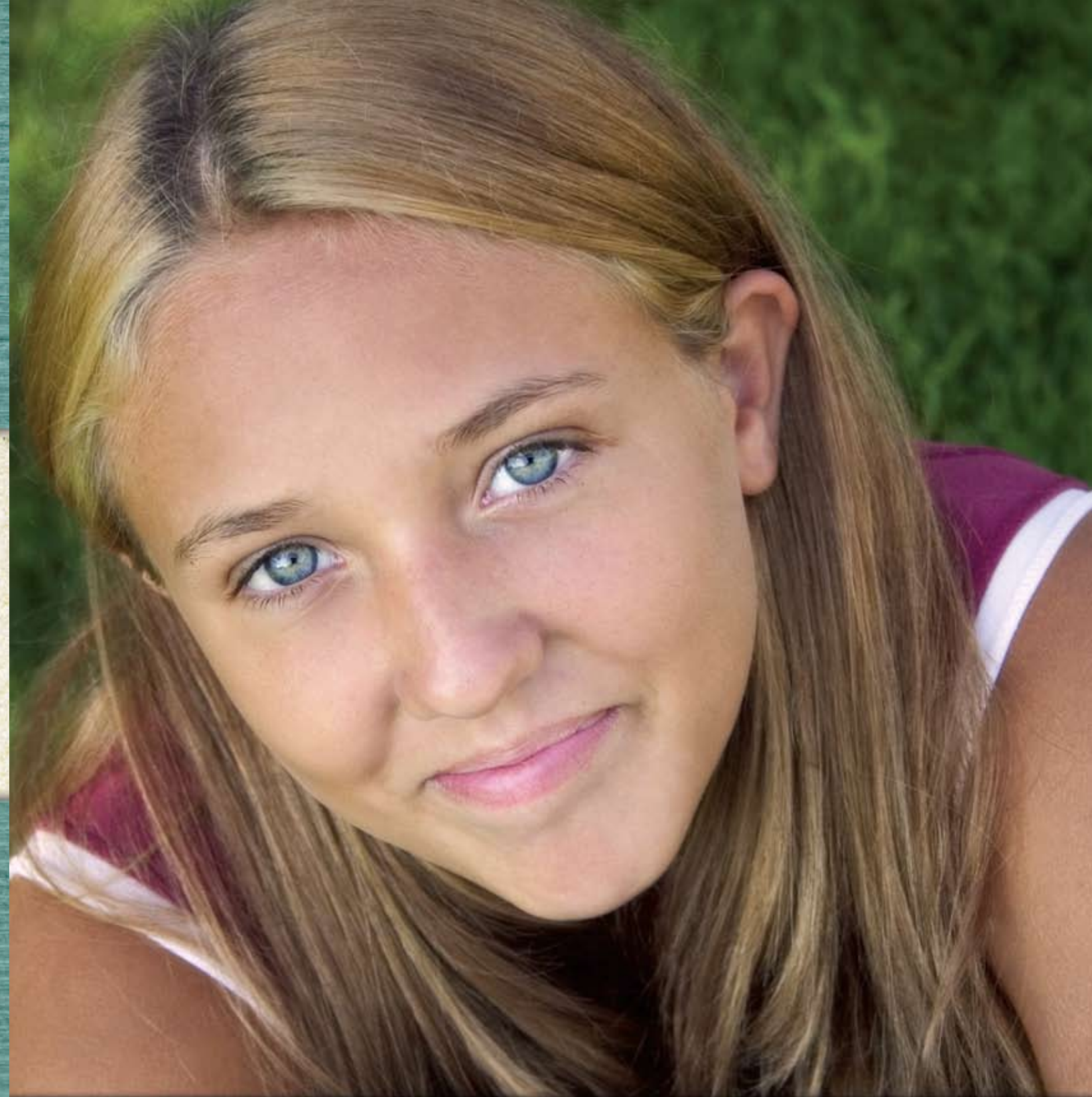




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Residential Treatment Program and Boarding School for Teen Girls

# Welcome

Sunrise is a residential treatment program where healing begins for girls and their families. We help teen girls ages 13-17 overcome the emotional or behavioral struggles that can keep them from living fulfilling lives and having healthy family relationships. Sunrise is founded upon the belief that every girl is different. Because your daughter possesses a unique compilation of experiences, talents, relationships and struggles, Sunrise offers a treatment program that is customized to meet her special needs and help her become more confident, secure and healthy. By combining the best features of a boarding school, a treatment facility and a transition program, we are able to provide a *safe and nurturing environment* for our students, giving them the support and tools necessary to thrive.



*We are very excited and looking forward to the future. You and your excellent staff have done great work guiding us and Sarah through this time.*  
*Words are not enough...*



## Setting

Unlike some treatment facilities that operate in remote locations, Sunrise exists in the heart of the quaint community of Hurricane, Utah. Our location provides the perfect balance of safe, comfortable surroundings with active, involved community living. In fact, our in-town location plays a significant role in our therapy program, as it allows our girls access to jobs, internships, activities and educational/volunteer opportunities. Sunrise is a warm and inviting home where girls are made to feel welcome, included and appreciated. We strive to provide a home that allows girls to experience *freedom, safety, independence and togetherness*. The result is a warmth and comfort that you feel the minute you step through our front door.



## Therapy

The best treatment requires not only current research-based therapies but also an informed vision for each unique teen girl. Our clinicians' first job is to get to know your daughter from a number of perspectives, including clinical, family and learning profiles. Tying all of this together requires an understanding of each girl as a person—her dreams, fears, strengths and hurts; what makes her angry and what makes her laugh. Our licensed therapists are experienced in applying a number of modalities that they use in combination according to your daughter's specific needs.

- Dialectical Behavioral Therapy (DBT) (DBT Trained Clinicians)
- SMART Recovery (substance abuse education/therapy)
- Specialty and Psycho-educational Groups
- Equine-Assisted Therapy
- Recreational Therapy
- Family Systems Therapy

In addition to creating a therapeutic environment that promotes growth in the course of daily life, we also provide weekly individual, group and family therapy. Our therapists facilitate daily group sessions and specialized psychotherapy groups focusing on specific issues such as adoption, trauma, body image, self-esteem and substance abuse.

Family therapy and involvement is an integral part of our program. At Sunrise, we believe that healing is a family process. We provide support to the "whole family" to ensure changes made in treatment last a lifetime. Our family services include weekly family therapy, on campus visits, retreats and family weekends. Our families come together every 12 weeks to participate in a three-day family weekend. During this time, families engage in educational and therapy groups as well as recreational activities. Our goal is to provide support to our families to ensure a successful transition home.

*Thanks for everything you did for Carrie  
at Sunrise... I truly believe that  
she would not be  
where she is today  
without all the tools you gave her!!*



## Our Team

We're very proud of our team, not only because of their impressive professional credentials, but because of their deep care for each other and the girls they work with. We've worked hard to construct a team of like-minded therapists and educators who are driven by Sunrise's mission. The result is a group of professionals that *functions like a team and cares like a family.* Anyone who tours Sunrise will experience the warmth of a team whose work is informed not only by the latest clinical research but by compassion, hope and love. The culture at Sunrise is built around nurturance, relationships and balance. By staying intentionally small and maintaining a staff-to-student ratio of 1:6, we are able to build trusting relationships with each girl to help her grow confident, secure and healthy during treatment.

# Life At Sunrise

Sunrise is homelike and comfortable with a pool, living area, family-style kitchen and dining room, and other amenities that create opportunities for staff and students to feel at home as they interact. A typical day at Sunrise consists of exercise, planning and goal setting, dance class, individual time, family-style meals, chores, school, a session of group psychotherapy, an activity in the community and individual or family therapy. Students may also choose to participate in group sports, recreation, music or art projects. *Sunrise works to uncover the academic, social and emotional potential of girls* who have been held back by emotional or behavioral struggles.

## Safety

Sunrise has the clinical sophistication, secure facility and structure of a licensed Residential Treatment Center, allowing us to safely address the needs of girls during even their most challenging times. Our staff has the experience and credentials to effectively treat a wide range of issues and our proximity to medical and psychiatric resources means that we can provide a high level of safety for our girls.

## Treatment

At Sunrise, we have created a program that balances complementary features in order to provide a holistic healing process for our girls—a process that addresses the specific needs of the individual while offering a broad-based growth experience. Students advance in the program through a therapeutic level system. The first three levels; safety, discovery and belonging, focus on positive external changes, and the final three levels; integrity, interdependence and generosity, focus on positive internal changes. Students are assessed for level advancement by the Treatment Team, which consists of the student's Therapist, Clinical Director, Educational Director, Residential Director, Executive Director, Program Nurse and Lead Residential Supervisors.

## Transitions

Our ultimate goal is to bring families together and to bring daughters home or send them safely to college. When your daughter is ready to test her new skills in preparation for her journey home or to college, we're ready too! Our girls enjoy access to jobs, internships and volunteering opportunities. Local colleges allow our older girls opportunities to begin their college studies while living in the safety of the Sunrise community. As each girl goes through her own unique healing process, community experiences represent a critical last step before going home—an opportunity to test what she's learned in the real world but with the ready support of staff and friends she's come to trust deeply.



*So far Lisa is doing great and  
I am thrilled to  
have my daughter back  
physically and emotionally.*

*Thank You*

## Academics

Our academic program is accredited through the Northwest Association of Accredited Schools and the Utah State Board of Education. Because every girl is different, we offer *customized instruction that accounts for each girl's needs.* Our curriculum standard for every girl is based on that of her home state, so that she can progress without a hitch through the appropriate coursework toward graduation in her state. Our 12-month academic schedule allows us to help girls catch up and stay on track for graduation. Small classroom size allows for individual instruction and support. Our special education trained teachers are able to meet the needs of academic high achievers as well as students whose abilities are challenged by learning disabilities such as ADD, ADHD, NLD, dyslexia and processing difficulties.

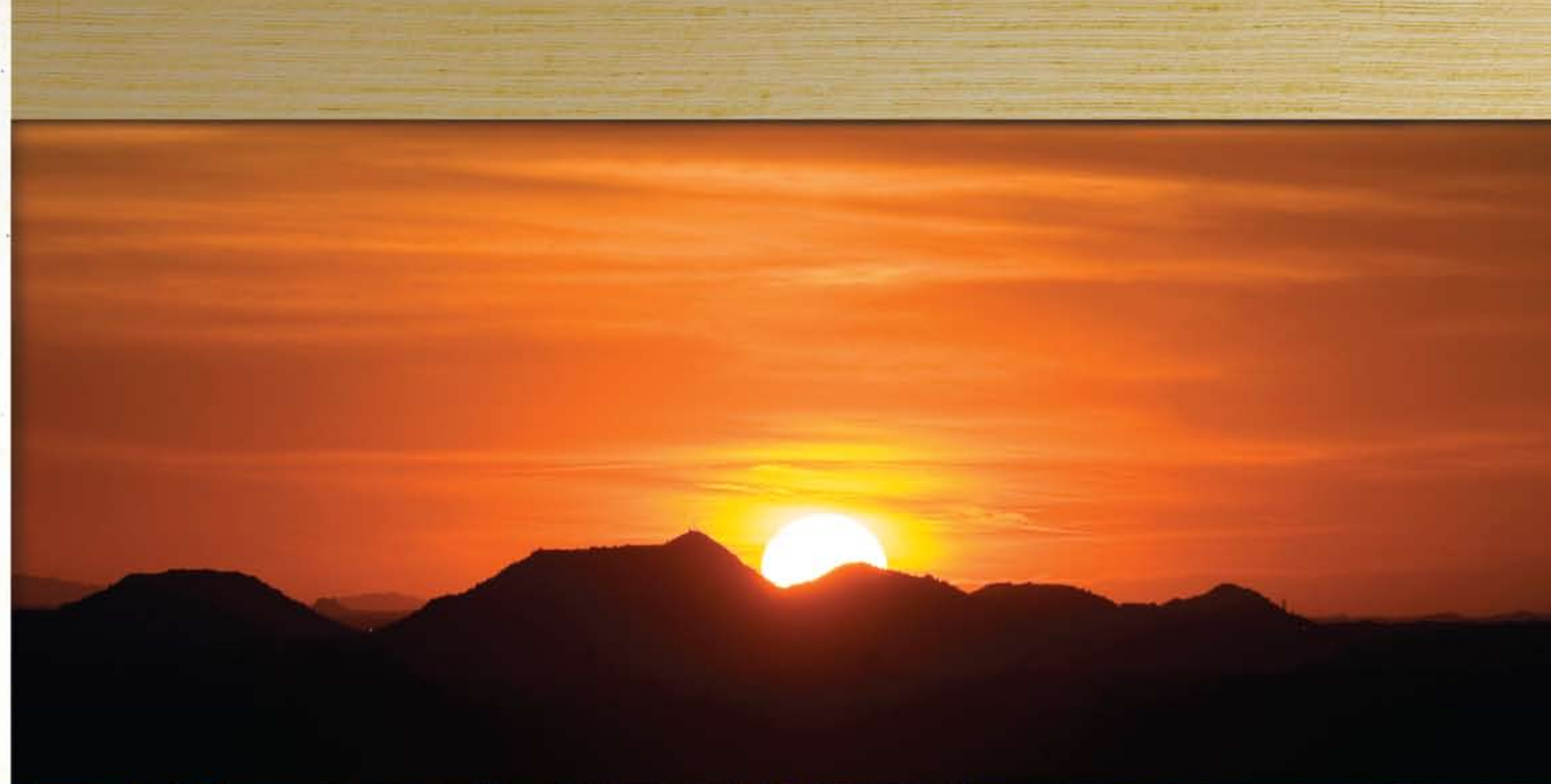
# Atmosphere

A nurturing community is critical to helping teen girls feel immediately safe and cared for, so that they can adjust quickly to treatment and get on with the work of healing. Sunrise cultivates a nurturing community by providing appropriate structure and lots of activity, encouraging connection with staff and other students and balancing therapy, school and fun. Girls who are further along in the healing process mentor and support new students; this mentoring program helps all Sunrise girls learn to work together for the good of the community. Highly trained staff at Sunrise intentionally make themselves available and seek out those girls who may tend to isolate or pull away. *Honest and open communication* is taught in groups and encouraged in day to day interactions, so girls feel the freedom that comes with transparency.

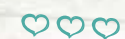
This sense of community extends into the local town as well. Hurricane's manageable population of 15,000 means that we are a known, welcomed and protected presence in the community. The town of Hurricane has made it clear that it's glad we're here, and they support our work and our girls.

# Activities

Hurricane, Utah is known as the Gateway to the National Parks, and our teen girls frequently enjoy some of the most beautiful wilderness in the world. Some of the activities include hiking and canyoneering through Zion, Grand Canyon and Bryce Canyon National Parks. Our students participate in a variety of local outdoor activities, which include 5K events, biking, swimming and dance. They also have the opportunity to participate in typical teenage leisure activities such as bowling, movies, laser tag, horseback riding and shopping. Furthermore, Sunrise is very committed to service. Sunrise girls volunteer on a regular basis at the local day care, rehabilitation center, welfare farm and cannery, at local triathlons, food drives and fairs. Through these various forms of recreational and leisure activities we help our students *learn and experience* appropriate leisure options that replace the previously negative activities they engaged in prior to treatment.



*Before I came to Sunrise my life was chaos.  
Now, I have a second  
chance at life.  
Now that I am going home, I can say that  
my life is for the most part balanced.*



# Results

We have created a positive, family-style environment where our girls find their own empowerment and independence, and gain emotional maturity. Sunrise's unique, all-in-one treatment solution, combining the warmth of a home, the safety of a licensed residential treatment center and the community access of a transition program allows many girls to complete all phases of their healing process in a single program, saving time and money and improving outcomes! Almost 100% of our students go back to high school or directly on to college — even those who had not previously planned to do so.

Our length of stay tends to be shorter than many other RTCs, because we help individualize each girl's treatment plan and maintain a small community for our girls to learn, heal and thrive. *We are so proud of our families and the work they've done to grow together and support their daughters.*



# Admissions

Sunrise insists on a selective admission policy to help maintain the positive environment we believe is necessary for personal growth and change. Our small size allows for individualized and focused treatment of a variety of problems for struggling teen girls 13-17 years old. The typical length of enrollment for our students is 7 to 9 months. Parents understand that in order to help achieve lasting change and reach their full potential, their daughter must complete her full program.

Some common issues treated by our team at Sunrise include but are not limited to:

- Depression
- Substance abuse
- Manipulation
- Family conflict
- Anxiety
- Bi-polar
- Personality disorders
- Relationship problems
- Poor self image
- Academic decline
- Victims of abuse and neglect
- Impulsivity
- ADD/ADHD

Our admissions criteria do not permit: medically unstable, physically violent histories, pregnancy, sexual abuse perpetrators, psychotic disorders and parents who are unwilling to participate.



# Contact

Finding the right kind of help for your teenage daughter is the first step to getting her back on a successful and meaningful path in life. We can help. To speak to one of our therapists, arrange a visit to Sunrise or to enroll your daughter, please contact our Admissions Director at 866-680-0288 or [admissions@SunriseRTC.com](mailto:admissions@SunriseRTC.com).