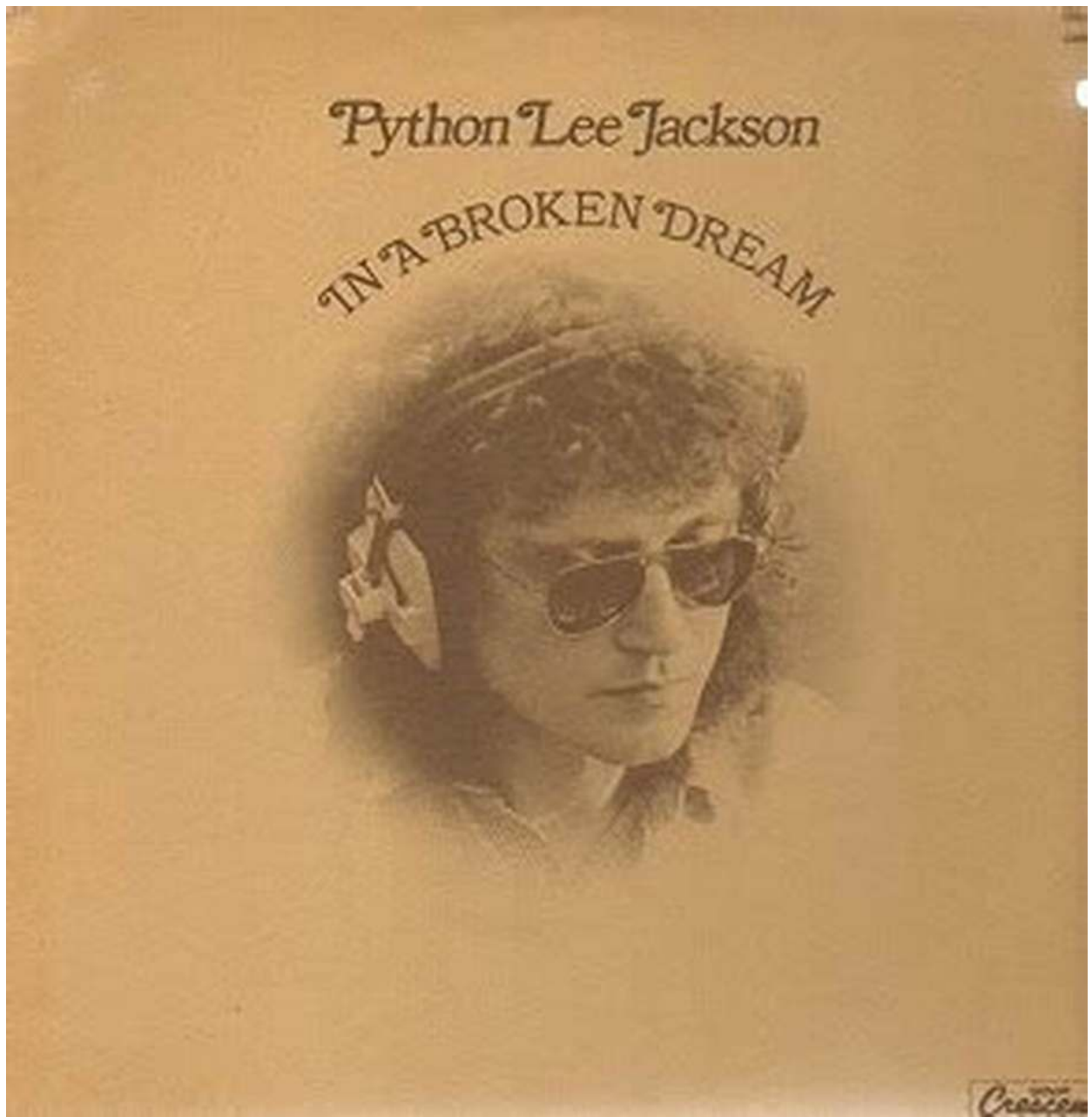


The Failed Promise Of America Behavioral Treatment Programs: Uncovering the Troubling Reality

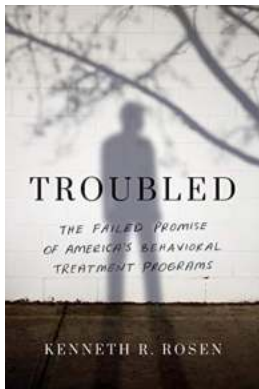


The American dream often promises equal opportunities and a path to success for all. However, when it comes to behavioral treatment programs, this promise

seems to have fallen short. These programs, designed to provide support and assistance to individuals struggling with various behavioral issues, have failed to deliver the expected results. In this article, we will explore the reasons behind these failures and shed light on the troubling reality of America's behavioral treatment programs.

Root Causes of Failure

The shortcomings of America's behavioral treatment programs can be attributed to several key factors. First and foremost, inadequate funding and lack of resources hamper the ability of these programs to make a substantial impact. Insufficient financial support leads to poor facilities, inexperienced staff, and limited access to state-of-the-art treatments and therapies. As a result, individuals seeking help may end up trapped in a system that cannot adequately address their needs.



Troubled: The Failed Promise of America's Behavioral Treatment Programs

by Kenneth R. Rosen (Kindle Edition)

★★★★☆ 4.1 out of 5





Achilles Tendinitis Home Exercise Program

Created by Jared Beckstrand Nov 4th, 2015

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1



Repeat: 3 Times
Hold: 20 Seconds
Perform: 3 Time(s) a Day

#1 CALF STRETCH WITH TOWEL

While in a seated position, place a towel under your leg, wrap it up and around your foot and grab it with your hands. Sit up straight and pull the towel towards you. You should feel a stretch in the bottom of your foot, your calf, and your hamstring.

I encourage my patients to sit up straight to stretch the hamstrings out as well.

2



Repeat: 3 Times
Hold: 20 Seconds
Perform: 3 Time(s) a Day

#2 STANDING CALF STRETCH - GASTROC

While standing and leaning against a wall, place the foot of the affected leg back behind you and bend the front knee until a gentle stretch is felt on the back of the lower leg.

3



Repeat: 3 Times
Hold: 20 Seconds
Perform: 3 Time(s) a Day

#3 STANDING CALF STRETCH - SOLEUS

While standing and leaning against a wall, place the foot of the affected leg back behind you and bend the front knee until a gentle stretch is felt on the back of the lower leg. Now gently bend your back knee until a stretch is felt in your Achilles tendon.

4



Repeat: 30 Times
Complete 1 Set
Perform: 2 Time(s) a Day

#4 ANKLE PUMPS - AP

Bend your foot up and down at your ankle joint as shown.

This is the very simplest form of active motion in the heel. This will be too easy for most but an appropriate starting point for some. Start here until this motion is pain-free and progress to exercise #5 as appropriate.

5



Repeat: 10 Times
Hold: 2 Seconds
Complete 3 Sets
Perform: 1 Time(s) a Day

#5 STANDING HEEL RAISES

While standing, raise up on your toes as you lift your heels off the ground.

PROGRESS TO #6 AS PAIN ALLOWS

6



Repeat: 10 Times
Hold: 2 Seconds
Complete 3 Sets
Perform: 1 Time(s) a Day

#6 STANDING HEEL RAISES

Stand on edge of a stair. Let your heels drop below the stair until a comfortable stretch is felt. Lift heels up slowly to higher than your toes, hold 3 sec, then slowly lower to start position. Stay within a comfortable range.

PROGRESS TO #7 AS PAIN ALLOWS

7



Repeat: 10 Times
Hold: 2 Seconds
Complete 3 Sets
Perform: 1 Time(s) a Day

#7 ECCENTRIC HEEL RAISES

Stand at back edge of box or step. Raise up on both feet, lift one foot up, and SLOWLY lower down on the affected leg until your heel drops lower than the step.

Additionally, the lack of standardized quality control within these programs creates an environment where subpar practices go unnoticed. With no standard guidelines or regulations, cases of malpractice can occur, leading to further harm to those seeking assistance. This lack of oversight perpetuates a recurring cycle of failure within America's behavioral treatment programs.

The Human Cost

Unfortunately, the failures of these treatment programs have a devastating impact on individuals and their families. Many individuals, who had high hopes for a better future, are left feeling disillusioned and abandoned. The prolonged lack of progress often results in a deterioration of mental health, leading to additional complications such as depression, anxiety, and substance abuse.



Moreover, the financial burden placed on families seeking treatment can be overwhelming. With limited access to affordable and effective programs, families are left with few alternatives. This disparity deepens the divide between those who can afford private treatments and those who must rely on struggling public programs, perpetuating an unjust system of inequality.

A Call for Change

It is clear that America's behavioral treatment programs are in dire need of reform. We must demand increased funding and resources from our government to support effective treatment options. Furthermore, implementing standardized regulations and quality control measures can ensure that individuals receive the care they deserve.

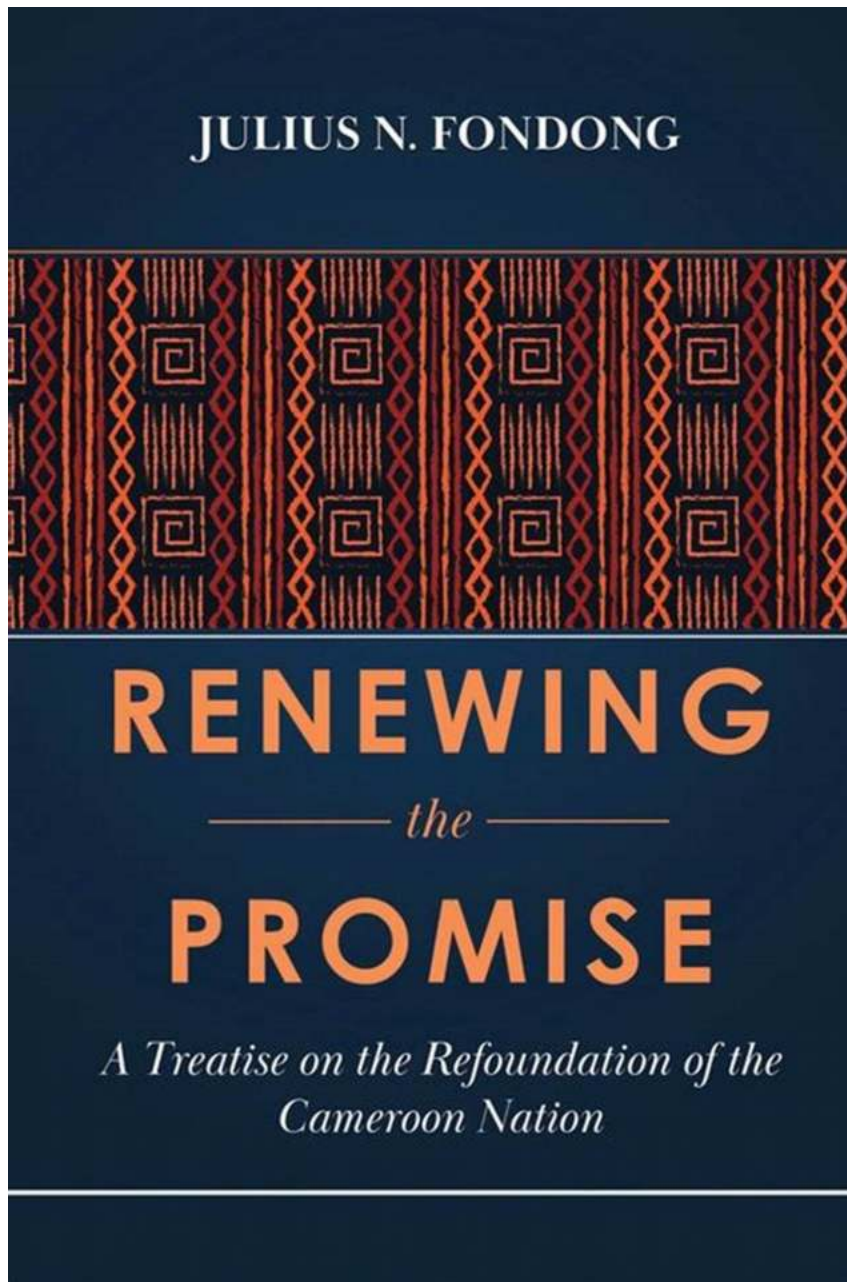


Additionally, public awareness and advocacy play a crucial role in pushing for change. By shedding light on the failures of the current system, we can rally together to demand better solutions and hold policymakers accountable for the wellbeing of those seeking help.

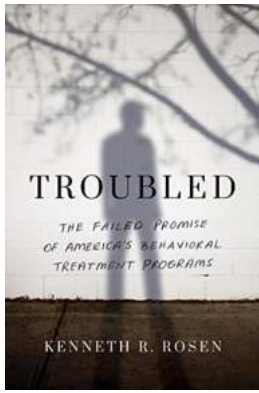
Moving Towards a Promising Future

While it may seem disheartening to witness the current state of America's behavioral treatment programs, we must remain optimistic. By acknowledging the existing flaws and actively working towards solutions, we can pave the way for a brighter future. Let us not forget the individuals and families whose lives have

been affected by these failures and remain committed to creating a system that truly lives up to its promises.



Together, through advocacy, activism, and a sense of compassion, we can bring about the long-overdue transformation that our behavioral treatment programs urgently need. It is time to address this crisis head-on and ensure that no one is left behind in their quest for support, recovery, and a better tomorrow.



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A New York Times Editor's Choice

One of Newsweek's Most Highly Anticipated Books of 2021

Named a Bustle Best Book of 2021

An award-winning journalist's breathtaking mosaic of the tough-love industry and the young adults it inevitably fails.

In the middle of the night, they are vanished.

Each year thousands of young adults deemed out of control—suffering from depression, addiction, anxiety, and rage—are carted off against their will to remote wilderness programs and treatment facilities across the country.

Desperate parents of these “troubled teens” fear it's their only option. The private, largely unregulated behavioral boot camps break their children down, a damnation the children suffer forever.

Acclaimed journalist Kenneth R. Rosen knows firsthand the brutal emotional, physical, and sexual abuse carried out at these programs. He lived it. In *Troubled*, Rosen unspools the stories of four graduates on their own scarred journeys through the programs into adulthood. Based on three years of reporting and more

than one hundred interviews with other clients, their parents, psychologists, and health-care professionals, *Troubled* combines harrowing storytelling with investigative journalism to expose the disturbing truth about the massively profitable, sometimes fatal, grossly unchecked redirection industry.

Not without hope, *Troubled* ultimately delivers an emotional, crucial tapestry of coming of age, neglect, exploitation, trauma, and fraught redemption.



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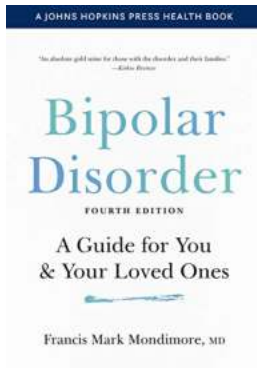
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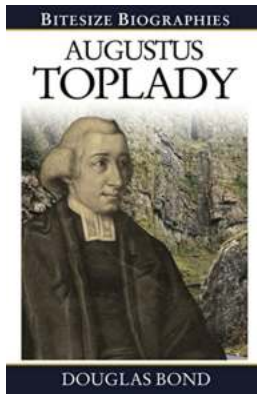
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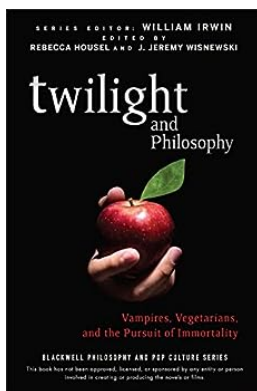
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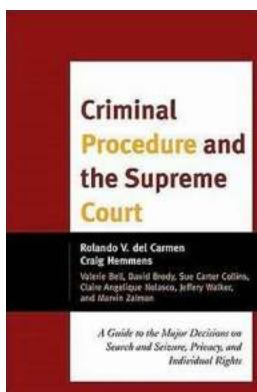
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