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, located in beautiful Pike, NH, offers an evidence-based, holistic approach to treating 13-20 year olds with anxiety, Obsessive Compulsive Disorder and related disorders. We are an intensive short-term residential setting that provides highly clinical treatment, focusing specifically on exposure therapy, in a supportive, co-educational setting that feels far from clinical.

With lengths of stay ranging generally 60 to 90 days, our residents receive comprehensive care from well-trained and dedicated professionals. The psycho-educational component of the work allows each teen to learn about anxiety and its treatment in a way that imparts critical information and cultivates motivation to change. The program provides individual and group-based Cognitive-Behavioral Therapy (CBT) with an emphasis on Exposure and Response Prevention (ERP) for residents suffering from social anxiety, specific phobias, panic attacks, separation anxiety, school refusal, selective mutism, and obsessive compulsive disorder (OCD). Stress reduction and mindfulness play a key role in individual and group therapy. The supportive milieu is built around opportunities to participate in wellness modules, which are designed to challenge each resident to face risk, develop mastery, and build confidence.

Family involvement is crucial to our program model, and weekly sessions can be conducted face to face on-site, by conference call, or through video-conferencing. The program is designed to assist families to understand anxiety, communicate with greater effectiveness and participate in relapse prevention.

Recognizing that medication management and psychiatry can play an important role in the treatment of anxiety, we partner with Hanover Psychiatry, a program of Dartmouth College's Geisel School of Medicine, to offer psychiatric services as well as comprehensive psychological assessments.

Individual Psychotherapy Available: *Yes*
Accreditation, Licensure: *State of New Hampshire, Department of Health and Human Services, Office of Operations Support, Child Care Licensing Unit; CARF Accreditation*
Professional Affiliations: *NATSAP-Full Member; Upper Valley Stewardship Center; Anxiery and Depression Association of America (ADAA); International OCD Foundation (IOCDF)*