

P.O. Box 857
Waitsfield, Vermont 05673



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

AN OVERVIEW

- Maximum of 10 students per group and per therapist caseload year round
- 2 guides in every group 24/7. No awake staff unless specifically designated as necessary
- Average length of stay 8-12 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, \$3500 parent workshop
- Rolling enrollments take place weekdays, 9 am to 3 pm

OUR STUDENT

- Young adults 18 and over. Most students are 18-25 and we can serve someone older who is appropriate. We can also enroll someone who is 17.5 and would benefit from young adult programming.

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 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
- Comprehensive psycho-educational evaluation available (additional fees apply)

PARENT PROGRAM

- Parents receive an hour update call from their student's therapist every week
- Parents receive weekly phone sessions with a True North parent program facilitator
- 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 the first day, second day for parents only.

ACADEMIC & EXPERIENTIAL CURRICULUM

- Written curriculum including personal development, life skills, team building and leadership skills
- If needed, students may receive a transcript (for a small additional fee) issuing up to 3.5 high school graded credits through Cognia.

PROGRAM MODEL

- Therapeutic 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
- All gender group of 10 students
- Comfortable farmhouse residence with full kitchen, modern ensuite bathrooms and laundry facilities
- Highly trained residential guides with support from program managers
- Community-oriented activities throughout the Mad River Valley including museums, community service, indoor-rock climbing, bowling, nature centers, movies
- On-site weekly classes in art, cooking, and fitness
- Yoga, mindfulness, and meditation
- Outdoor adventure activities such as canoeing, paddle boarding, kayaking, downhill and cross country skiing, snow shoeing, mountain biking, golf and disc golf
- Overnight excursions to our Plum Creek campus that features heated platform tents and yurt

