



Sunrise Residential Treatment Center

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www.SunriseRtc.com

## PROGRAM SUMMARY

**PROGRAM TYPE:** Residential Treatment Center for Girls

**LOCATION:** Hurricane, Utah

**TYPICAL LENGTH OF STAY:** 7-9 months

**STUDENT PROFILE:** Girls between the ages of 13 and 17 who are struggling with emotional, social, and behavioral issues that are interfering with their ability to succeed in a mainstream setting. Common issues our students face are depression/anxiety, bipolar disorder, substance abuse, low self-esteem, relationship difficulties, and learning differences.



**sunrise**

### EVERY GIRL IS DIFFERENT...

We customize our assessment, treatment, and transition services to meet the unique needs of each girl in our care. Our staff knows that in school and treatment one size does *not* fit all, so we meet each girl right where she is and design a program that changes with her as she grows confident, secure, and healthy during treatment.

### A COMPLETE SOLUTION

Sunrise is a licensed residential treatment center and boarding school for girls, aged 13 to 17, who are struggling emotionally and/or behaviorally. Because of our customized programming and in-town location, we are able to offer four programs under one roof:

- Intervention/Assessment
- Treatment
- College-preparatory school
- Transition

All aspects of our program are designed to form a healing milieu that combines the warmth of a home, the safety of a residential treatment center, and the community access of a transition program. Sunrise offers the best features of a college-preparatory boarding school while making accommodations for learning differences so that girls can excel academically while healing emotionally.

Sunrise embraces the whole family with therapeutic support to accelerate a healing process that is systemic and, therefore, sustainable. As a result, many students who otherwise might need a short-term intervention and assessment program, a long-term treatment program, and a transition program can move through their entire healing process in a single 7-9 month program.



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## HOW WE DO IT

Our licensed therapists have the clinical expertise to effectively treat a wide range of issues, utilizing the most effective treatment approaches available, including:

- Individual, group, and family therapy
- Dialectical behavioral therapy (DBT)
- Intensive family workshops
- SMART recovery
- Equine-assisted therapy
- Recreational therapy

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Who knew I would ever be writing this letter? I definitely didn't believe I would ever get here....

You have changed me. Please know that you have **MADE A DIFFERENCE**

in my life, and you have made me (the girl who couldn't feel loved) believe there's nobody more important than me. I used to wonder why you cared so much, but now I am just thankful.

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## THE ADVANTAGES OF A ONE-PROGRAM SOLUTION:

- Accelerated results: less time away from home and less expense
- Fewer disruptions during the treatment process
- A healthy continuity of relationship between the young woman and her therapists and teachers
- Less academic disruption and less falling behind
- Lasting therapeutic outcomes—success that survives the return home

## PROGRAM FEATURES:

- All-in-one program: intervention and assessment, treatment, transition
- Robust transition program: internships, jobs, enrollment in local colleges
- Equine therapy
- Fitness program
- Dance therapy
- Recreation therapy
- Clinically sophisticated
- Values-based
- Accredited treatment (JCAHO)
- Licensed treatment (State of Utah)
- Accredited high school (NAAS)
- Complete college-prep curriculum
- Academic accommodations from our special-education credentialed teachers
- Family-oriented
- Clinically sophisticated: DBT, Family Systems, Smart Recovery, etc.
- Licensed therapists and credentialed teachers
- Secure facility but with immediate access to in-town resources

