Mountain Valley Treatment Center

(Residential Treatment Center)

CONTACT

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NATSAP Member
Since: 2011

PROGRAM OUTLINE

Gender: Coeducational
Ages: 13 - 20
Grades: 7 - College Sophomore
Enrollment: 24
Duration: 60 - 90 days
Founded: 2011



Airport: Boston Logan International (BOS)
Manchester-Boston Regional (MHT)
Burlington International (BVT)

Mountain Valley Treatment Center is a specialized Residential Treatment Center treating anxiety and related disorders utilizing evidenced based modalities within the context of a unique experiential wellness curriculum. Mountain Valley incorporates Exposure and Response Prevention (ERP) therapy through a supportive clinical model and a robust experiential wellness curriculum that includes Equine, Recreational Therapy, Farm to Table, Community Service, academics (including a longer-term Enhanced Academic Phase), Yoga and Expressive Arts.

Mountain Valley's clinical curriculum is designed to reduce debilitating anxiety and consists of CBT, DBT, psycho-education, multiple individual and group therapy sessions per week and family therapy. Through a partnership with Hanover Psychiatry at nearby Dartmouth-Hitchcock Medical Center, Mountain Valley offers specialized psychiatric services including medication management and neuropsychological testing and educational testing.

An experiential and holistic wellness curriculum which allows for exposure opportunities integrated throughout the day sets Mountain Valley apart from other treatment centers. Residents participate in daily activities such as raising and caring for farm animals including chickens, pigs and cows. Our indoor equine center allows residents to confront their fears and gain new skills or return to horsemanship activities. The organic garden and culinary curriculum supports the farm-to-table and stewardship components of the program and allows for the development of healthy eating habits that support treatment and overall well-being.

Our admissions process includes an interview and, in some cases, in-home admissions support by an experienced clinical team. Consultation with referring professionals and other clinical providers is available. Residents and their families will leave Mountain Valley with skills and tools for managing their anxiety and positively supporting each other, as well as resources and strategies for continuing to increase their overall sense of well-being.

As a non-profit treatment center, Mountain Valley Treatment Center also offers need-based financial aid.

Individual Psychotherapy Available: *Yes*
Accreditation, Licensure: *State of New Hampshire, Department of Health and Human Services, Office of Operations Support, Child Care Licensing Unit*
Professional Affiliations: *NATSAP-Full Member; Upper Valley Stewardship Center*