

# PLANNING FOR OUR FUTURE

At Timber Ridge School we are always investigating new avenues to strengthen the program that positively SHAPES the lives of our students. In March of 2008, 41 community leaders, students, staff members, and members of our Board of Directors participated in a Strategic Planning Retreat, led by Mr. John Littleford of Littleford & Associates. Mr. Littleford conducted our strategic planning effort in 2004, with great success, and the School feels very fortunate to have retained his services once again. We look forward to an equally successful outcome.

Through discussions, votes, and filters, the 41 participants agreed upon and ranked 23 strategic directions. These directions were further narrowed to a workable priority of strategic directions that are listed below:

1. **Development of In-Home/Community-Based Service.**
2. **Development of Goal-Based Assessment Program.**
3. **Development of a Curriculum-Driven Independent Living & Vocational Training.**
4. **Development of an Outcomes/Marketing Brochure.**
5. **Investigation of Medicaid Reimbursement as Appropriate for Intake Services.**
6. **Development of a Comprehensive Fine Arts Program.**
7. **Development of a Drug/Alcohol Abuse Program.**



*Student Christian Argilan and family members sit at a picnic table under the Garrbrandt Pavilion following an awards ceremony at Timber Ridge School.*

Since the strategic directions were approved by the Board of Directors, our committees have been working diligently, through thoughtful reflection and open exchange. Some of the efforts and accomplishments of these committees are shared in the following pages of this newsletter.

The Timber Ridge School Senior Leadership Team is assessing the progress of the strategic plan, each goal, objective, and action step through monthly reviews. Quarterly reviews of the strategic plan are being conducted by the Board of Directors. The Board reviews are being indicated on the Strategic Planning document and the progress can be followed on our website at [www.timber-ridge-school.org](http://www.timber-ridge-school.org)

## inside:

|  |       |
|--|-------|
| Shenandoah University Practicum Student..... | 2     |
| Winter Sports Recap .....                    | 3     |
| New Student Programs/ Services .....         | 4 & 5 |
| Future Plans for Fine Arts .....             | 6     |
| Black History Month Program.....             | 7     |
| Upcoming Events .....                        | 8     |



# SHENANDOAH UNIVERSITY PRACTICUM STUDENT

**M**s. Brittany Garber, a senior Psychology Major and Criminal Justice Minor at Shenandoah University began her practicum at Timber Ridge School in mid January. Ms. Garber was led to the psychology field because of her older brother. She stated, “My brother has Bi-Polar Disorder and I am very close to him. While watching him growing up, and seeing his struggles, I wanted to put myself in a position to help other kids who may have this, or other, disorders.” She continued, “I am really impressed with the openness and freedoms the staff has provided me here. It’s been very professional.”

Dr. Rodney Bragdon, Assistant Director of Psychology at Shenandoah University stated, “This practicum placement is designed to provide SU students with invaluable experience in applying information gained in the classroom, to real-life circumstances, while also adding to students’ knowledge, lessons learned from practical experience that simply cannot be obtained in the confines of a classroom. The placement is also designed to allow students to demonstrate their abilities and begin to make a difference in the community.”

Ms. Garber shared, “So far, all of my interactions with the students are with another staff member. I know that a lot of the students are very curious about my presence, but none have asked any inappropriate ques-



*Ms. Terri Place (R) shares program outcomes information with practicum student, Ms. Brittany Garber. Ms. Garber is a senior Psychology Major and Criminal Justice Minor student at Shenandoah University.*

tions as though to “test” me as I expected them to. All of the students that I have come into contact with have been great.”

During her practicum at Timber Ridge School, Ms. Garber will observe treatment related interventions and experiences. Examples include Character Education Groups, psychiatric consults, parent support groups, Therapeutic Crises Intervention Training, individual and group counseling sessions, residential activities and pre-placement student interviews. Ms. Garber will shadow the Cedar Residential Unit Clinical Counselor, Ms. Terri Place. ■

## DID YOU KNOW?

**95%** of the Timber Ridge School students (based on an anonymous exit survey just prior to discharge) agreed or strongly agreed that their clinical counselor understood and cared about them.

# WINTER SPORTS RECAP



## Wrestling & Basketball Round-up

The 2008-09 wrestling and basketball teams finished successful seasons once again. The Titan wrestling team concluded their season on February 4th with a tri-match at the Maryland School for the Deaf. Like many of the matches this season, there were several individual winners and lots of good effort exhibited. The success of the wrestling team can't be measured in terms of team wins and losses, but on individual progress of each wrestler. Coach Derek Unger said, "Because of the lack of overall number of team members, virtually every match we entered we were at a decided disadvantage because, quite simply, we just don't have enough boys wrestling. That being said, Coach Waugh and I thoroughly enjoyed working



*A Timber Ridge School basketball player contesting a jump shot versus Randolph Macon Academy.*

### DID YOU KNOW?

**63%** of our students participated, and successfully completed an entire season, in at least one team sport while at Timber Ridge School. The large majority of our students had not previously participated on a team sport.

with these boys and have seen progress in each of them". Athletic Director, Ms. Christine Taylor stated, "On the whole, the wrestlers gained much experience as the season progressed, exhibited excellent sportsmanship and represented themselves and Timber Ridge School very well. They were truly exciting to watch".



*Timber Ridge School wrestler, Christian Argilan applies a headlock to a Sidwell Friends opponent. Argilan went on to win the match by pin.*

The Titan basketball team concluded their season February 17th with a home victory versus Paw Paw High School. This win was the 10th of the season and capped a very impressive 10-1 basketball campaign. Ms. Taylor contributed, "The basketball team played an aggressive style of defense coupled with an up tempo offense. Ironically, throughout the course of the season, Coaches Boyd and Ross replaced their entire starting line up, due to their departures either through graduation from the program or earning their high school diploma. This gave an entire new concept to 'team approach' as they played remarkably despite the fact they had an entirely new starting line up half way through the season."

Timber Ridge School thanks those staff members and community friends who came to our games and cheered the Titans on the entire year. Your participation is very much appreciated. ■



# MEETING THE NEEDS OF OUR STUDENTS:

**A**t Timber Ridge School, we believe our care should focus on the needs of the student and his family as well as being relatively temporary. We also believe that the ultimate goal is for the boy to return home to live with his family, when this is an option. We further believe that these tasks can be accomplished through the stabilization of the child and developing a comprehensive transition plan back to his family. This transition plan starts when the student is admitted to Timber Ridge School.

Timber Ridge School Executive Director, Dr. John Lamanna stated, "One of the major strategic directions identified by those who participated in our Strategic Plan was to identify how we can best accomplish the tasks identified above. As a result of this planning, and many hours of introspection, four programs have been developed to best serve the individual needs of the young men who come through our doors for treatment."

## 1 GOAL BASED SERVICES

The first program is one of **Goal Based Services**. This service is appropriate for students who need to master specific objectives in order to successfully transition back to their home community. In this program, admittance to Timber Ridge School is based on specific needs of the student and his family. Goals to be met are developed based on need, and achievement of those goals is his criteria for discharge. Director of Admissions, Mr. Philip Arlotta states, "The Goal Based Program is intended as a relatively short placement option; focusing on particular goals that must be accomplished, working closely with the referring agency to establish a sound permanency plan, and helping to identify supports that will be required in the community following discharge are the principles upon which this program was developed."



*Ms. Cindy Largent-Hill, Director of Admissions out of state, and student Cody Hite, pose for a picture before they enjoy the western themed dinner in the dining hall.*

## 2 STABILIZATION SERVICES

**Stabilization Services** is the second program as result of the strategic plan and was identified because of the growing need for intense stabilization for the youth in the Winchester area. The goals for students placed in this program include helping the student identify and define community norms, establishing clear expectations and rules within the home environment, establishing necessary support systems within the students' home community, and working intensively with the student and family/adult for who he will be discharged to. Because of the nature of this program, and the participation needed by the family, this service is only being offered to the City of Winchester and the Virginia counties of Frederick, Clarke, Warren, Fauquier, Loudoun, Page and Shenandoah as well as the West Virginia counties of Morgan, Berkeley, Jefferson, and Hampshire. The time frame for students entering the stabilization program is three to six months.

## DID YOU KNOW?

**Over the past three years, 43 of the 45 (or 96%) students eligible to complete their high school education, while in our program, did!**

# NEW PROGRAMS AT TIMBER RIDGE



## 3 **DIAGNOSTIC & ASSESSMENT SERVICES**

The third new program, **Diagnostic and Assessment Services**, delivers a comprehensive evaluation of students in the areas of psychological, academic, medical, and social functioning that includes an emphasis on family relationships. The purpose of this program is to provide child care agencies, the juvenile court system, educational localities, and child-focused agencies with a thorough understanding of the child, who is either in their agency, or has been unsuccessful with less intensive services. Mr. Arlotta states, “The Diagnostic and Assessment Service occurs within a highly structured therapeutic environment that teaches accountability and responsibility, while preparing the student to successfully transition into the next level of care and services that are found to be most appropriate.” Arlotta continues “The next level of treatment could be admittance to one of Timber Ridge School services or another facility that best meets the needs of the student.” The Diagnostic and Assessment Services is typically 15 weeks in length and, if placed at Timber Ridge School, the student can earn two academic credits.



Members of the Timber Ridge School offensive line versus the Fairfax Kings home school team.

## 4 **IN-HOME SKILL DEVELOPMENT SERVICES**

The fourth program identified as a result of our Strategic Plan is **In-Home Skill Development Services**. In this service, Timber Ridge School staff provides assessment and family counseling services to students who are at risk of out of home placement and who have identifiable behavior problems that interfere with normal family function. The In-Home Development Service can also be used after a student has left a residential placement, and a general dysfunction still exists within the family, to assist with the reintegration back to his family or community. Out of State Admissions Director, Cindy Largent-Hill said, “This service further extends the support system provided by Timber Ridge School staff as the student transitions back to their home, school, and community. Our West Virginia referring agencies are extremely pleased there is also a community based resource available to the students’ family.” *\*Currently, this service is only being offered in West Virginia.*

For almost 40 years Timber Ridge School has been quite successful in reshaping the lives of the boys who have come into our care. Through the new services previously shared, we look forward to another 40 years. Whether students come to us through one of our placement opportunities, or the child is still in his current home and needs our services, we are always there to help. ■

If you would like additional information on our programs please contact:

**Mr. Philip Arlotta**  
Director of Admissions (Virginia)  
877-877-3025

**Ms. Cindy Largent-Hill**  
Director of Out of State Admissions  
877-877-3026

[www.timber-ridge-school.org](http://www.timber-ridge-school.org)

## **DID YOU KNOW?**

**86%** of our former students who were contacted after discharge rated the quality of their family relationship as excellent or OK.



# FINE ARTS OPPORTUNITIES

**F**ound within the 2008-2011 Timber Ridge School Strategic Plan is the Strategic Goal of developing a comprehensive fine arts program. It is thought that further exploration of this area will introduce our students to new types of the arts and additionally create further interest in this field.

Mr. Jeff Phillips, Director of Residential Services, recently stated “As our mission at Timber Ridge is to SHAPE the lives of the students, there is no doubt the work the fine arts committee is doing will be an integral part of ‘shaping’ our boys. Assistant Director of Residential Services, Ms. Chris Taylor, has been spearheading

the work of this committee and our hope is to discover and expand upon the artistic potential of our boys.” Mr. Phillips continued, “I’m really looking forward to seeing what fine arts content we can offer our students over the next couple of years”.

For the immediate future, each Tuesday between July 7th and August 25th, a weekly campus concert series is being planned. Committee members are fine-tuning this schedule and have already lined up groups who will perform blue grass, folk, and rock. Ms. Taylor added, “During the summer months, we will focus mainly on musicians, but there will be some guest speakers focusing on other artistic content. Committee members will continue to add to the schedule as spring unfolds. Having many students who are musically inclined, the boys are really excited about the weekly concerts.”

Also during the summer months, Timber Ridge School is preparing for the addition of six students from Shepherd University’s therapeutic recreation department. Ms. Taylor said, “The Shepherd students are currently in the process of developing a therapeutic recreation curriculum that will assist us in better working with our students. This will provide the Shepherd students with curriculum development and assist us in our work with our boys. Specific content areas will include visual/expressive arts; music, art, and drama.” We hope this will be the first of many students from Shepherd who will gain some valuable experience in our line of work.

Over the next three years, the vision of the fine arts committee will continue to investigate the following areas:

- Develop and implement a Culinary Arts Program
- Create a fine arts curriculum into the academic setting
- Investigate grant possibilities for an “artist in residence”
- Collaborate with other educational institutions and community based fine arts programs and councils
- Designate a public location on campus to display student artwork

As we continue our work with our students in the fine arts area, we look forward to sharing their accomplishments with you. ■

## 7<sup>TH</sup> ANNUAL CHARLES RICKETS GOLF TOURNAMENT



**DATE & DETAILS COMING SOON!**

*Check the announcement section of the website for the latest information. [www.timber-ridge-school.org](http://www.timber-ridge-school.org)*

*Or, contact Troy Newbraugh in the Development Office:*

*Timber Ridge School      [tnewbraugh@trscool.org](mailto:tnewbraugh@trscool.org)  
Development Office      540-888-3456 x1223  
P. O. Box 3160  
Winchester, VA 22604*

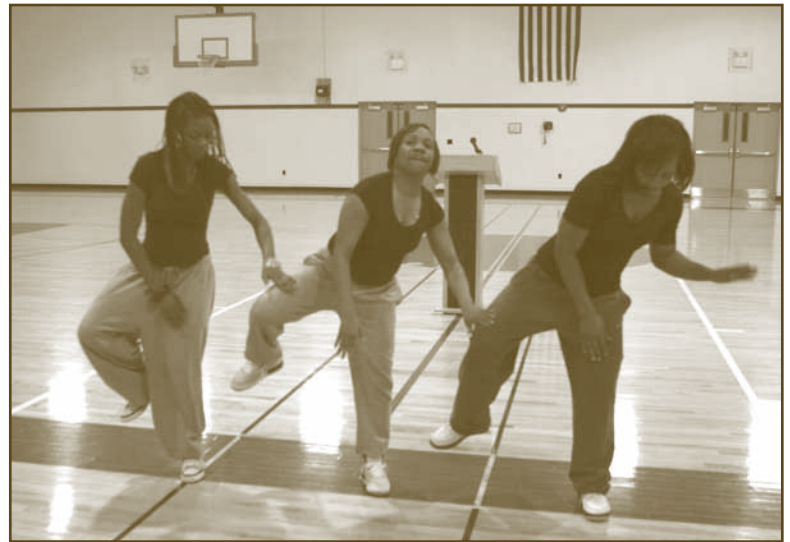
# BLACK HISTORY MONTH PROGRAM



On February 26th, under the guidance of Ms. Gwen Martin (Student Life - Spruce Unit) and Ms. Kelly Cooper (Student Life - Aspen Unit), Timber Ridge School students, and guests from the community, provided an informative Black History Month program for our community. Beginning with an emotional reading of Dr. Martin Luther King's "I Have a Dream", speech by one of our students, and ending with the Timber Ridge School student stompers, the program was informative, reflective and entertaining. In between the speech and the student stompers, three young ladies from the City of Winchester provided an upbeat "stepping" performance to the delight of the audience.

In organizing the program, Ms. Martin stated, "It was very nice to see some students who normally don't participate in activities, well, participating. It was a challenge to put the program together but quite rewarding after you saw the effort the students put into it and the positive

reaction from their peers who watched." Ms. Cooper shared, "Some of the boys who volunteered to participate were really 'out of their element' but I think they



Shaniece Nelson, Quantazia McLaurin, and Kayla Peck (L to R) "stepping" as part of the Black History Month program in the Charles A. Ricketts Memorial Gymnasium.

taught some of their peers it was okay to take a risk and do something positive that was uncomfortable at the time."

Executive Director, Dr. John Lamanna said, "The teaching of values is the foundation of our work with our students. Our values are rooted in our culture and Black History Month is an important vehicle for teaching about that culture. These activities are both educational and inspiring to our students." ■



## Clip! Clip! Clip!

The Education Department is still collecting

### General Mills Box Top Logos

Each General Mills box top you send to the School will be redeemed for 10¢. Please cut out your box top logos on over 330 participating General Mills Cereals, Betty Crocker products and fruit snacks, Yoplait Yogurt multi-packs, and Lloyd's barbecue products.

Please send your box top logos to:

**Timber Ridge School  
Development Office  
P. O. Box 3160  
Winchester, VA 22604**

## TIMBER RIDGE SCHOOL CONTACT PERSONS

**John J. Lamanna, Ed.D.**  
*Executive Director | ext. 1122*

**Philip E. Arlotta, L.C.S.W.**  
*Director of Admissions | ext. 1123*

**Cynthia Largent-Hill, M.A.**  
*Director of Admissions-Out of State | ext. 1125*

**Jennie L. Johnson, M.A. (Special Ed.)**  
*Director of Educational Services | ext. 1134*

**Robbie F. Marchant, M.B.A.**  
*Director of Finance | ext. 1256*

**Timber Ridge School**  
540.888.3456 Phone | 540.888.4511 FAX  
[www.timber-ridge-school.org](http://www.timber-ridge-school.org)

**Jeffrey T. Phillips, M.A., L.P.C.**  
*Director of Residential Services | ext. 1135*

**Troy G. Newbraugh, CFRE**  
*Director of Development | ext. 1223*

**Melvin D. Thomas, M.Ed.**  
*Director of Administrative Services | ext. 1221*

**Karen B. Tompkins, M.Ed.**  
*Director of Quality Assurance | ext. 1229*

**Kenneth G. Weigand, Psy.D.**  
*Director of Professional Services | ext. 1166*

**Developmental Office Email:**  
[tnewbraugh@trschoool.org](mailto:tnewbraugh@trschoool.org)



# UPCOMING EVENTS

Please visit our website for updates and/or schedule changes. | [www.timber-ridge-school.org](http://www.timber-ridge-school.org)



The Timber Ridge School mascot showing his Titan pride as he gets the crowd energized during a home football game. The 2008 football team had a successful 5-2 season.

### Winter Awards Banquet

Thursday, April 9

### Easter Home Community Visit

Thursday - Sunday, April 9 - 12

### Apple Blossom Home Community Visit

Thursday - Sunday, April 30 - May 3

### Teacher Appreciation Week

Sunday - Saturday, May 3 - 9

### Memorial Day Observed

Friday, May 29

### Timber Ridge School Olympics

Tuesday, June 9

### Senior Class Trip

Thursday - Monday, June 11 - 15

### Commencement Exercises

Tuesday, June 16

### Summer School Session Begins

Wednesday, June 17



## TIMBER RIDGE SCHOOL

P.O. Box 3160 | Winchester, VA 22604

[www.timber-ridge-school.org](http://www.timber-ridge-school.org)

540 | 888 | 3456 phone

540 | 888 | 4511 fax

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## DID YOU KNOW?

**17** The Timber Ridge School supervisory staff has an average of years of experience at Timber Ridge School.