



The Hills

Youth and Family Services



Cambia Hills Mental Health Programs

Community-based | Day Treatment | Residential Treatment

Young people learn to climb mountains in Day Treatment Program

By Mark Nicklawske

While Hills Day Treatment Program regularly works with youth fighting problems like depression, anxiety and anger issues, it also must be flexible enough to deal with special cases.

"We had one girl who refused to go outside," said Program Manager Nicole Bradford. "She hated the outdoors."

Bradford said staff worked with the girl, got her comfortable with the idea of exploring the outdoors and kept the teen under close watch during the field trip.

"She went to Ely's Peak and fell in love with hiking," said Bradford. "She never had anyone take her outside on a hike before, she didn't know what she was missing."

The Hills Day Treatment Program enrolls 24 students age 12 to 17 from Duluth School District 709 and surrounding districts, some from as far away as Two Harbors and Moose Lake. And each student is a unique case.

The program specializes in helping students who are struggling in mainstream school. It continues their classroom education and treats the behavioral and mental health issues that may hold them back.

[Read more](#)

Building empathy and compassion in our youth



By Sonja Wildwood, MA, LPCC clinical therapist for Cambia Hills

As we know, for the last several years there has been a push to end bullying especially focused on prevention in our schools. There are posters to "stomp out bullying" and others that highlight ways to prevent and address bullying when it happens. These campaigns have given our children and families both an invitation to and language for discussing and addressing this epidemic which so negatively impacts school functioning, relationships, and mental health.

My colleagues and I have recently identified a trend in the kids whom we work with which indicates a sort of "burn out" of the word "bully". We've noted that often kids both overuse and dismiss the term. We've also noted a negative association with the word and conversations about the act of bullying. "I'm not a bully!" for example.

At Neighborhood Youth Services and in our other The Hills Youth and Family Services programs, we have begun to change up the language to work through this barrier. We often will replace "being a bully" with "hurting another" getting to the root of the behavior and addressing the impact that this behavior has on another person. This has worked with getting through to kids in our programs. In addition, we work toward taking a positive spin on prevention and intervention, emphasizing kindness, the benefits of helping and understanding others, our beautiful and unique differences, as well as those things that bring us all together.

[Read More](#)



Harvest Fest - a favorite tradition for staff & youth
This fall our youth, along with our husbandry program manager, prepared for our annual harvest fest.



The Duluth Police Department - what does Cyberbullying look like
Mean comments or rumors spread on social media sites, through email, or through a text message



The Hills Hires Dave Hartford to serve as new PRTF Administrator.
The Hills Youth and Family Services has hired Dave Hartford, former assistant commissioner at the Minnesota Department

A celebration of the youth's hard work in the gardens since spring; the youth prepared and served some tasty food with ingredients from their garden.

[Check out](#) our latest blog article.



Using a victim's password to break into his or her account to impersonate the victim or post embarrassing messages about him or her

Posting an embarrassing video about someone

Threatening someone through a live streaming system.

[Learn more](#)

Human Services (DHS) to run a psychiatric residential treatment facility for children it is building in the Twin Cities.

The Hills is partnering with Kraus-Anderson, TKDA and Architectural Innovations to build a 60-bed, \$15 million facility that will provide mental health services to youth from across the state.

[Learn more](#) .



Openings in all of our Cambia Hills Mental Health programs.

Questions about the referral process? Email [Toni Jurmu](#) or call her at 218.623.6429.

MAKE A REFERRAL

Stay Connected



4321 Allendale Ave, Duluth, MN 55803 · 218.728.7500

The Hills Youth and Family Services, 4321 Allendale Avenue, Duluth, MN 55803

[SafeUnsubscribe™ {recipient's email}](#)

[Forward this email](#) | [Update Profile](#) | [About our service provider](#)

Sent by tland@woodlandhills.org in collaboration with

Constant Contact

Try it free today