

Remember this?
You will.



It's not a “last resort” – it's a first step.

Crosswinds is changing the lives of troubled teens by challenging them to step out of their own world, into a world that needs their energy, talents, and love. Our Caribbean Mountain Academy (CMA), located in the beautiful Dominican Republic, gives them that opportunity.



During their stay, your child will take part in community-based work projects designed to rebuild their character, leadership, fortitude, and self-esteem – free from peer pressure and the technological assault of cell phones, texting, and the Internet.

In our experience, troubled teens have found this respite to be a soothing, cleansing, eye-opening experience. They regain perspective of their standard of living – of their privileges. Teens rediscover their true self-identity and talents. They can focus on their goals and dreams and take the first step to making them come true.

We realize that this is not an easy decision. It requires thought and prayer. As you consider whether CMA is right for your teen, we want to address a few of the most frequent concerns parents express.



Why would I send my child all the way to the Dominican Republic?

The world our children are living in is much different than the one we grew up in. Information is available instantly. Communication with friends is fast, easy, and nonstop. Entertainment can be found anywhere. The technology our teens are so adept at using daily is incredible, but it can also be part of the problem. Being in the Dominican Republic will allow teens to:





Get away from the noise

How do you compete for a teen's attention when someone or something else is always getting in the way? Give them time to listen. Life-changing thoughts and experiences require more than just quality time, they require quantity time. Being in a new culture and separated from the noise of their everyday life opens doors for us to share truth with them. Chances like that are difficult to duplicate in any other situation.

Allow them time to be listened to

Your teen isn't the only one separated from daily distractions – the staff who work daily with your child are as well. In an environment free from the noise of our American culture, students and counselors have the time and space to listen to each other more intently.

Concentrate on school

Most troubled teens who struggle with school don't lack ability, but just have trouble with focus and direction – especially given the issues that they have been battling. School is often the least of their concerns when they are deep in rebellion or just trying to make it through each day. The CMA experience helps each of our students catch up, keep up, or get ahead educationally.

Resist the temptation to run away

We often find that children who need our services have had past experiences with running away. We can't say that it is impossible for a child to run away from our campus, however, it is much more challenging to escape an island and a culture where one is so clearly out of their element.

What will my child learn at Caribbean Mountain Academy?

In our culture, it's easy to take things we've been given for granted. CMA provides teens with a powerful opportunity to see their own lives from a new perspective. A perspective free of entitlement, ambition or jealousy. Through the CMA experience, your child will gain a deeper understanding of:



Community service

Teenagers want to be a part of something significant. Weekly community service projects give them the opportunity to gain a sense of purpose much bigger than themselves.

Cross-cultural experience

Interaction with the Dominican people allows your child to see that happiness has more to do with people than possessions. The cross-cultural experience teaches your child to appreciate the relationships that have been taken for granted – and to be grateful for the things they have.

Giving versus receiving

Every time you have reminded your child that “it is better to give than receive,” the world has shouted “get yours while you can.” CMA allows your teen to experience the joy of giving and to see the value of what they give, rather than what they get.

What life has to offer

Hiking, white water rafting, snorkeling, and other new experiences bring fresh perspective, confidence, and peace into lives that have been full of stress and poor influences.

God's creation

Part of the CMA experience might include gardening and helping to care for the animals on the campus, such as chickens, cows, goats, and horses. Not only does this help teach the value of hard work, but it also teaches teens to nurture and appreciate God's creation.

Their leadership potential

There are all kinds of leaders – natural-born leaders, those who quietly lead by example, and the leader that steps in when a moment of need arises. It is our responsibility to provide your child with the opportunities they need to discover and cultivate their personal leadership abilities.

I wish my child could just start over. Is that possible?

Many troubled teens would do just about anything for the chance at a "do-over." To start with a clean slate. But they have a reputation that precedes them. No matter what they do or say, they can't seem to shake what others have already determined from their past. Instead of fighting this preconceived image, young people often give up, acting and reacting based on what others already expect. The CMA experience will allow them to:





Create a new reputation

At CMA, your child is removed from everything familiar – including the people who have known them in the past. They can leave their former reputation behind and build a new reputation that they can be proud of.

Get a fresh start

Your child will have a chance to start over educationally, physically, emotionally, and spiritually.

Eliminate negative influences

Sometimes the negative influences of friends, school, and the community are difficult to ignore. CMA creates a powerful distance between your child and those who have hurt or influenced him or her in the past.

Be vulnerable

Asking for forgiveness and forgiving others is virtually impossible unless a person is willing to be vulnerable. Being removed from everything your child knows is one of the fastest ways to reveal this vulnerability – no matter how tough they think they are. We believe that this is one of the most valuable aspects of sending your child to CMA.

Sending my child away is hard. What will I do while they're away?

We understand that this can be a difficult decision, especially in the midst of crisis. However, dealing with a child who requires all of your focus and attention can take an emotional toll on your family and your marriage. Many families don't even realize that it's happening. A temporary break in the stress allows you to begin to understand the impact this has had on your family. More importantly, it allows you to begin restoring what has been lost. Your child's temporary stay in the Dominican Republic gives your family the opportunity to:





Take a “time out”

Finding time to catch your breath and gain your composure, while acquiring the tools and techniques your family needs, is priceless. The fact that you have chosen to participate in this program also sends a valuable message to your child.

Focus on your marriage

One of the most important things that you can do to help your child is to work on your marriage. Difficult children are often professionals at working one parent against the other. We will work with you and your spouse on a weekly basis to give you the skills you need to keep your marriage strong. We'll also prepare you for what needs to be done when your child returns home.

In cases where the parents of a child are no longer in a relationship together, we can still provide support to one or both of you, as a co-parenting team, to ensure that everyone is working toward the same goals.

Focus on the child's siblings

Many times the influence on siblings of a troubled teen is not seen or understood until it is too late to counteract. During your child's absence, the CMA program addresses the needs of the rest of the family at home.

Create a healthy environment

“If nothing changes, nothing changes.” Preparing for your child's return is as important as the work being done at CMA. If the family and the environment that your child returns to are not different from the one they left, the lessons learned at CMA are not likely to last. Learning to communicate, appropriately discipline, and listening are just a few of the areas that are key to creating an environment where your child will flourish.

Heal in the privacy of your home

As painful as your situation has been, the idea of going to a support group or counseling office can be intimidating or worrisome. “Who will I run into there?” “What if I fall apart?” “I’m so angry at times - what will they think of me?” The advantage of working with Crosswinds is that we bring the counseling, training, and tools your family needs right to you. Our professional therapists and family consultants will meet with your family in your home whenever possible. Working within the natural dynamics of your home achieves greater results and provides added peace of mind.

How can I be sure that all this is even going to work?

The decision to send your child away for help often comes with tremendous pain. Questions like, "What did we do wrong," "What could we have done differently," or "Is this our fault?" can weigh heavy on your heart. Know that each question is one that has been asked by thousands of parents before you. Unfortunately, questions like these can keep families from getting the help they need. Most parents have tried everything they know and used every tool they possess with little or no success. CMA has been carefully built on proven principles:





A faith-based approach

Each member of our staff has been hand-picked because of their strong personal faith. They believe that Jesus Christ is the key to changing the lives of troubled teens. With that said, we are also respectful of each person's beliefs and will not "shove our faith down someone's throat." In fact, we believe that does more harm than good. Instead, our unique approach relies on the godly examples of our staff, teachable moments through our experiences, and speaking the truth in love through the Holy Spirit to plant seeds and change the hearts of the children we serve.

Strengths-based approach

No child is too far gone. No child is without potential. The truth of the matter is your child has gifts and qualities that have likely been overshadowed by the crisis they're in. Our goal is to work with your child as much on their strengths as we do in the areas he or she is struggling.

Family-based approach

Our best chance for success is when the whole family is involved in the process.. More often than not, the identified child's issues are not the only issues that need to be addressed. CMA works directly with your family on a weekly basis. Your child's CMA team will be working together with your family specialist to share issues learned and skills that need to be developed within your child and within your family as a whole.

Therapeutic approach

Most existing programs for troubled teens focus on the immediate cause-and-effect relationship of what has been going on in a child's life. CMA goes deeper. We address the emotional aspects that have led to negative behaviors and dig for the underlying thoughts and beliefs that are causing the issues. Treating the cause and not just the symptoms is the only way to truly solve the problem.

How long will my child be away?

Most programs are built with a pre-determined time frame allotted to achieve the optimum success. Unfortunately, such concrete time frames do not take these factors into consideration: your unique family dynamic, the financial cost to the family, the specific needs of your child, and any educational issues.

While a definite time frame cannot be established, we will be in contact with you throughout the process, giving you regular updates on your child's progress and when we think they will be able to return home.

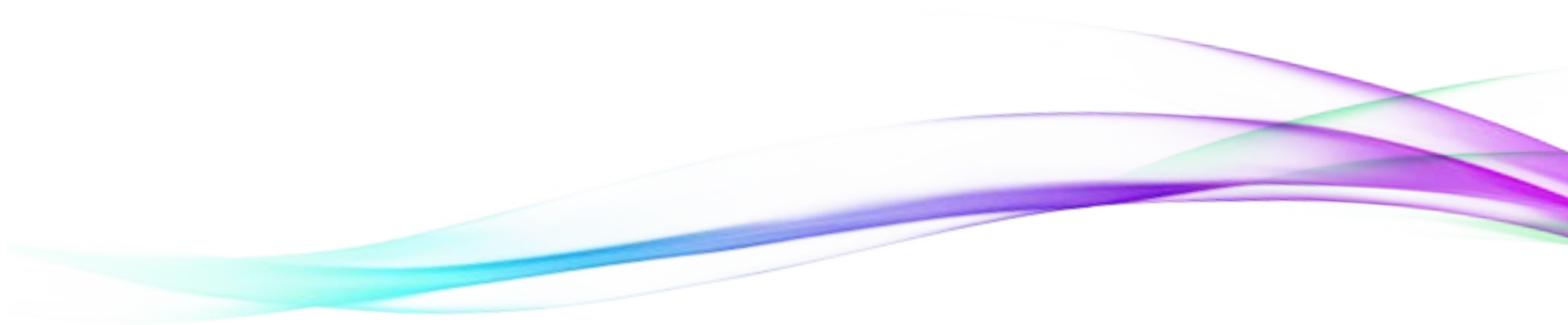




We're here for you.

We hope that in this short time we have been able to answer some of your questions about Crosswinds' Caribbean Mountain Academy. We also realize that we have not answered them all. Please feel free to call us with any additional questions you have or simply to get more information about this dynamic, life-changing experience for your troubled teen. Above all, remember that you and your family are not alone during this difficult time – we are here for you.

To learn more about CMA, please call us at (855)Y - CRSWIND, or (855) 927-7963. You can also visit us online at CrosswindsYouth.org.



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