Eva Carlston Academy

(Residential Treatment Center)

CONTACT

Executive Contact: Kristi Ragsdale
Admissions Contact: Laura Kemper
Email: laura@evacarlston.com
Phone: (801) 449-0089
Fax: (801) 204-9510
Address: 4943 South Wasatch Blvd.
Salt Lake City, UT 84124
Website: www.evacarlston.com

NATSAP Member
Since: 2015

PROGRAM OUTLINE

Gender: Girls Only
Ages: 12 - 18
Grades: 7 - 12
Enrollment: 44
Duration: 12 months
Founded: 2011



Airport: Salt Lake City, UT (SLC)

Eva Carlston Academy is a small residential treatment program for adolescent girls who need a clinically intense, yet nurturing environment to help them find their unique place in the world, a passion to inspire and guide them, and a sense of purpose in life. It's through a combination of sophisticated therapy, mentorship, the arts, and experiential learning that students at Eva Carlston heal and grow. They discover that they can succeed, take care of themselves, and love life as they journey toward young adulthood.

Our program takes place in three elegantly appointed houses located in Salt Lake City, giving girls an intimate sense of home as well as access to the cultural resources and opportunities of a large city. In our family-style setting, girls feel safe, valued, and at ease. With only 12-16 girls per house, deep friendships develop quickly. By participating directly in all decisions that affect her house, each girl finds her own unique voice and place in the intimate community.

We offer support in the form of a robust program of individual, group, and family therapy led by seasoned, licensed therapists. Our treatment approach is gender-specific, using the best, research-validated approaches for supporting women's mental health. Our milieubased therapeutic model, the Teaching-Family model, is research validated and serves as an effective way to help students achieve greater emotional health and independence by emphasizing 1) Strength-based approaches to skill building, 2) Problem Solving and emotional regulation, 3) Social-skills development, and 4) Preparation for independent living.

Eva Carlston Academy serves girls ages 12 to 18 who are struggling with emotional and behavioral issues, included but not limited to: Depression, Anxiety, Defiance & behavioral issues, ADHD, Self-harm, Eating disorders, Suicidal ideations, Substance Abuse, Physical and Sexual Abuse. We can safely accommodate those with diabetes, special dietary restrictions, and other medical conditions.

Individual Psychotherapy Available: *Yes*
Accreditation, Licensure: *State of Utah Office of Licensing - Department of Human Services; AdvancED*
Professional Affiliations: *NATSAP-Full Member*