



# ALPINE

ACADEMY



*general information*



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Alpine Academy provides a residential treatment model that is uniquely successful at helping teenage girls learn the skills and gain the insight they need in order to succeed at home, in school, and with their own families.

### **Program Overview**

- Alpine Academy is licensed by the state of Utah as a residential treatment center; we provide care for up to 55 teenage girls (ages 12-18) in this campus setting. The typical treatment timeline for most students is 10-14 months.
- We treat a variety of psychological issues such as: depression, anxiety, PTSD, attachment issues, Axis II personality features, Bipolar disorder, ADHD, a variety of learning disabilities, and Autism Spectrum disorders.
- We offer a clinically-intensive treatment program for girls who are not currently a danger to themselves or others, are medically stable, do not have a primary diagnosis of substance abuse, and have a full scale IQ of at least 80.
- Facilities include: administrative offices, education center, clinical/medical building, family-style homes, fitness & arts center, numerous recreation facilities and outdoor sports fields, community gardens, outdoor pavilion, riding arena and horse stables.

### **Clinical Services: Intensive & Family-focused**

- All therapists are Masters or Doctorate level, with current licensure in Utah.
- Each student's primary treatment team consists of a licensed therapist, the live-in Treatment Parents in her home, and several full-time assistants. Other support staff include: a clinical supervisor, team of psychiatrists, residential supervisors, medical coordinator, registered nurse, special education coordinator, guidance counselor, dually-certified teaching staff of 10, and a multi-disciplinary leadership team.
- Advanced clinical services include: specialized therapy approaches such as DBT, EMDR, NLP, equine therapy, and art therapy, along with a variety of group therapies focused on specific issues such as adoption/healthy attachments, social skills, self-esteem, and substance abuse.
- Collaborative psychiatric services provided by a team of board-certified psychiatrists include: initial psychiatric evaluation, ongoing medication management, frequent communication with parents, and consistent collaboration with each student's primary clinician.

### **Academics: Challenging & Specialized**

- Our fully accredited academic program (since 2008) serves 7th-12th grade students; additionally, we have been certified as a non-public school in California since 2005.
- Small class sizes (6-12 students) allow for individualized instruction, ongoing support, and timely feedback for each student.
- All core classes are taught by highly-qualified educators, as per NCLB federal regulations.
- In our traditional private school setting we offer the standard core subjects as well as a wide variety of electives, multiple advanced course selections, specialized classes for academic skill remediation, recovery credit options, and specialized educational services and supports for student with IEPs.

### **Residential Life: "Real World" Training**

- The Teaching-Family Model is the foundation of our program's treatment approach. It is an evidence-based, empirically-verified model of care that utilizes cognitive-behavioral intervention strategies. Our treatment approach incorporates social learning theory concepts, develops empowerment and self-determination, and provides students with leadership training opportunities; the primary emphasis of this model is to help students develop healthy peer and adult relationships.
- Students live in homes intended to mimic a family setting rather than a dormitory or institutional setting, where continuous teaching to treatment goals is provided by a small team of highly trained residential staff. These "normalized" surroundings allow for ongoing opportunities to practice and apply the skills and insights that each student gains in a way that most closely mirrors the environment she will return to.
- Each girl's progress and advancement is measured through use of a motivation system, combined with insight-provoking therapeutic assignments and guided group discussions.



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