

# Explorations

(Therapeutic Boarding School)

## CONTACT

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## PROGRAM OUTLINE

**Gender:** Coeducational  
**Ages:** 12 - 17  
**Grades:** 7 - 12  
**Enrollment:** 10 - 12  
**Duration:** 12-18 months/Residential  
 21-58 days/Summer  
 7-21 days/Custom Family  
**Founded:** 1989

**NATSAP Member**  
**Since:** 2005



**Airport:** Spokane, WA (GEG)

For over 25 years, Explorations has offered a variety of unique and relevant program choices that meet the needs of today's teens and young adults. We promise individualized attention and small groups, support reunification of families through integrated parent involvement, and prioritize successful, supported transitions at the conclusion of each of our offerings.

Explorations Residential looks and feels like home! Students, ages 13 – 17, practice solutions to 'every-day-life' problems in a real life environment. Students live in a therapeutic home while balancing out the challenges of family, school, and personal endeavors. Students attend school or complete distance learning and participate in individual and group therapy. Parent involvement is prioritized and supported through parent coaching calls, regular contact with therapists and family weekends. Mentors are nurturing but firm, and teach valuable life skills. International and domestic travel experiences round out the Residential curriculum.

Explorations Summer Adventure serves girls and boys ages 13-18. We teach self-reliance, responsibility, and accountability through rigorous adventures such as backpacking, rock-climbing, and rafting. Our courses are perfect for students who are floundering in school or at home, yet do not require the intensity of a wilderness intervention. Participants benefit from an opportunity to raise self-esteem and learn new strategies in parent and peer relationships. Adult mentors instruct side-by-side the student and therapy is integrated into the adventure curriculum.

AfterCare transition support is available at the conclusion of all offerings. AfterCare specialists work with parents and students to devise an individualized and workable transition plan based on the strengths and needs of each family member.

Custom-Designed Experiences are available year-round for families, parents, young adults, or siblings. We specialize in designing experiences during which extensive therapy, creative outdoor pursuits, and education are integrated to meet the needs of the student, young adult or entire family.

**Individual Psychotherapy Available:** Yes  
**Accreditation, Licensure:** Montana Board of Private Alternative Adolescent Residential Programs (PAARP)  
**Professional Affiliations:** NATSAP - Full Member; Association for Experiential Education (AEE)