

H.T.S.

Horizons Therapeutic Services, P.C.

Dear Parents of MSPA Students:

The following information about **Horizons Therapeutic Services (HTS)** is for your consideration as you contemplate how to provide for the therapeutic needs of your child and family during his or her stay at MSPA.

Philosophy

HTS is the **only practice in existence that is designed from the ground up specifically to work with Mountain Springs Preparatory Academy and its families**. HTS has worked closely with MSPA for over three years; since the inception of MSPA's program. HTS therapists are trained specifically regarding the needs of students and families involved in the transition process. Whether students are preparing to return home or if they are planning on independent living after MSPA, HTS will work out an individualized treatment plan known as the GPS (Goals for Personal Success) that will serve as a unique and comprehensive plan to prepare your student for graduation and beyond.

Investment

HTS therapists are the only practitioners who are physically present on campus. Dr. Jakubowski personally attends parent weekends to give presentations and spend face to face time with families. Also, Dr. Jakubowski and HTS therapists working with him are the only therapists who personally attend weekly MSPA board meetings to discuss student progress and coordinate services with MSPA. This allows for excellent communication with the school and the best coordination of treatment.

Quality

HTS therapists are trained in state-of-the-art therapy techniques including empirically-supported interventions such as EMDR and DBT. Special focus is given to family systems theories and other therapeutic techniques that emphasize diagnosis, intervention, and prognosis of disorders such as Substance Abuse, Depression, Anxiety, Family Conflict, Parenting Issues, Cutting, Internet Dangers, Identity Problems, ADHD, School Problems, Peer Group Issues, Self-esteem problems, Adoption issues, and Defiance, just to name a few.

HTS has provided the therapy for over 83% of all students at MSPA*. Working with the majority of MSPA students allows HTS to have a unique perspective on group dynamics. It also allows for efficient coordination of transport services and update meetings. HTS has worked with 38* students who have completed their time at MSPA. Of those 38 students who have left MSPA, 25 graduated the program. Follow up with 28 of the former MSPA students who worked with HTS has shown that 25 are successful (i.e. drug free, in school, getting along with family, free from self-harm, etc...). That's a success rate of 89%.

HTS offers post-MSPA treatment to help students and families not only during the stay at MSPA, but after they graduate as well. Dr. Jakubowski has worked with families whose children have returned home, continually providing therapy and consulting with any therapists that will be involved after MSPA. Also, HTS is set up to work with students who go on to independent living situations. Currently, HTS provides therapy for former MSPA students at home from coast to coast, including MSPA graduates who have enrolled locally at Southern Utah University.

*as of January 10, 2008

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Scott Jakubowski, Ph.D., LMFT
(435) 590 – 6580

EDUCATION:

Ph.D.

Brigham Young University - Marriage and Family Therapy.

M.S.

Auburn University – Marriage and Family Therapy

B.S.

Brigham Young University, Provo, UT

Major: Marriage, Family, and Human Development

Minor: Psychology

Honors: Magna Cum Laude

EXPERIENCE:

Horizons Therapeutic Services, P.C., Cedar City, UT (present) – Owner and operator of professional corporation **designed specifically to work with families and students of Mountain Springs Preparatory Academy**, meeting both treatment and follow-up needs.

Moonridge Academy, Cedar City, UT (December '05 – present) - Therapist providing individual, group, and family therapy at a residential facility for troubled adolescent girls.

Monarch School, Heron, MT (June – November 2004) – Therapist providing individual, group, and family therapy at an emotional growth boarding school.

BYU Comprehensive Clinic, Provo, UT (September 2002 – June 2003) – Therapist providing therapy and conducting research in a university psychotherapy clinic.

Auburn University Marriage and Family Therapy Clinic, Auburn, AL (March 2001 – August 2002) – Therapist providing therapy and conducting research in a university clinic.

Family and Children Services, Phenix City, AL (May 2001 to July 2002) – Therapist

Rocky Mountain Youth Services, Provo, UT (May 1998 to June 1999) – Intern

Brigham Young University, Provo, UT (January 02 – January 04) - Teacher

MFHD 340 – Parenting – Taught Research and application of parenting principles and child development.

NURSING 294 lab – Taught basic clinical skills in the university nursing program.

MFT 656 – Marriage and Family Therapy Ethics course - TA

MFHD 372 - Temporal Welfare and the Family – TA

PUBLICATIONS:

2005 Crane, D. R., Hillin, H, & Jakubowski, S. F. (2005). Costs of treating conduct disordered Medicaid youth with and without family therapy. *The American Journal of Family Therapy*, 33(5), 403 – 413.

2004 Jakubowski, S. F., Milne, E. P., Brunner, H., & Miller, R. B. (2004). A review of empirically-supported marital enrichment programs. *Family Relations*, 53, 528 – 536.

2006 Jakubowski, S. F. & Crane, D. R. (in press). Marriage and family therapy research in health Care: Investigating the accuracy of self and family member reports of medical visits. *The American Journal of Family Therapy*.

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