

PROGRAM SUMMARY

PROGRAM TYPE: Residential Treatment Center for Girls

LOCATION: Spanish Fork and Saratoga Springs, Utah

TYPICAL LENGTH OF STAY: 9-12 months

STUDENT PROFILE: Girls between the ages of 13 and 17 struggling with moderate to severe emotional, social, and behavioral issues. Our therapists are specialists in addressing such issues as severe anxiety and depression, budding personality disorders, post-traumatic stress, addiction, history of trauma, low self esteem, OCD, bereavement, learning disabilities, school failure, attachment disorders and eating disorders. Many of our students have had unsuccessful treatment experiences elsewhere.

WHEN IT'S HARD TO BELIEVE YOU'LL EVER HAVE YOUR DAUGHTER BACK...

New Haven can help. New Haven has been helping young women overcome seemingly impossible emotional and behavioral problems since 1995. Combining clinically-sophisticated therapies with intensive family work in a values-based setting, New Haven has provided a lasting treatment solution for hundreds of girls who have found healing elusive in other settings.

THE FINAL STOP

New Haven has been around long enough to compile impressive outcome statistics that speak for themselves. Working with girls who have, on average, endured three previous treatment attempts, New Haven succeeds in transitioning 93% of its girls back home or to college, and 76% of those students never return to inpatient treatment again! These unparalleled outcomes with a treatment-resistant population—many of whom have struggled with deeply entrenched emotional and psychological issues—are due to several program features that, together, make New Haven the best treatment option for struggling young girls.

TRANQUIL, HEALING MILIEU

New Haven is located on two beautiful campuses, covering 31 acres nestled against the mountains, about an hour outside of Salt Lake City, Utah. Our four spacious homes house only 15-18 girls each in order to maximize the sense of intimacy and friendship. Removed from the distractions of urban life, New Haven girls have easy access to wholesome activities that include hiking, horseback riding, and skiing. In this safe and tranquil setting, girls can relax and engage their healing process without distraction.

**new
haven**



FAMILY FOCUSED

Lasting change must involve the entire family system. New Haven engages the family at every level of treatment to ensure deep and sustainable healing for our girls. Our families enjoy a rich treatment experience that includes family therapy every week, a three-day family weekend every eight weeks, and two family camping events that are great fun and deeply healing.

VALUES-BASED

Without a clear commitment to a set of enduring values, a girl, a family, and even a treatment program lack the foundation necessary to build meaning and health. Through our experiential Values Program, we help young women and their families identify, internalize, and articulate the values upon which they want to build a shared life. This values-based work helps our girls transition from being self-focused to being connected, contributive members of their families and society.

HOW WE DO IT: CLINICAL SOPHISTICATION

Drawing from almost 20 years of shared clinical experience, our interdisciplinary team of master's-level therapists and credentialed teachers work together to construct a comprehensive plan to meet the specific needs of each girl in our care. We have developed a treatment approach that includes intensive individual therapy, family-systems therapy, and group therapy, which features a variety of modalities selected to meet the specific needs of each girl. Our clinicians are experts in a variety of clinical issues and approaches, including:

- Family-systems therapy
- Trauma
- Grief and loss
- Mood disorders
- DBT techniques
- Equine assisted therapy
(by EAGALA certified therapists)
- Learning disabilities
- Experiential therapy
- Substance abuse and family recovery
- Adoption and attachment
- Personality disorders

PROGRAM FEATURES:

- Unrivaled clinical expertise in the treatment of adolescent girls
- 1:4 staff to student ratio
- Full battery of psycho-educational testing (included)
- Medication management, on-site psychiatrist, and 24 hour on-call nursing staff
- 3-day family weekends every 8 weeks
- Strengths based: emphasizing the identification and development of personal strengths
- Equine therapy
- Family-systems therapy
- Fitness program
- Recreation therapy
- Clinically sophisticated
- Accredited treatment (JCAHO)
- Licensed treatment (State of Utah)
- Accredited high school (NAAS)
- Student government
- Complete college-prep curriculum (ACT/SAT)
- Master's level therapists and credentialed teachers
- Intimate, family-style living (15-18 girls per house)
- Beautiful, well appointed campus, away from urban distractions, but with access to emergency facilities
- Low therapist caseloads for increased attention

