

P.O. Box 857
Waitsfield, Vermont 05673



OFFICE (802) 583-1144
ADMISSIONS (802) 560-8063

AN OVERVIEW

- Maximum of 7 students per group and per therapist case load year round
- 2 guides in every group 24/7. No awake staff unless specifically designated as necessary
- Average length of stay 10-12 weeks
- Licensed as Residential Treatment Center by Vermont Department of Child and Family Services
- Accredited by the Association of Experiential Education
- Cost is \$850/day, \$4500 enrollment fee (includes all outfitting), \$3500 parent workshop
- Rolling enrollments take place Monday through Friday, 9 am to 4 pm
- All high quality name-brand gear and clothing provided and personal items belong to the student on discharge

OUR STUDENT

- True North students are those who will benefit from a small group and a lot of individual attention, both from the therapist and the guides. They benefit from receiving multiple individual sessions each week.
- Their parents will benefit from a comprehensive parent program.
- Most students come to True North because their parents make that choice for them. Our students must accept their enrollment with the help of parents, interventionists, and our team, but many of them are resistant to coming and don't think they need this type of intervention.

Diagnoses and presenting problems may include but are not limited to:

- Anxiety, mood-disorders, depression, dysthymia
- Low motivation, avoidant behavior, peer and parent relational issues
- Grief, loss and trauma
- High functioning ASD, ADHD, difficulties with executive functioning, learning differences
- Adjustment and attachment disorders
- Mild to moderate: ODD, OCD, bipolar, substance use, eating disordered behavior, self-harming behavior, personality disorder traits

THERAPEUTIC PROCESS

- Strengths-based progressive phase system with individualized interventions designed to help students achieve goals. Leadership opportunities are connected to phase progression. Privileges are not.
- Twice weekly individual sessions and weekly group sessions facilitated by Masters level clinician
- Daily individual and group check-ins about goals, insights, and feedback facilitated by guides
- Full psycho-educational evaluation available (extra cost)

PARENT PROGRAM

- Parents receive an hour update call from their child's therapist every week
- Parents receive additional weekly phone therapy sessions with a dedicated True North parent therapist
- Specific parent curriculum with weekly assignments
- Parent workshop facilitated by parent therapist (additional cost) with no more than 2 families participating for maximum individual intervention. Students are present for first day, second day for parents only.

ACADEMIC & EXPERIENTIAL CURRICULUM

- Recognized independent school by the Vermont Department of Education
- Written curriculum including personal development, life skills, outdoor living, team building and leadership skills, earth science, local history, orienteering
- Students may receive a transcript (for a small additional fee) issuing up to 3.5 graded credits through Cognia.

PROGRAM MODEL

- Wellness model: Diverse, nutritionist-approved diet including local and organic foods, daily physical activity, healthy meal planning and preparation, yoga, self-awareness, healthy body image development
- May to November: outdoor expedition model
- November to May: base camp model in heated winter cabins and canvas wall tents
- Highly trained Bachelors-level guides
- Dedicated support for coordination of adventure activities with each group



P.O. Box 857
Waitsfield, Vermont 05673



OFFICE (802) 583-1144
ADMISSIONS (802) 560-8063

AGES 14-17 ADOLESCENT PROGRAM



Our Student

- 14-17 year-old adolescents. We can get a variance for an appropriate 13 year-old. We can also have an 18 year-old who isn't appropriate for a young adult program in the adolescent group.
- May come with the help of an assisted enrollment. We will work with consultants, interventionists or escorts, and families to help prepare for this type of enrollment.

Program Model

- Several single-gender groups with consideration for non-binary and transgender students and one all-gender adolescent group
- Support for transition phase that includes supervised access to phone and internet when appropriate for planning with parents and consultant

May - November

- Expedition Adventure model includes backpacking, hiking, and camping in a variety of different locations
- Participation in outdoor living skills
- Participation in outdoor yoga and cooking classes
- Participation in adventure activities like canoeing, paddle boarding, kayaking, and disc golf

November - May

- Residential base camp model, sleeping in heated winter cabins every night and showering in fully-stocked bathrooms
- Outdoor activities that may include day hikes, geocaching, snowshoe expeditions, cross-country skiing, and disc golf
- Indoor activities in heated spaces on campus that may include art classes, yoga, movies, and games
- Indoor activities in large field house including pickleball, basketball, and soccer
- Opportunities to leave campus and participate in activities in the community

AGES 18-25 YOUNG ADULT PROGRAM



Our Student

- 18-25 year-old young adults. We can also have an 17 year-old who isn't appropriate for the adolescent program in a young adult group.
- May be seeking treatment for themselves or may be the result of a strong parental boundary that they must seek treatment.

Program Model

- All gender groups
- Support for transition phase that includes supervised access to phone and internet as prescribed in order to help young adults take an active role in their future and transition-planning with their parents and consultant

May - November

- Expedition Adventure model includes backpacking, hiking, and camping in a variety of different locations
- Participation in outdoor living skills
- Participation in outdoor yoga and cooking classes
- Participation in adventure activities like canoeing, paddle boarding, kayaking, and disc golf

November - May

- Residential base camp model, sleeping in heated winter cabins every night and showering in fully-stocked bathrooms
- Outdoor activities that may include day hikes, geocaching, snowshoe expeditions, cross-country skiing, and disc golf
- Indoor activities in heated spaces on campus that may include art classes, yoga, movies, and games
- Indoor activities in large field house including pickleball, basketball, and soccer
- Opportunities to leave campus and participate in activities in the community

