: yoga & meditation

9:30am: breakfast

10:00am: camp chores & pack up

11:00am: start hiking

12:00pm: short break

12:30pm: one on one session with field guide mentor

1:30pm: lunch

2:30pm: resume hiking

4:00pm: letter writing & therapy assignments

5:00pm: set up camp & camp chores

6:00pm: process group

7:30pm: dinner

9:00pm: community time (games, music, fun)

10:00pm: bedtime

Open Sky Base Camp

When students are not out on expedition, they are back at base camp doing laundry, getting food resupplies, working on personal assignments, attending wellness lessons and meeting with their therapist. The Open Sky base camp is a simple living environment with platform wall tents and teepees and no electricity or running water.

Typical Base Camp Day

8:00am: wake up

8:15am: personal hygiene

8:30am: yoga & meditation

9:30am: breakfast

10:00am: camp chores & showers

11:00am: letter writing & therapy assignments

12:30pm: one on one session with field guide mentor

1:30pm: lunch

2:30pm: personal therapy session

4:00pm: group therapy session

5:00pm: camp chores & personal time

7:00pm: dinner

9:00pm: community time (games, music, fun)

10:00pm: bedtime



Field Leadership

Ellen Shinkle

Field Director



Ellen has been with Open Sky since our first student in 2006. She has served as a senior field guide, trainer, hiring coordinator, field manager, and assistant field director. Prior to joining Open Sky, she worked extensively in wilderness therapy and attained over 500 field days as a field guide, trainer, and field manager. Ellen is certified as a Wilderness First Responder, trained in de-escalation

and crisis intervention and has extensive experience teaching risk management and safety protocol. She received her bachelor's degree in Sociology and Spanish from UNC Asheville. More recently, Ellen became a licensed massage therapist.

David Boyle, MA

Assistant Field Director



David joined Open Sky after many years of experience working in wilderness therapy as a field guide, field director, and trainer for several reputable programs. In 2008, he earned his MA in Adventure Education from Prescott College. David brings a wealth of experience working with diverse student populations, a vast array of primitive and outdoor skills, and a passion for creating meaningful ceremonies to his primary role as field guide hiring coordinator and trainer.

Derek Daley

Field Manager

Derek joined Open Sky upon its inception in 2006 and has been in wilderness therapy since 2001, accumulating over 1000 field days as a field guide, trainer, and field manager. In addition, he has worked as a fire fighter, is a certified EMT, and owns his own small business. Derek is known for his easy nature, contagious humor, a remarkable ease with students of all kinds, and deft wilderness skills.



Jim Martucci

Operations Manager

Jim has been with Open Sky since 2008. He has worked in the industry since 1995 in various capacities including senior field guide, field director, hiring coordinator, guide trainer, field manager, and logistics support, primitive skills specialist. He has attained more than 1,000 field days as a field guide for several nationally recognized wilderness programs.

Jim has extensive training and experience in risk management, emergency response, logistics, and inventory management. In addition, Jim is an accomplished carpenter and has worked on several houses from the ground up.



Admissions

Inquiring about Open Sky

Our admissions team is always prepared to help you. Call us at any time, day or night, seven days a week. We will answer any and all of your questions and do our best to help you in making the best choice for you and your family.

Alumni Referrals

Alumni parents and students who have already attended Open Sky are also available to answer any questions that you may have about our program. They can share with you about their experience in working with members of our team and the steps they took when enrolling their child at Open Sky.

Call Admissions anytime, 7 days a week at 970-759-8324 or toll-free during business hours at 1-877-382-6736.

If it seems like your child is an appropriate candidate for Open Sky, fill out an application online at www.openskywilderness.com.

Application Process

Upon receiving your completed application, we can provide you with an answer within 24 hours. Each applicant is thoroughly evaluated by our clinical and medical team to determine appropriateness before being accepted. Applications are found online at www.openskywilderness.com.

Enrolling Any Day of the Week

Students can be admitted to Open Sky within 24 hours, any day of the week, including weekends.

“

With deepest gratitude and appreciation for teaching, holding and guiding my son into finding his heart and soul.

”

—Michael, father of adolescent,
Summer 2008



Admissions & Outreach Staff

Lauren Lollini, MA, Licensed Professional Counselor *Admissions Director/owner*



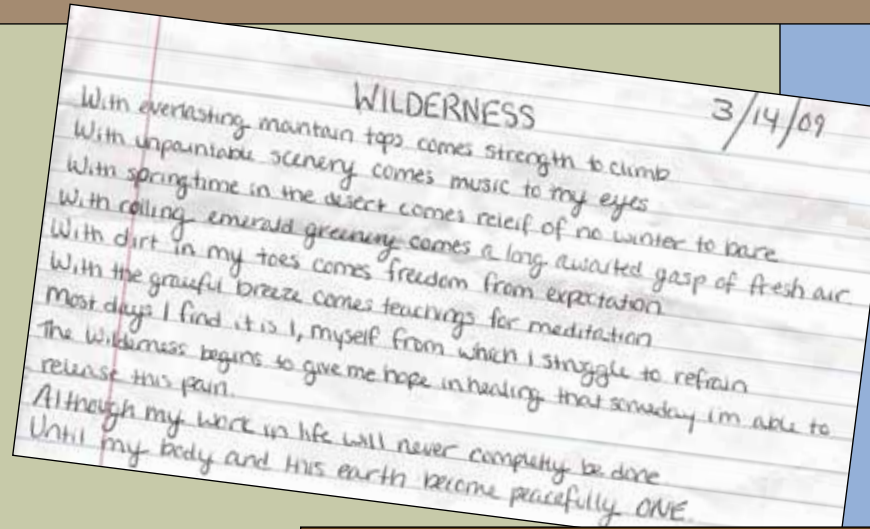
Lauren received her MA in Counseling Psychology and Counselor Education from the University of Colorado, Denver, and her BA from the University of Wisconsin. She brings extensive experience to Open Sky as a wilderness therapist, sales and marketing professional, working with adjudicated youth and most recently becoming a mother.

Lauren is known for her ability to listen intently and provide comfort during a time of need. She is caring and encourages a collaborative approach when working with families during the admissions process.

Danny Frazer, BBA Business Development & Marketing *Admissions on-call/co-founder/owner*



Danny received his BBA in Business Management from Texas A&M University. Danny is a co-founder of Open Sky and has been involved in wilderness therapy since 1996. He has served as a field guide, field trainer, field director and now works primarily in business development and marketing. With an easy-going nature and extensive wilderness experience, Danny provides students and families with a sense of peace and calming presence during a stressful time for families.



Poem by Victoria, adolescent, Spring 2009

Jill Hutcheson, MA *Clinical Outreach Director*



Jill earned her MA in Counseling from Northern Arizona University and has accumulated more than 25 years of professional experience in a variety of fields including counseling, education, healthcare, and personal coaching. Jill's infectious positive energy and her commitment to leading people towards balanced, meaningful lives make her a great asset for the extended Open Sky community.

What Makes Open Sky Unique?

Research Proven Results

Open Sky works! We are the only wilderness therapy program that conducts outcome research on each and every client. Utilizing the well-accepted *Youth Outcome Questionnaire*, our data shows that our clients make behavior, interpersonal and mental health gains while with us and maintain those gains after graduating. Our students arrive with a mental health score that is equivalent to those that are in psychiatric and residential treatment facilities and depart with a score equivalent to the general population their age. Open Sky sets the industry standards for measuring the outcome results of our students.



Family-centered

The family is the centerpiece of the Open Sky program experience. Many programs place a disproportionate amount of attention on the student for the duration of the experience and inadvertently disregard the role the family plays in the healing

process. We believe that it is crucial for family members to fully participate in the program while their son or daughter is enrolled to ensure the student's gains are maintained once they depart Open Sky. We do this by offering a parent-focused

Wellness Weekend each month as well as a weekly parent support teleconference, weekly phone calls with the student's Open Sky therapist, and a parent workbook of assignments that corresponds with the student's learning experience.

Holistic, Comprehensive Treatment

Holistic at Open Sky means treating the whole person by offering viable alternatives to conventional treatment, providing the latest, most innovative healing methodologies while simultaneously integrating the well-accepted practices of contemporary medicine. Each student is assigned a therapist, works with a naturopathic doctor, and has the option for assessment by a psychiatrist and/or a clinical psychologist. This is the most comprehensive treatment team available in the country.

Employee-owned & Operated

Open Sky is solely owned and operated by members of the Open Sky team. The nine Open Sky owners have combined for more than 100 years of collective wisdom and experience in wilderness therapy. The owners work within every department of the company and are committed to delivering a program as though their own children were enrolled. With this breadth and depth of ownership, Open Sky offers an unwavering commitment to delivering a quality experience in every facet of the program.

Research Proves Open Sky Works!

Research-based

Open Sky is committed to assessing the effectiveness of our programming to ensure that we are delivering the therapeutic impact that we say we are. Open Sky's Research Director, Dr. Joanna Bettmann, PhD, LCSW, is considered an authority on adolescent attachment and presents annually at several respected national conferences. She is well

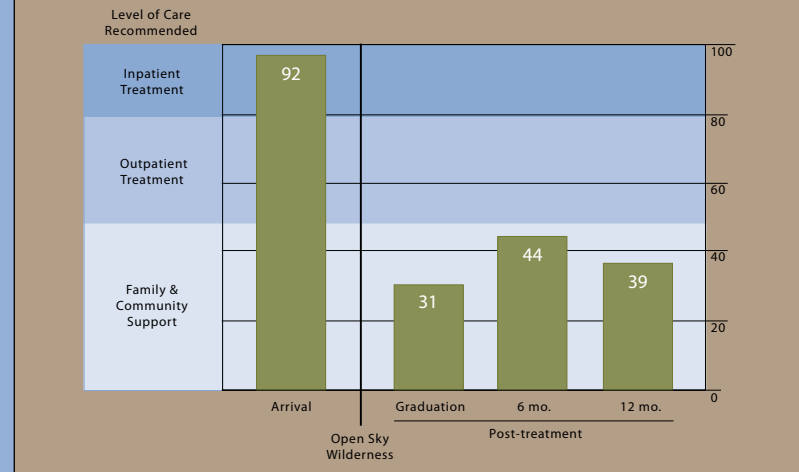


versed in current adolescent treatment and has been published extensively in psychotherapy literature. Dr. Bettmann is helping to design programmatic elements that are based on documented research. She constantly reviews published literature to ensure that our clients are receiving the most up-to-date and proven therapeutic interventions possible.

Open Sky's Outcomes

In 2009, Open Sky concluded the third year of data collection in the study of our outcomes and is proud to announce that our empirical research shows that Open Sky is extremely effective at helping our adolescent and young adult students. Using the *Youth Outcome Questionnaire* (Y-OQ), our data show that students make significant gains during treatment and maintain those gains for at least one year afterwards. We found that our adolescent's average score upon arrival is 92 and average graduation score is 31. On this instrument (where lower scores equal less mental health distress), a clinically significant drop is only 13 points: Open Sky students drop over 60 points during their stay!

Open Sky Wilderness Y-OQ Results



Open Sky Research Conclusions

Our adolescent and adult students make behavior, interpersonal and mental health gains while with us and maintain those gains well after treatment. Our treatment team regularly reviews our research findings to improve services so that our students get the best treatment possible.

Open Sky sets the standard for the industry: we are the only wilderness therapy program which has conducted outcome research with every student from day one in order to best help future students and families. For more details about the study, visit our website: www.openskywilderness.com.

Open Sky

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therapy

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