

REBOOT

at Grand River Academy





GRAND RIVER ACADEMY

Since 1831, Grand River Academy has been helping students find success. Founded as a college preparatory school, GRA provides all of our young men with the tools needed to be successful once they graduate. While at GRA, students experience a supportive, welcoming environment where each young man is encouraged to explore his interests.

Grand River Academy's all-boys environment allows our program to be designed specifically for young men to be successful. Our Faculty and staff understand how to connect with boys and provide the necessary support to maximize each students' potential. Our Faculty encourages personal growth and works closely with students to help set realistic and attainable goals throughout the school year.

At Grand River Academy, we provide an individualized education plan to meet the needs of each student. With small class sizes and a student centered approach, teachers are able to use different strategies to get the most out of all their students. While not every young man learns the same way, there is enough research to understand what techniques are most effective in an all-boy classroom. Teachers at Grand River Academy incorporate these strategies every day in the classroom. Our classes utilize project-based learning strategies to help students understand the material while being engaged in the lesson.

Fundamental components of our academic program are mindfulness and active learning. These techniques help boys focus and process information more effectively than a traditional classroom setting.



REBOOT

Reboot provides a solution for young men struggling with gaming and electronic overconsumption. This nine-month program takes place throughout the school year in our all-boys private boarding school environment. Students in need of learning healthy electronic usage habits are able to get the therapy they need while attending classes in our college preparatory curriculum.

Created in conjunction with internationally recognized electronic and gaming addiction expert, author, and psychologist, Jay Berk, Ph.D., Reboot addresses the underlying causes behind gaming and electronic issues such as anxiety, depression, and high-functioning autism. Through a combination of individual, group, and family therapy, students collectively work through their electronic and gaming challenges in a supportive and welcoming community.

Reboot focuses on teaching students social skills, new hobbies, and healthy technology usage through real-life experiences at our all-boys boarding school. Students in Reboot are active members of the Grand River Academy community, participating in sports, activities, classes, and clubs with the rest of the young men who attend the Academy. Reboot provides an experience that reengages students academically, emotionally, and socially while preparing them for college and lifelong success.



REBOOT SCHEDULE

Students in Reboot are first and foremost Grand River Academy students. While they are assigned to a specific dorm, Reboot students participate in athletics, academics, and student life just like the rest of the young men at the Academy. Athletics take place for two hours every day after classes end. All students in Reboot are required to play a sport or be involved in a physical activity.

Sports and Activities Available for Reboot Students:

- Baseball
- Basketball
- Cross-Country
- Golf
- Indoor Soccer
- Outdoor Adventure
- Physical Fitness
- Soccer
- Tennis
- Wrestling

On the weekend, students in Reboot are required to go on at least one trip a day or participate in an on-campus activity. Common weekend trips include bowling alleys, amusement parks, movie theaters, and professional sports games.



REBOOT COUNSELING

Reboot addresses the underlying causes behind gaming and electronic issues. Generally, depression, anxiety, social rejection, lack of social skills, or high-functioning autism are what leads a student to internet/gaming challenges. Without fixing these issues, the situation does not improve. Thus, Reboot provides a holistic approach in the sense that students work on learning recreation, social skills, and a healthy and balanced lifestyle in a positive social environment.

Our goal is to help each student understand the reasons that caused the gaming or internet overconsumption in the first place, thus helping them carry the changes they need outside of our structure! This process happens throughout the nine-months of the academic school year. Each week, students meet with their counselor in a group and individually. Collectively, students work through their electronic and gaming challenges in a supportive and welcoming community. Grand River Academy also has a licensed counselor who lives on campus, allowing students to turn to a trusted professional at any time.

Reboot also features family therapy sessions throughout the program. In doing so, parent communication becomes an important part of our program. Parents can participate in person if local or via our HIPAA-compliant internet portal. We know that parents need to be part of the solution. For many students on visits and summers, the structure must be kept in place or there will be a loss of the skills learned.

ABOUT DR. BERK



Jay Berk, Ph.D. is a psychologist licensed in two states. He has more than 25 years of experience working with children, adolescents, adults, families, and groups. Dr. Berk currently facilitates 15 social skills groups and has had the first social skills groups in the Cleveland area. He continues to facilitate the longest running and most well respected/attended social skills program in the area.

Dr. Berk's present activities include being the author of a book, "Parent's Quick Guide to Electronic Addiction." He is currently in the process of writing a second book. Dr. Berk is well known for his "Practical Strategies" approach which he has taught at hundreds of sites in the United States and Canada. Dr. Berk's specialties

include children and adolescents with oppositional defiant disorder, anger issues, anxiety, depression, electronic and gaming addiction, autism, and learning differences.

In the past, Dr. Berk has been a consultant to the United Nations UNICEF, the Screen Actors Guild, the Disney Channel, hundreds of school districts, and educational agencies. He has also been a past ongoing consultant to the Department of Education in Hawaii, helping them restructure and train the mental health staff working in the schools. He is an affiliate staff member of the prestigious Cleveland Clinic.

Dr. Berk is able to bridge the continuum between working with educators, those in the educational field, staff in the mental health field, as well as occupational therapists, speech therapists, and administration. Dr. Berk is well known in the Cleveland area and has appeared in many magazines, newspaper articles, news channels and podcasts. He is especially well known for his ability to work with very difficult children and adolescents, as well as adults. Dr. Berk is a Cleveland native and enjoys the four seasons in Cleveland, his family and the supportive atmosphere of the Cleveland population.



REBOOT FAQ

What do you do in the program?

Reboot involves individual, family and group therapy as well as a healthy environment in a traditional boarding school. This structure leads to positive interactions and an opportunity to rebuild activities social connections. Reboot is an integrated approach to overcoming gaming/electronic addiction.

How does your treatment philosophy differ from other places?

Dr. Jay Berk, a leader in the field of electronic, online, and gaming addiction with more than 25 years of experience. His philosophy is that we are not just working on the addiction, we are working on what put them there in the first place. Without fixing these issues, the situation does not improve. Thus, our program is holistic in the sense that it works on teaching recreation, social skills, and a healthy and balanced lifestyle, all in a positive social environment with small class sizes and educational supports.

What is your plan to help my son in the long run?

The plan is not to manage them but get them to manage themselves. This is a key variable in the equation. Many programs over-manage the individuals and keep them in a highly regulated position, which of course they look better in because it is being regulated by the adults. Our goal is to help your child be able to manage electronics, online media and/or video games in a healthy way.

How is your program specific to my son?

Note that every student referred to us is individually assessed. The key to our success with students is understanding their journey towards electronics and how to replace what the electronics is doing for them. Upon enrollment, an assessment phase will be completed along with treatment plan that is specific to their needs.



To learn more or schedule an on-campus visit, contact us today at 440-275-2811 or admissions@grandriver.org.



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