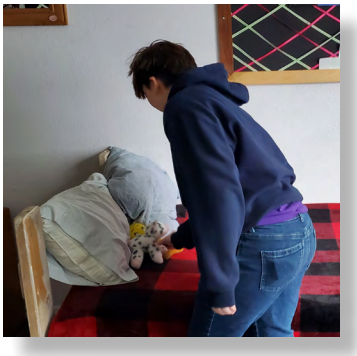
PATCH works
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TOOLS FOR TOMORROW: Preparing For Life After Patch

When families come to Project Patch, their focus is on helping their teen heal from the challenges that brought them here: depression, anxiety, trauma, suicidal thoughts, technology addiction, family conflict, or other struggles. And while helping teens heal and grow remains at the heart of our mission, we're also focused on preparing them for what comes next.

At Patch, every class, counseling session, chore, activity, and conversation is an opportunity to learn and practice skills for the future. We often think of those skills as tools being added to a toolbox. Today, students are building that toolbox. Tomorrow, they'll draw on those tools as they navigate life beyond Patch.

Practical Life Skills



Through our Life Skills course, students learn and practice everyday responsibilities such as laundry, cooking, cleaning, personal hygiene, and household chores. Every student comes with different experiences and different strengths. Wherever they start, the goal is to give each one the knowledge, skills, and confidence needed for greater independence.

Some of these kids have learned to survive, but they haven't learned the basics of life.
– John, Boys' Dorm Director

Greater independence doesn't always mean doing the task alone. Working together as a team through cooperation and communication is another important part of the course. These group projects give students opportunities to learn from one another through what we call modeling. As they practice these skills, they build confidence, strengthen communication, and often discover that they are capable of more than they may have realized.



Beyond the household responsibilities learned in the course, students also explore a variety of hands-on skills, including lawn care, wood splitting, sewing, and other practical tasks. Additionally, they are introduced to healthy hobbies and interests, such as mountain biking, fishing, rafting, and other recreational activities.

I learned all of my current hobbies, like guitar, fishing, and basketball, at Patch.
– Isaac, Former Client

Ultimately, students leave with greater confidence in their ability to care for themselves and navigate everyday life after Patch.

Planning for Independence

For students approaching adulthood, preparing for life after Patch means more than simply talking about what comes next. Juniors and seniors who are doing well in their counseling and core classes may elect, with counselor approval, to take the Independent Living course and/or the Personal Finance class. In Independent Living, students research and build a plan based on where they are likely to live after leaving Patch. In Personal Finance, they use Dave Ramsey's Financial Peace curriculum to learn practical money management and financial stewardship.

I think the interview process has the biggest impact on them: picking a job, creating a cover letter and resume, and then being interviewed by four different staff. — Deonna, Independent Living Teacher

The focus in these classes isn't on hypothetical situations, but on preparing for real life. Students research actual employment opportunities in their home communities, complete applications, prepare personal cover letters and resumes, and participate in mock interviews for those specific positions. From there, they compare housing and transportation options, calculate living expenses, and create realistic budgets based on potential income.

Continued on page 3 . . .



YOUTH PROGRAM HAPPENINGS

Rafting & Backpacking with the Boys





Fishing & Starlight Mtn Theatre with the Girls





TO DONATE:

projectpatch.org/donate26

GROWING TOGETHER

Equally important to preparing our teens for life after Patch is preparing their parents and families with tools for when they come home. This preparation begins from the time they drop their child off, with a Parent Email Series, and continues throughout their treatment, with Family Counseling sessions, Parent Weekends, and ultimately a Transition Home Plan. It is clear that the most successful transitions happen when families grow and heal together.

Healing is not a solo endeavor; it's a relational process. — Win, Clinical Director

Parent Email Series

When parents drive away without their child, they may be experiencing a mix of emotions, including relief, worry, guilt, or sadness. For this reason, our Parent Email Series begins right away, reassuring parents that these feelings are normal while providing encouragement and practical guidance for the journey ahead.

Throughout their teen's time at Patch, the emails address topics such as communication, boundaries, understanding their teen's progress, and preparing for the transition home. They are designed not simply to keep parents informed, but to help them grow alongside their teen and strengthen the foundation they will need when their child comes home.

Family Counseling & Parent Weekends

Weekly Family Counseling sessions are another important part of the process. Families typically begin by strengthening communication skills and creating a foundation for addressing challenges, before moving on to rebuilding trust and restoring connection.

Parents also have opportunities to participate in Parent Weekends throughout the year. These weekends bring families together for workshops and activities focused on topics such as connecting before correcting, growing spiritually, navigating technology, understanding the impact of trauma, and an overview of DBT skills. They also provide time for parents and teens to practice what they are learning.



Parent Weekend Activity

As treatment progresses, Family Counseling sessions and Parent Weekends provide valuable opportunities to apply these new concepts, work through family dynamics, strengthen family relationships, and prepare for the transition home.

Transition Home Plan

As the time to return home approaches, teens and parents work together with their counselor to create a detailed Transition Home Plan. The process begins with the teen and parents completing the plan independently, reflecting on their expectations, concerns, and goals for the future. Their responses are then brought together with input from their counselor to create a shared plan for life at home.

The plan addresses both the practical areas of life, such as daily routines, school, work, and responsibilities, and the relational areas, including communication, boundaries, rebuilding trust, and a strong support system. It also includes strategies for repairing relationships after difficult moments and navigating challenges in healthy and productive ways.

Just as students leave Patch equipped with new skills, healthier habits, and a vision for their future, families leave with tools of their own. Through education, counseling, and intentional planning, parents are prepared not only to welcome their teen home, but to continue the healing journey together. When families grow alongside their teens, the transition home becomes more than an ending. It becomes the beginning of a stronger future.

TOOLS FOR TOMORROW . . . continued from page 1

By the end, students have more than a course credit. They leave with tangible tools for their next steps, including a completed resume and cover letter, a realistic budget, a transportation plan, and a clearer understanding of housing and living expenses. They've also gained knowledge about managing money, including budgeting, saving, debt, insurance, taxes, and other aspects of financial stewardship.

Most importantly, they leave with something they can take with them: a plan.

Therapeutic Skills

Through Dialectical Behavior Therapy (DBT) [projectpatch.org/dbt] and Trust-Based Relational Intervention® (TBRI) [projectpatch.org/tbri], students learn tools for managing stress, regulating emotions, building healthy relationships, and navigating life's challenges. They also learn how physical needs such as sleep, nutrition, and exercise can affect emotional well-being, self-regulation, and decision-making.

These skills are taught by our counselors during group sessions, then reinforced throughout daily life. Whether using a grounding technique to manage anxiety, applying DEAR MAN to communicate a need or boundary, or using self-regulation strategies to manage difficult emotions, students learn that these tools are most effective when they are put into practice in everyday life.

DBT skills have been very helpful since I've left [Patch] ... a really good one is the 5-4-3-2-1 [grounding] skill.
— Kat, Former Client

By the time they leave Patch, students have more than a collection of therapeutic terms and acronyms. They have practiced these skills repeatedly in real-life situations and developed tools they can carry with them long after they leave.

Through practical life skills, planning for independence, therapeutic skills, and learning to own the off switch, students are building a toolbox they can carry with them long after leaving Patch.

Today, they are learning how to care for themselves, manage challenges, make wise choices, build healthy relationships, and take greater responsibility for their futures. Tomorrow, they'll have those tools to draw on as they navigate whatever comes next.

As former client Christina shared, "Patch gave me skills that I continue to use in my everyday life, often without consciously thinking about the fact that I learned them there."



"Owning the Off Switch" Technology Class

Students learn to:

- Use technology as a tool rather than being controlled by it.
- Recognize when screens interfere with goals, relationships, or responsibilities.
- Set healthy limits around phones, gaming, and social media.
- Consider how technology affects their mood, focus, and well-being.
- Choose real-world activities, relationships, and responsibilities over constant screen time.
- Build habits that support healthy sleep, physical activity, and personal growth.
- Develop the self-control to turn the device off when it's time.

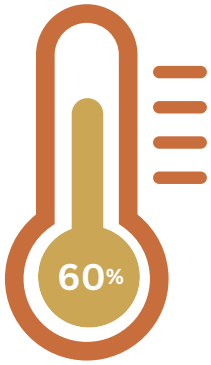
MORE THAN HALFWAY TO OUR GOAL

Thank you to everyone who has already joined our matching challenge. Together, we are over halfway to our goal, and there is still time to multiply your impact. Every new or increased monthly gift will be tripled through this special challenge, helping provide hope and healing for struggling teens and their families.

Triple your impact now:

projectpatch.org/match (360)690-8495





WISH LIST

For those who prefer to give toward a specific project, the following list contains items that are needed, yet are not part of the operating budget.

6 Ski Trips (3 per dorm) - $500 each

4 Ski Goggles** - $25 each

Fishing Gear** - $150

6 Lacrosse Sticks (2-pack)** - $40 each

Pinewood Derby Supplies** - $250

2 Book Lights (10-pack)** - $40 each

Board/Card Games** - $100

Outdoor Games** - $200

4 Portable DVD Players** - $40

2 Dash Cameras** - $100 each

Technology Supplies - $200

25 Christmas Sponsors - $35 each
(sponsor a Patch teen for Christmas)

** Also available on Amazon at www.projectpatch.org/AmazonWishList

Please note on your gift if you would like it designated for a specific Wish List item or the highest need Wish List item. If the item has already been purchased, we will contact you for further instructions.

To Donate

By phone: call (360) 690-8495

Online: www.projectpatch.org/wishlist

By check: mail to the address below

CONTACT US

PO Box 820209
Vancouver, WA 98682

info@projectpatch.org
www.projectpatch.org
(360) 690-8495

PLEASE
Let us know if your address, email, or phone number has changed!

PIECING IT TOGETHER by Chuck Hagele



One of my favorite memories was teaching my kids to ride a bike. I had two conflicting emotions. One was excitement, because riding a bike without training wheels opens a whole new world of exploration and opportunity. The other was fear, specifically about my kids crashing and getting hurt.

A tension exists between protecting our kids from harm and helping them take risks that lead to discovering new possibilities. At some point, parents must remove the training wheels and let go of the seat. Our kids must also start pedaling on their own and take responsibility for where they are headed.

This issue of PatchWorks is all about an even bigger transition: preparing teens for life after Project Patch. Teens come to Patch because they need help. We use the term *scaffolding* to describe the support teens need to feel secure and grow emotionally. As teens mature and develop positive habits, they need less scaffolding and support from our staff. The problem is that, like learning to ride a bike, it's a constant tension between protecting them and letting them learn from scraped knees.

Our goal isn't to graduate kids who won't ever fall; it's to help teens discover that life involves making mistakes, taking responsibility, making things right, asking for help, and trying again.

We struggle to determine when a teen is ready to return home from Project Patch. We know it's a difficult transition, and we work hard from day one to prepare them and their families. We also know there are things we can't anticipate, and they will only learn from picking themselves up and trying again. Our goal isn't to graduate kids who won't ever fall; it's to help teens discover that life involves making mistakes, taking responsibility, making things right, asking for help, and trying again.

Your financial support provides a place of care, healing, and scaffolding for teens who aren't able to stand safely on their own. You may also have a unique opportunity to encourage, model, and mentor a teen who returns to your community or church.

Whether you give monthly, shop from our wish list, give an annual gift, or serve on our prayer team, your support makes a difference for our teens, their families, and the community where you live. Thanks for whatever role you play in helping our teens.

YEAR-END GIVING THAT MAKES A DIFFERENCE

Year-end giving is an opportunity to make a lasting difference. Whether you give through a traditional donation, a Donor-Advised Fund (DAF), appreciated stock, a Qualified Charitable Distribution (QCD) from your IRA, or by including Project Patch in your estate plans, your generosity helps provide hope and healing for the teens and families we serve. If you'd like to discuss the giving option that best fits your situation, please contact us. We would be happy to help.



SINCE 1984 project patch

Project Patch has been partnering with parents since 1984 to help teens with behavior problems. Parents trust our licensed and accredited Youth Program in the mountains of Idaho as a therapeutic place for their teens to gain the insight, skills, and motivation to live a positive life.