Mountain Valley Treatment Center

(Residential Treatment Center)

CONTACT

Phone: (603) 989-3500
Executive Contact: Dr. Daniel P. Villiers, Ph.D.
Admission Contact: Gretchen Surhoff
Email: Villiers@mountainvalleytreatment.org
Fax: (603) 989-3169
Address: 2274 Moosilauke Highway
Pike, NH 03780
Website: www.mountainvalleytreatment.org

NATSAP
Member Since: 1999

PROGRAM OUTLINE

Gender: Coeducational
Ages: 13 to 20
Duration: 1 to 3 months
Founded: 2010



Airport: Burlington International (BTV)

The mission of the Mountain Valley Treatment Center is to provide the highest quality mental health treatment of anxiety and related disorders through a comprehensive and collaborative therapeutic milieu within a structured environment. We treat male and female individuals between the ages of 13 to 20, with moderate to severe anxiety, as determined by 1) the intensity and frequency of their emotional and behavioral symptoms, and 2) the degree to which their academic and social life is impaired or underdeveloped.

Our purpose as a treatment center is to utilize some of the most effective evidence-based treatments through individual, group, and family therapy, and conduct such interventions in a caring, supportive, and ethical fashion that meet the unique needs of the individual, and the expectations of the professional practice of social work, psychology, and psychiatry. It is the philosophy of Mountain Valley to challenge each resident to confront their anxiety on a daily basis, but through a gradual and compassionate process that corresponds to their current level of functioning.

Our goal as a treatment team is to continually develop, assess, and improve our skills so that each resident has the greatest opportunity to achieve their individual clinical goals and objectives while also establishing assertive and supporting interpersonal relationships.

We aspire to differentiate our treatment model through complementing traditional psychotherapy with the added benefits of outdoor education, stewardship, and recreational therapy provided through the Upper Valley Stewardship Center. We aspire to use our inviting rural setting to:

1. Complement, challenge, and diversify the treatment of the anxiety disorders;
2. Help each resident diversify and strengthen their social, emotional, and physical health; and
3. Emphasize the importance of collaborative and assertive pro-social behavior by supporting the needs of the house and its residents, the health of the community, and the sustainability of the environment.

Individual Psychotherapy Available: Yes
Accreditation, Licensure: New Hampshire Bureau of Child Care Licensing
Professional Affiliations: NATSAP-Full Member,; Independent Small Program Alliance(ISPA), Upper Valley Stewardship Center(UVSC)