

News
letter
Spring
2011



Spring Lake Ranch

Therapeutic Community
Working Toward Wellness

Cuttingsville & Rutland, Vermont

Founded in 1932 by Wayne & Elizabeth Sarcka

Rehabilitation in Process

At 17, I had a depressive episode that involved a serious suicide attempt that hospitalized me for six months in NYC. After the hospital, I lived in a halfway house for a year, then moved to a three-quarter supervised apartment. I wasn't connecting with people and was beginning to get depressed and fearful of living in a large city. I felt depersonalized and alone. Instead of returning to the hospital, I went to Spring Lake Ranch.

I arrived on a snowy winter day, but we managed to get up the hill. SLR had many things I liked, such as open land, lots of snow,

cross-country skiing, lake swimming, gardening and a supportive staff that made me feel welcome—not to mention some great home cooking. The transition from city to country took a little while, yet I felt at home soon enough. Things were very different from the halfway house and apartment. Structure at the Ranch was loose, but it was enough. The



David & Cindy Hopkins



From Winter . . .

number of staff was substantial—I felt very cared for and this benefited me.

I got involved and played volleyball on cold winter mornings and forced myself to do things out of my comfort zone that I learned to enjoy. The wood-cutting team was great, and I learned about teamwork and to stay alert for flying logs and lots of laughs. I learned I could participate even though my mind was overwhelmed with depressive thoughts. I wanted to hate myself, yet I was too busy hauling, chopping, sowing, planting, or

Continued on page 2

In This Issue

FEATURE ARTICLES

Rehabilitation in Process
Cover Story

With Structure Comes Freedom
Page 3

Transitioning Back Home
Page 3

The Natural World
Page 4

Admissions: Call Us Any Time
Page 5

Resident Report on Sugaring 2011
Page 6 & 7

Development
Page 8

Going Downhill
Page 9

BOARD OF TRUSTEES

PRESIDENT-David Mosher

VICE PRESIDENTS

Phyllis Tarbell & Kathleen Ford

TREASURER- Peter Doolittle

Barbara Aicher

Rebecca Boucher

Judy Elkin

Eldred French

Carol Kaminsky

Bruce Maslack, MD

Becky Moore

Betsy Welch

Harry Welch

Michael Wells

HONORARY TRUSTEES

Fred & Mary Godley

Daphne Gratiot

Maurice Green, MD

Ellen Jorgensen

Mary Patten

Alissa Rubin

Anne Sheret

harvesting everything imaginable to get remorseful over the past. I enjoyed the cross-country skiing up by the lake and all the natural beauty, and downhill skiing nearby at Killington. I began to feel good about myself that I could help out by hauling logs, tapping maple syrup trees, cutting large sheets of ice from the lake for summer ice, or selling produce at the summer farm stand. I learned I was useful and valuable as a team player.

I began to feel better about myself. I started to accept that I was a good person with some desirable qualities. I felt good after a hard day working when I could see what we'd accomplished. Maneuvering logs down a hill or using my sales skills at the farm stand—these gave me a great sense of accomplishment I never felt before. My medications were slowly reduced. The work was rewarded with an amazing breakfast, lunch or dinner. I have never seen pancakes that large or bacon so thick and plentiful; I thought I had died and gone to heaven. The staff's families joined us for dinners, which added to the family atmosphere. All the fresh food that was grown was either cooked up fresh, canned or sold at the roadside farmer stand where I would try to have customers buy every last thing.

I learned from the staff not to dwell on my problems, and to embrace work and stay busy and



David Hopkins at SLR in the 1980's

purposeful. They were always kind and supportive, yet not overly clinical. They became mentors and friends that could be trusted with any concerns I was going through.

The canoeing trips were fun, and relaxing in the sauna and a jump in the cold stream was euphoric, way better than drugs! I learned that I am not some number in the mental health system, and I acquired valuable skills that I've been able to use to move forward in life. My professional life has been shaped by lessons learned at the Ranch about the immediate gratification that comes from hard work.

Life after the Ranch has had its ups and downs. I moved to Burlington and got my first apartment which was awesome, and I was attending college part-time. I wanted to live in the dorms and go full-time. Well, that did not go very well and I started to withdraw and isolate. I moved back to the Ranch for a couple of weeks, then moved back to Burlington and got a job and put school off for awhile. Life began to get easier and more manageable.

Continued on page 11

With Structure Comes Freedom

A Resident's Perspective

The last time Mischa left the Ranch, the move didn't work out well. "I went into a new community. I had a new and stressful job. And I didn't know anybody. I was unsuccessful staying sober because of anxiety and not enough structure," Mischa says.

Now, at 26, he has left the Ranch again. But this time, the transition has had a very different flavor. For



one thing, he has moved from the Ranch to the Rutland Program in town. "I learned from that first experience," Mischa says. "I thought

about the many ways I left without supports. I realized I could go to a place I'm familiar with, where I have relationships and where I have my in-town advisor and my Ranch advisor and house advisor." As Mischa's move approached, the advisors worked together to ease the transition. "It helped that the town advisor came to weekly meetings with my other advisors. It made the move easy."

The coordination of nearby Ranch staff and ex-Ranchers enabled Mischa to leave with a plan and with practical strategies for setting the plan in motion. "This time, I have a clear plan set out about how to continue my sobriety. I can go to meetings in town, and past residents are willing to drive me. These connections are giving me the will to branch out to make more connections."

A key piece of the positive new equation is work. "The other beautiful part is that I got the idea from staff and other residents to get an internship at the Ranch," Mischa says. In this paid position, he will be both leader and learner. And he will be held gently in a web of supportive relationships that already exist. "I can't imagine a better work situation for me – focusing on shop work in a sober community. I'll be working

continued on page 11



Remember When?

Can you guess the story behind this archive photo? Note the Main House on the right and the Penthouse on the left. Clue: It was probably taken in the early 1940s and the person is not an Audubon Society volunteer! (See answer on page 11.)

Transitioning Back Home

A Family's Perspective

The support offered by Spring Lake Ranch does not end when a Rancher leaves. Ranch staff helps ease transitions to the next venture or to living back home.

Things started falling apart for Eli when he was sixteen-and-a-half. Severe bipolar disorder caused his life to swerve off-track, and after several hospitalizations, he finished high school at a day treatment program in a psychiatric hospital.

At 17, Eli was still cycling and his parents needed to keep an eye on him. But they also recognized that their son needed to be independent. Eli was not ready for college. "But he was definitely ready to *not* live at home," says his mother, Annie. Spring Lake Ranch appeared a good solution.

Eli lived at the Ranch for the next six months and the Ranch was "very good for Eli," say Annie and Eli's father, Robert. Eli stabilized and had fun. Says Annie, "He was with people who accepted him and could see he was a great kid. He worked through growing up at the Ranch and developed some skills."

Though Eli had been accepted at two-year Landmark College, this was deferred because he had not been ready. Now all augured well for college. Eli and Paul Sgalia, his long-term counselor at the Ranch, visited Landmark together to get a feel for the place, and to meet with the campus mental health counselors. When the pair arrived at the end of October, they saw students

Continued on page 4

Continued from page 3

dressed strangely. Eli to Paul: “This doesn’t look like a normal college.” Paul to Eli: “Hey, it’s Halloween!”

Though substance abuse had not been a major issue for Eli, he had attended AA meetings while at the Ranch. These became important to him and supported his growing stability. Staff noted their positive impact. As Eli left the Ranch, Rachel Stark, Admissions Director, and other staff, urged him to live in a “dry dorm” at college. Eli recognized the wisdom in their advice and followed it.

College was to start in six weeks and Eli spent the time at home. Ranch staff urged him to continue going to AA meetings during this period, something Annie admits that she and her husband would not have thought to push. “It was very much a Ranch thing,” she says. When a young friend of Eli’s discouraged him from attending AA meetings, Annie jumped in. “Listen to all the people at the Ranch who knew and loved you,” she told Eli. And Eli went.

Eli is now finishing his first semester at Landmark College. He is happy and stable, say his parents. Mornings, he hosts a radio show, and he plays on the baseball team. This summer, he’ll be a camp counselor. And in the background, there is always the Ranch. “Just knowing the Ranch is there, and that there are people who really cared and liked him, is a big help,” Annie says.

– Annie & Robert

The Natural World

Don’t be a tool of your tools; get some time in nature.

On Valentine’s Day, my wife and daughter gave me a puppy. What a brilliant gift. This has necessitated less time at work and more time in nature walking the dogs. More time in nature has brought me back to my Henry David Thoreau and Walden Pond days, growing up in Concord, MA.

I’ve been thinking of the separation that we often observe between a newly arrived resident and nature, and the Spring Lake Ranch belief that direct exposure to nature is essential to wellness. We believe that an important part of recovery at Spring Lake Ranch is the healing of this broken bond.

Spring Lake Ranch is a nature-person reunion of sorts. When residents and their families first

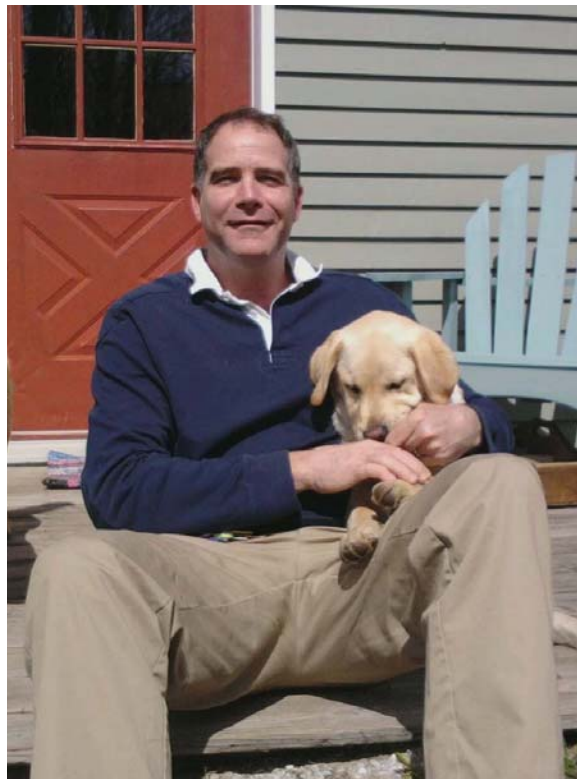
arrive and get our tour, we see the calming effects of nature on their bodies almost instantly. Work in the natural world – in our pasturelands, forests and gardens – is the hallmark of the SLR experience, and rebuilds vital connections to natural systems and cycles. Recreation and leisure time in nature restores and regenerates, and as residents transition home or to Rutland, their time in nature stays with them long after their SLR days.

One of our Rutland Program Advisors, Steve Harrington and an adjunct staff person, Chris Laro, have taken nature-based activities and renewal to a whole new level. Their approach cultivates relationships over time and in the context of change. Steve says that, his nature-based Reconnection Program for Spring Lake Ranch will “catalyze connection between residents and the world around them, between residents and the people around them and between residents and themselves.”

Steve and Chris see the forest through the trees. They interpret the forest as a powerful physical and metaphorical context for therapeutic endeavors. Activities in the Reconnection Program include a sweat lodge, native arts and crafts, orienteering, outdoor survival, walking and sitting in nature with intention, and Going with the Flow, a seven-day canoe trip.

Sorry, but now I have to go with the flow. Lilly is scratching at the door and if I don’t act quickly, I’ll have a mess on my hands. No nature deficit here!

*Jim Taggart
Executive Director*



Admissions: Call Us Any Time

For a distraught person reaching out for help, the voice of Rachel Stark in Admissions is often the first ray of hope in a long dark night. That conversation can be the first step in the road to recovery. Though Rachel has had many such conversations, each call still touches her deeply with its pain as well as its possibilities. Here, Rachel introduces a series of articles in which she shares her unique perspective.

It's 7:45 on a Friday evening and a father from New England calls to leave a desperate message. His 21-year-old daughter has been in the hospital for three days and he just met with the social worker who excitedly shared that she will be discharged Monday morning, ironically just about the same time the insurance company thinks she's good to go. He is flabbergasted and trying desperately to find a place where she can go because he knows home is not a good place for her, or she wouldn't be on her third hospitalization in twelve months. Instead of voice mail, he gets me or Alice; we make up the Ranch's

on-call Admissions. What started out to be a two-minute message turns into an hour-long call with his ex-wife conferenced in and neither being able to tell me fast enough what hell they and their daughter have been through this past year.

The pain they are going through, the frustration and the need to be heard, is obvious and it's heart-wrenching. Sometimes, all we need to do is listen. But often, we can help them with what they need to do next; we try so very hard to give them comfort and hope. The connection that is made that night may never be made again, but it is very profound. The feeling that I get when I hang up after that first call, the one that interrupted my dinner or my weekend or whatever . . . Well, it's worth every minute,



these families that my family never got.

We cannot place everyone in need of help but we always listen,

we can always relate. More often than not, we can make suggestions as to where they might get the support they need, whether it be another facility, an interventionist, NAMI or Al-Anon. They need to be heard and they need guidance. You see, this story is so remarkably similar to the calls we have been getting for over 78 years, just the names change. The addition of on-call Admissions has helped our business, this is true; but what it really has done is let me and Alice and the Ranch go beyond the traditional workday and make a meaningful difference in families' lives when *they* have the time to breathe and tell us everything they need to get out. So call us anytime, from anywhere, and we will be there. I promise.

*Rachel Stark
Admissions Director*



The 2011 Sugaring Season

Go With The Flow

There is sweat in your syrup. The sweat of the fifty-plus staff and residents who were responsible for collecting, transporting, boiling, filtering, and packaging this tasty product.



Vermont's sugaring season is a frenzied affair. The sugar maple trees dictate when and for how long we'll be working. The desire to produce and consume comes wholly from the parties involved though, with a little pressure from the likes of Doug Patton and Becki Bates. Both are syrup connoisseurs.

Rumors of one of the best sugaring seasons ever started circulating early on, and with good reason. After a sub par season in 2010, this year started out with a bang. When Mother Nature blessed us with the perfect temperatures, combined with the infectious excitement of the Ranch crew, magic happened. There were record collecting days of well over 3,000 gallons, accom-

panied by the ongoing pursuit of the stoker reaching the highest temperature in the evaporator. (A high mark of 910 degrees was hit by our very own Rachel Stark.) The syrup flowed like our mountain streams do during the spring thaw.

Our many hours of carrying buckets through knee-deep snow and feeding log after log of sugar wood into the fire paid off with a final tally of almost 800 gallons of maple syrup. Not only do we at the Ranch get the opportunity to taste the fruit of our labor every day on our pancakes, but we also celebrate the end of an exhausting season with a well-deserved party in the Sugarhouse. There is truly nothing like having 12 people playing live music amidst a room filled with steam from boiling sap, while others mill around eating sugar on snow and waffles topped with ice cream and, of course, maple syrup. To coin a phrase, "How sweet it is." *-Doug*



How Sweet It Is!

I've experienced a lot since coming to Spring Lake Ranch. Being comfortable with myself around others was never easy for me in school. Being at Spring Lake Ranch has challenged me to avoid my past destructive behaviors and embrace a new life of fellowship



and opportunity. The most significant experience I've had at the Ranch has undoubtedly been taking part in sugaring season.

It wasn't always easy walking around the property and searching for buckets full of maple sap. Each resident, house adviser, available long-term staff, and any willing participants were beckoned to a task much greater than themselves; but the results were even more appealing than the syrup we were able to boil. Every day, before we started a day of collecting, our leader, Doug Patton, directed each of us to our station for the day. Doug and his wood's crew would also update the entire community on the amount of syrup we had currently boiled and whether or not we might surpass the record from previous years. At the end of the season, the Ranch hosted a Sugarhouse party to celebrate all we had accomplished. Having

Resident Reports

fun wasn't mandatory, but it was very hard not to.

Since high school, I haven't been on a sports team or competed for a special prize. Spring Lake Ranch has honored me by allowing me to work and contribute to all the tasks that keep the Ranch a prosperous and wonderful place to be. I now feel much more confident about myself and what to expect from others in a world where learning is a never-ending endeavor. *- Hunter*

The Tap, the Sap, and the Clap

Individual efforts combined with a motivating group goal proved more than enough to get me going. Add the vintage, spectacular, unpredictable Navy trucks, the sap buckets on the trees that have the ability to grow taller with the coming warm weather, watching the four-hundred-gallon tanks that



transport the sap fill slowly with every two-gallon bucket that empties into it -- and sugaring has the feel of a motivating marathon. It feels like a race as well: you want to go fast but who knows how long you'll have to keep at it, so we pace ourselves. Of course, we can't pace ourselves by personal preference, we pace ourselves by the group needs, by the weather, by the Navy trucks filling to capacity with sap, and, of course, by meals. But not by days of the week (Saturdays and Sundays are free game). Collecting sap can have the Zen of repetition and the frustration of being stopped in your footprints. It is a Spring Lake Ranch experience we all share, which helps others share in the Ranch experience.

Once the sap-collecting and boiling had almost culminated, there was a celebration at the Sugarhouse. I know I felt good. I had stoked the furnace many

times and felt no need to experience that sensitive space relationship with that rolling fire again for a long time, having lost a sleeve of thermal underwear to it already. The party had a congratulatory feel to it with Doug Patton and Becki Bates making their rounds thanking all for their hard work. There was food of the maple variety to be eaten but I decided to sit back and play guitar and sing with others because, well, it was fun. 'Nough said.

- Mischa



Development

First, I want to say a heartfelt “thank you” to all our many friends and families who gave so generously to our annual fund.

Donations are running 20 percent ahead of last year. We are hopeful that a strong response to our recent spring appeal will allow us to achieve our important goal for this fiscal year (September 2010-August 2011).

We recently received a very generous donation from Suzanne Johnson-Marson, a former resident (1966-1967). Susie recalls that her family had to struggle financially to send her to Spring Lake Ranch. She

Many thanks also to Hal Field & Family for the donation of a new radial arm saw. Bruce and the Shop crew have been very busy this year building beds, desks, chairs, bedside tables, bookcases, shelves and other furniture for the resident rooms and the dining room. We have all been impressed with the quality of their workmanship.



wanted to do her part to make the Ranch available to more families who otherwise could not afford to join our program. “The Ranch is such a wonderful place, with its healthy farm life, chores and community.”

As you read the stories in this newsletter and find yourself moved and inspired by them, you will see how your support can and does touch the lives of so many of our residents and their families. It is a legacy we can all be proud of.

To learn more about ways you can support Spring Lake Ranch, please visit our website page: “Giving to Spring Lake Ranch” at <http://www.springlakeranch.org/support/giving-to-spring-lake-ranch>

*Steve Sebastian
Development Director*

❖ STAFF Notes ❖

Chris Power’s departure from the Rutland Program left us with large shoes to fill. She shouldered a huge amount of responsibilities that fully supported the Rutland staff to provide the wrap around services this program provides. Many thanks to Chris for a job well done and we hope she enjoys her next step.

We said goodbye to Bridget Scott this spring. Bridget served the Ranch as House Advisor, Head Housekeeper, Personnel Director, and Volunteer Extraordinaire in her seven years at SLR. All the best, Bridget.

Tim Carrigan has joined the Hill staff living in Black Ash. Tim drives AA/NA meetings and brings continuity to the evening staffing. Welcome, Tim.

After 12 years away from the Hill, Paddy Martin has returned to the Ranch as the Farm Manager —welcome back ,Paddy!

We also welcome Pete Corsi to the maintenance crew, Galen Miller to our cooking crew and Laura Duby who joined the housekeeping staff.

Robin Milner is working with Resident Services two days a week to help with insurance reviews. She is also bringing us up to date on HIPAA compliance.

Theresa Hoffman is back with us again on a part-time basis. She has been assisting residents with daily living skills, hygiene and filling in on the work program.

Going Downhill—at Pico

At the beginning of the 2010-2011 ski season, the recreation program at SLR was able to work out an amazing ski deal with Pico Mountain. Through conversations with Pico, SLR residents and staff were able to ski there every Thursday, starting in January and running through to March.

Now you might be asking yourself why this was such a great opportunity. First, the rate to ski was amazing; an all-day lift ticket and equipment rental was only \$18. If someone had all their own gear, then a day's lift ticket was only \$12. Secondly, this allowed residents and staff a chance to get off the hill and hit the slopes. We could spend a fun-filled day together! We even put together a beginner ski trip so those just wanting to give it a try would be able to.

Just about every Thursday you could find SLR community members at Pico Mountain, and every week the trip was full. This



past ski season was absolutely amazing, and with Pico's help, we look forward to being able to offer this opportunity to the SLR community again in the 2012 ski season.

Ashley Potter, Recreation Coordinator

Mustache-A-Thon

In February Residents and Staff came up with the idea to hold a Ranch Mustache-a-thon as a fundraiser for our activities council that plans trips and cultural events. Participants started with a clean shave, got sponsors to con-

tribute donations and seven weeks later we held a celebration and photo event to honor those who gave up their beards for a good cause. We saw some smiles, cheeks and chins that had not been uncovered for many years.

❖ BOARD Notes ❖

*Welcome to our new
Members*

John Barnet
Linda Berryhill
Bruce Farr
Scott Garren
Libby Mills
Heather Shay



Reflections From a New Rutland Program Staff Member

Growing up nearby, I always knew Spring Lake Ranch existed, but my knowledge of it was limited. As a teenager, I snuck up here in the dark with friends to



Diane with her daughter

swim in the lake. My friend, who lived in Cuttingsville, assured me it would be fine. And it was -- we dipped and left. Now, so many years later, I'm back, newly hired as an adviser in the Rutland Program. My first experience as an employee was to work "on the hill" (as the Ranch is often called) for a week last fall. I was introduced to life here by working on the work crews, eating meals with the residents, and feeling the sense of community.

My initial impression of SLR was, "Wow, I didn't know this is what they did here!" I witness a work program geared towards people who struggle with mental illness. The interactions between residents and staff take place in an atmosphere of respect and encouragement. Surrounded by na-

ture and beauty, SLR is a place to feel comfortable and focused.

In the months since I began work, I have seen people change and grow before my eyes. My job as an adviser in the Rutland Program has allowed me to assist people who want to do well, who want to live independently. I have witnessed residents that I serve coming out of their shells and becoming assertive about what they need to thrive. SLR provides an environment for our residents to experience life in a realistic way, appropriate for their needs and personality. I feel fulfilled seeing people become who they want to be, and knowing I have a part in the process.

*Diane Northrop
Rutland Program Advisor*

Remember When?

Answer to page 3

You'll find an additional clue in this photo. During WWI, the Civil Air Patrol was established and recruited civilian volunteers to be air reconnaissance spotters. Volunteers were trained to recognize enemy aircraft. Check out the silhouette of an enemy bomber in the doorway. Volunteers from the Ranch and Cuttingsville staffed this observation post to support the wartime effort.



Physical Plant — The Old and The New

This new structure currently known as the "Bunk House," replaces an earlier structure which was similar to the remaining one on the left. This high-rise, designed so that road material can be dumped directly into the bays, holds our new truck with its sander and plow in the winter and all kinds of other equipment throughout the year. It also gave us the opportunity to do a rather significant clean-up and reorganization of our storage and equipment area adjacent to the Shop.

Rehabilitation *continued from page 2*

I moved to South Florida and ran a landscape business for ten years, cutting lawns and gardening. Next, I worked in the interior plant business, designing and maintaining foliage for large homes and businesses. I am in recovery for alcohol and drugs, and have eight years of sobriety. I worked in a children's psychiatric hospital as a behavioral tech and group leader for male offenders, received my Master's degree in mental health counseling, and now work as a substance abuse therapist in a local treatment center.

My parents have always been an important part of my life, and very supportive of my healing

process. They were there for me during my worst days without much hope. My mom went back to school for her Master's in Psychology after I had my breakdown, searching for answers on how to help me and the family. I put them through a lot of pain. They can relax more these days knowing I'm making better decisions.

With rewarding work, a wife and three children, my life has become very full. The depression is gone, and although doctors said I'd never get off medication, I've been medication-free since 1990. This means a lot to me. I am thankful for the opportunity I had at SLR to learn valuable skills that are paying off today in my life.

David Hopkins

❖ **NEWS Notes** ❖

Spring Lake Ranch hosted a luncheon in Sarasota Florida in March for Mental Health professionals and advocates. Member George Nostrand gave a powerful presentation on "Work and Recovery" which was very well received. Thanks go out to former house advisor Allison Paddock Bassi (Clinical Coordinator, First Step Sarasota), Jan Kuhn (Clinical Coordinator, Bayside Center) and Joan Geyer who helped organize the event.

A benefit party was held at Mr. Twitters & Gift Emporium in Rutland to usher in the holiday season. The event was festive and well attended. In addition to having a good time, over \$700 was raised for the Sarcka Scholarship Fund.

❖ **Structure** *continued from page 3*

with supervisors who know me better than words can express. They know the expressions on my face – they see my little frustrations throughout the day. They'll gauge it. They'll sense if I just need time to pass, and let my mind work on this project while the frustration and anxiety pass. Or, if they feel they can help, they'll talk to me."

With all the right pieces in place for the first time, Mischa finds he

can relax. "The funniest thing about these first days in town is that I feel more like I'm on a vacation. I'm not thinking about drugs and alcohol – 'Can I get it? Will I get sick? Can I drink even though I'm sick?' I have full days of not feeling impaired, not feeling bound by addiction or anxiety. I'm feeling true relaxation."

Mischa credits his new good feelings to the wisdom of the Ranch blueprint for this stage. "The Ranch wanted this transition to be smooth and appropriately challenging at the same time," he says.

When he thinks about the future, Mischa expresses a confidence born of continuing ties to the Ranch. After failing out of two colleges due to drugs and depres-

sion, Mischa remains committed to earning a Psychology degree, while continuing to work in residential settings. "I see a strong relationship with the Ranch. I see a recommendation coming from



Rutland Program Townhouse

my job here. Now I know I can be successful because I have support lined up to make it successful." He adds, "I have people with me."

Mischa

If you are interested in sharing any Ranch memories or photos, please contact Alice McGarey-Martin (alice@springlakeranch.org). Perhaps you'll see it in an upcoming newsletter.

Spring Lake Ranch is a non-profit, therapeutic work community in the Green Mountains of Vermont,
an alternative treatment center for people with mental and emotional illness.

Telephone: 802-492-3322 • E-mail: springlakeranch@springlakeranch.org • www.springlakeranch.org

Executive Director: Jim Taggart • *Consulting Psychiatrist:* Jennifer FauntLeRoy

Newsletter Editor: Steve Sebastian and Alice McGarey-Martin • *Special Thanks to* Constance Skedgell, writer and editor

Photo Credits: Abe, Janet, Doug, Maureen, Kes



Spring Lake Ranch

Therapeutic Community

1169 Spring Lake Road
Cuttingsville, VT 05738



... To Spring