

Blue Ridge Therapeutic Wilderness

(Wilderness Therapy Program)

CONTACT

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PROGRAM OUTLINE

Gender: Boys and Girls in Single Gender Groups
Ages: 13 - 17
Grades: 9 - 12
Enrollment: Groups of 8 - 10
Duration: 8 - 10 weeks
Founded: 2002



NATSAP Member
Since: 2004

Airport: Atlanta, GA (ATL)

Founded in 2002, Blue Ridge Therapeutic Wilderness is a licensed treatment program for adolescents in Georgia. Located two hours northeast of Atlanta, Blue Ridge provides sophisticated clinical treatment in a nomadic wilderness model. This combination of advanced clinical skill with over-simplified natural setting allow for intensive therapeutic impact, development of coping skills, learning accountability and responsibility, acquisition of communication skills, healthy emotional and behavioral habits, as well as improved relationships with peers and adults. At the heart of the work at Blue Ridge is the cultivation of truly individualized treatment by a committed community of professionals. Our high staff retention has resulted over time in consistent service, exceptional care, and reliable program delivery.

Blue Ridge Therapeutic Wilderness has three program tracks to serve students ages 10-17. The adolescent track includes single gender groups for girls and boys ages 14-17. Students referred to these groups in part because of their more specific group profiles, which enhance the peer to peer support in treatment. The Footsteps and SPARK tracks at Blue Ridge serve pre-adolescents and younger adolescents. Footsteps is a co-ed wilderness experience for boys and girls ages 11-14 serving a range of life, school, family, and mental health issues. SPARK is a boys only group for ages 10-15 developed for students with neurodevelopmental delays or disorders.

All students at Blue Ridge Therapeutic Wilderness struggle with mental health issues including, but not limited to, trauma, behavioral problems, developmental issues, oppositional defiance, substance abuse/dependence, learning disabilities, academic issues, attachment issues, and relational difficulties. Treatment plans are highly individualized and include flexible lengths of stay, multidisciplinary assessment provided by masters level clinicians and a licensed clinical psychologist, individual therapy, group therapy

Family support is critical at Blue Ridge. In addition to weekly update phone calls with their child's clinician, parents also have access to support through peers and mentors in support groups, access to weekend long parent workshops, parallel parent curriculum, and psycho-education through videos and podcasts. Visits to the field and parent/child phone calls are utilized with intention, when appropriate.

Safety is our number one concern at Blue Ridge Therapeutic Wilderness and we have an outstanding safety record. Each group is comprised of highly trained field instructors. Both level of medical training and staff to student ratios exceed state requirements and industry averages.

Individual Psychotherapy Available: Yes

Accreditation, Licensure: Georgia Department of Human Resources - Outdoor Therapeutic Camp; North Carolina Department of Human Services - Outdoor Habilitative Camp

Professional Affiliations: NATSAP-Full Member; Association of Experiential Education; Outdoor Behavioral Health Council