NorthStar Academy
(Outpatient/Non Residential)

CONTACT

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NATSAP Member
Since: 2016

PROGRAM OUTLINE

Gender: Coeducational
Ages: 14 - 18
Grades: N/A
Enrollment: 18 - 24
Duration: 3-6 months
Founded: 2014



Airport: Washington National (DCA)
Dullas (IAD)

Northstar Academy offers transitional day treatment and intensive outpatient programs for struggling teens and their families in the metropolitan Washington DC region (Maryland - Virginia - Washington DC).

Northstar Academy embraces the philosophy of Positive Youth Development (PYO) within an adolescent therapeutic community. The result is a strength-based approached consistent with the principles of positive psychology, and an environment that harnesses the positive power of the peer group to create and maintain a therapeutic environment.

It is our mission to be a leader in the provision of quality transitional therapeutic programs for teens and their families.
• To guide adolescents with mental health and/or substance use diagnoses in their recovery.
• To continue the work begun in residential and wilderness therapy programs, hospital programs and/or other therapeutic environments.
• To provide and intensive day treatment and/or intensive outpatient program that may offer the needed stabilization to avoid out-of-home placement.
• To provide therapeutic family services that enhance relationships and opportunities for family growth.
• To help teens with achieve greater self-awareness and emotional growth.
• To assist teens in setting and meeting educational goals through guided reentry into mainstream educational settings.

At Northstar Academy we hold the hope and belief that all adolescents have the ability to thrive. We believe that given an appropriate, caring and effective continuum of treatment that includes both the teen and their family, we can together foster the development of self-sufficient, contributing and happy teenagers.

Individual Psychotherapy Available: *Yes*
Accreditation, Licensure: *CARF Accreditation*
Professional Affiliations: *NATSAP- Associate Member; Maryland Addiction Disorders Consortium (MADC); Treatment Communities of America (TCA); Washington Independent Services for Educational Resources (WISER)*