Clinical treatment at Bay Cove Academy (BCA) focuses primarily on the individual client. We work towards identifying and meeting the needs of our adolescent population while maintaining a theoretical and practical sensitivity to their role within their respective family systems.

BCA services clients within the 12-22 age range. Thus, our clients are adolescents whose developmental tasks include psychological separation, individuation, autonomy and the search for personal identity. Erickson refers to this stage as Identity versus Role Confusion. Mastery of this stage leads the individual towards the tasks associated with young adulthood.

Accordingly, individual therapy is a mandatory modality of treatment. Each student is immediately assigned to one of our full-time professional therapists. Students receive a minimum of one hour per week of individual therapy. However, staff therapists are always available to their clients, particularly during periods of crisis. The focus of treatment is one of establishing a positive therapeutic relationship—alliance—with the client. Many of our students come from families in which relationships have been abusive, neglectful and damaging. We believe the process involved in the development of a therapeutic alliance, which is characterized by the concepts of acceptance and transference, is in itself a corrective reexperience which leads to healing.

Treatment Goals

A general goal of individual treatment is to help the client to understand, forgive and accept the circumstances and dynamics of his/her own nuclear and extended family. This “separation” is essential as the individual approaches the developmental tasks of adulthood. Thus, the therapist’s role is to enable the client to grow and mature through the internalization of the issues, process, and relationship of psychotherapy.

Activity Group Psychotherapy is offered as well. The goal for these

continued on next page
Clinical Philosophy

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This alliance is manifested by reciprocal communication of general issues and progress.

Many parents come to us frustrated and discouraged from years of difficulties with their child. They have been involved with clinical programs that require direct clinical involvement, we enable parents to initiate and participate in short-term treatment around specific issues. These range from the facilitation of healthy separation—individual casework with a single parent—to how to strengthen roles and rules within a family—strategic family counseling.

The goal is to return the family to a state of stabilization. In this manner the Bay Cove student and family members will become better prepared to resolve their own tasks which have, appropriately, required a parent-child, guidance center model of treatment. By this time parents often state their desire “to let go” of their adolescent’s problems so they can “get on with my own life.” Our approach of focusing on the individual is seen as supportive respite to the parents. Paradoxically, by not requiring direct clinical involvement, we enable parents to initiate and participate in short-term treatment around specific issues. These range from the facilitation of healthy separation—individual casework with a single parent—to how to strengthen roles and rules within a family—strategic family counseling.

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Bay Cove provides a sense of hope and direction for a positive future.

Family Involvement

Because the clinical philosophy of our program stresses the autonomy, independence, and development of the adolescent in preparation for the tasks and rewards of young adulthood, family treatment is not mandatory. However, it does occur indirectly. During the intake process families are encouraged to support the notion that a mutual trust must exist between them and the school in order for the child to succeed in the program. Parents are recognized as the experts regarding their child while the staff is presented as skilled in the ability to deliver career skills and psychoeducational services.

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Ms. Linda Bauer
Mr. Lewis Brown
Mr. Tom Latus
Ms. Karen Suyemoto & Mr. Eric Parker
Ms. Ilene Klein
Mr. Robert Hurstak, Jr. & Ms. Emily Hurstak

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In the next issue of Academy Notes

- School Graduation
- Preparing for A New Year
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Bay Cove Academy has also obtained two high-quality digital cameras. Our Technology Corner

By Robert Finkelstein

Computer use by students and faculty continues to increase at the Academy. Our upgrade to a Digital Subscriber Line (DSL) for Internet service was completed in December. This faster connection has increased productivity as downloads of information and software take just a fraction of the time that they did with our previous connection. This increase in speed has been especially helpful to our seniors who are currently working on their senior project which requires them to write a research paper and present their findings to a small group of peers and faculty. Students have several ways that they can enhance their oral presentations. They can produce a multimedia computer slideshow using presentation graphics software or create a rudimentary web site where one can browse the different pages to learn about the research. Students whose topics are more historical in nature also have the option of creating a timeline using TimeLiner® software, produced by Tom Snyder Productions®.

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Technology Corner

As we enhance the school’s technology, allocation of resources becomes an important issue. At the suggestion of our Principal Judy Gelfand, a computer resource committee comprised of faculty from each of our departments was created. The purpose of this committee is to discuss the technology needs of each department in order to distribute resources in a way that has maximum benefit to the school. Our current focus is to increase the number of computers that can take full advantage of our new capabilities in the areas of Internet and graphic design. Moreover, we wish to give staff greater access to software used for grading, writing reports, doing research and using email. Our ultimate goal is to increase the number of modern computers in each classroom and to put computers in the offices of all nonteaching staff such as therapists and administrators. As our fiscal year comes to a close, we are trying to assess what money will be available for the purchase of new computers and where these and older computers will be distributed throughout the school. Some major rearrangement lies ahead!

Upcoming Events....

- June 9
  - Field Day – outdoor games & barbecue
- June 15
  - Graduation
- June 19-23
  - Field Trip Week
- June 26
  - Summer school begins
- August 7
  - Summer vacation starts
- August 30
  - Students return for 2000-2001 school year

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www.baycove.org/academy