

**TRUE NORTH VALUES TRANSPARENCY AND HONESTY  
WITHIN OUR PROGRAM AND IN OUR ENROLLMENT PROCESS.**



**We understand there is a lot of content about wilderness therapy online and in social media, including TikTok and Reddit.**

**We believe it is important for you to know these facts about our program:**

- \* Your safety and care is always our top priority.
- \* True North does not use humiliation or intimidation tactics.
- \* No students have been seriously injured or died at True North.
- \* You will sleep in a bunk bed on a mattress, in a platform tent that is heated by a wood stove.
- \* You will take showers in an indoor bathroom with hot water and will use a composting toilet at your campsite.
- \* When you arrive at True North, you will be given all the gear, clothing, and items that you will need.
- \* True North does not use a level system or “earning” of privileges, items, or food.
- \* You will have access to fresh food and clean water every day.
- \* Every week, you will choose personal food and group meals from a carefully crafted menu.
- \* True North does not withhold food as a consequence.
- \* You will not be photographed or recorded by anyone without your consent.
- \* You will never be isolated or forced to remain silent.
- \* We do not use impact letters or force you to read personal or private information to your group.

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**WHEN STUDENTS GRADUATE, WE ASK THEM WHAT THEY WOULD TELL A STUDENT WHO IS CONSIDERING TRUE NORTH. HERE ARE SOME RECENT RESPONSES:**

*“it is a wonderful place to go if you need a reset or a new beginning. I would also say that I don’t think I would be in the same place I was without True North.”*

*“It’s a deeply caring community of individuals who provided me with the support I needed to become my best self.*

*I’ll always treasure my time there.”*



*“True North is probably one of the best wilderness programs out there. While living in the woods is hard, it teaches you to lean on yourself for support and forces you to dig deep as your layers of masks are stripped away. In a good way of course.”*

*“That True North is no cake walk, and it might be difficult at first, but you really do make a lot of improvement and a lot of friends. And for me, it was really hard to leave.”*

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**If you want to talk about these facts or anything related to enrolling at True North, please call or text Kelly, our Director of Admissions at (203) 435-2253.**