

# THREE SPRINGS

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## THREE SPRINGS OF PAINT ROCK VALLEY, GIRLS' PROGRAM

**Three Springs of Paint Rock Valley**  
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Three Springs of Paint Rock Valley Girls opened in March 1988. Paint Rock Valley is an [Outdoor Therapeutic Program](#) that is [licensed](#) as a Residential Treatment Program by the Alabama Department of Mental Health, as a Residential Program by the Alabama Department of Youth Services and as a private school by the Alabama Department of Education. It is the only free-standing Outdoor Therapeutic Program in the United States to have achieved regular, full accreditation by the Southern Association of Colleges and Schools. It is accredited by the Association of Experiential Education. The program is recognized nationally for its outdoor therapeutic services for youth which also integrates specialized services for sex abuse victims and alcohol/drug problems. This program has served adolescents from all 50 states and several foreign countries. Other highlights of the program include the Equine Program, medication management, an on site high and low ROPES course, and a parent support network. This program also provides Aftercare Services and is a member of the Alabama High School Athletic Association.



Paint Rock Valley Girls currently has 48 girls ages 10-17 years old. The program offers a unique combination of traditional psychiatric/psychological treatments along with experiential/adventure based outdoor services. This highly structured program has earned a national reputation for high quality care

and positive outcomes. Children and adolescents with emotional and behavioral problems receive comprehensive treatment in a safe and nurturing environment. Residents at Paint Rock Valley live and work as a team in structured outdoor campsite environment they have helped build and design. They continue their education at on-site, private school. The educational program, which includes experiential activities integrated into the academic schedule, is custom-designed for each student. Upon discharge, credits are transferred to resident's home school. High school graduation can occur from Three Springs' School.

Residents live in groups of 8-12 under the supervision of skilled Group Counselors who are experienced in child/adolescent counseling, use of group process and outdoor therapeutic programming. This Springs focus on the "here and now" issues of the resident's of the residents life. This focus, is consistently seen through the utilization of reality therapy counseling approach with emphasis placed is on the development of problem solving, coping, self help, and socialization skills. This orientation places significant expectation on the resident to take responsibility for his situation and to address it in a positive manner. The resident is not counseled or treated as one who is suffering from mental illness, but rather as an individual who has the capability, if he chooses, to acquire the skills to behave, to feel, and to think differently. Such an orientation does not dismiss the clinical validity of diagnoses to positively cope with the "here now" and addresses the "learned helplessness" many of these residents demonstrate.

While the use of group process is seen as the primary, therapeutic intervention necessary to achieve lasting change, Three Springs recognizes the need for additional therapeutic efforts and utilizes them as part of their comprehensive treatment program. Psychiatric/Psychological services, individual counseling, family counseling, substance abuse counseling/education, abuse victims treatment and special educational services are examples of additional treatment services available to residents with our program. Such services more specifically address the individual needs of residents children in a manner which supports and complements the group process model.

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