

New Summit Academy of Costa Rica

(Therapeutic Boarding School)

CONTACT	PROGRAM OUTLINE
Executive Contact: Heather Tracy, Ed.D. Admissions Contact: Marcela Pereira Academic Contact: Martin Naffziger, M.Ed. Email: info@newsummitacademy.com Phone: (800) 609-9496 Fax: (561) 892-3853 Address: Aptdo # 159-4013 Atenas, Alajuela, Costa Rica 20501 Website: www.newsummitacademy.com	Gender: Boys Only Ages: 14 - 18 Grades: 9 - 12 Enrollment: 32 Duration: 12 months+ Founded: 2005

Atenas, Alajuela
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NATSAP Member
Since: 2007

New Summit Academy Costa Rica nurtures and empowers students toward healthier lifestyles through problem- solving & processing experiences to become more relationship-based, goal-driven, resourceful global citizens. Our innovative therapeutic boarding school integrates our US- accredited school with personal growth objectives and experiential education activities.

NSA students struggle with anxiety, depression, self-confidence, nontraditional learning styles, motivation, decision-making, family dynamics, executive functioning, identity, isolation, social problems, passive defiance or minor substance abuse. NSA students are bright, creative (often musical or artistic), sensitive, passionate about an interest, active, accountable, capable of insight-building, social, interested in attending college, open to other cultures and committed to personal growth.

NSA provides a holistic approach that integrates intentional skill-building into academics, personal growth, and student life. Dynamic teachers and individualized guidance and support are key to student motivation and engagement in NSA's innovative, college prep curriculum. Small class sizes promote participation and improvement of executive functioning skills by building good academic habits. Therapeutic strategies are empowering and prioritize process and relationship-building over behavior modification. Students participate in individual therapy, community groups (3+ times/week) and peer-driven Honor Council Meetings. Milieu therapists participate in recreational activities and our Aventura program to mentor outside a traditional office environment. Therapists work with families at workshops and via telephone. The Experiential Education department involves students in planning healthy recreational activities on weekends as well as regular community service and cultural immersion opportunities with local families and communities. Furthermore, NSA's signature Aventura program (rites of passage curriculum via therapeutic and academic outdoor adventure trips in Costa Rica & internationally) gives students experiences they will never forget!

Our young adult program (BridgeYoungAdults.com) accepts US high school graduates (from wilderness programs or home) who would benefit from a gap experience with therapeutic support, community living, internships and vocational exploration, community service and cultural immersion travel opportunities.

Individual Psychotherapy Available: Yes

Accreditation, Licensure: PANI (Patranato Nacional de Infancia de Costa Rica—child welfare organization); AdvancEd

Professional Affiliations: NATSAP-Full Member