

Second Nature Entrada

(Outdoor Therapeutic Adolescent and Young Adult Program)

CONTACT		PROGRAM OUTLINE	
Phone:	(866) 205-2500 (435) 674-9310	Gender:	Single gender adolescent, coeducational young adult
Executive Contact:	Rick Heizer	Ages:	13-17 & 18-30
Admission Contact:	Leah Halverson, Director of Admissions	Grades:	N/A
Email:	leah@snwp.com	Enrollment:	9-10 per group
Fax:	(435) 674-9309	Duration:	Minimum 5 to 6 weeks, average 7-9 weeks
Address:	2711 Santa Clara Dr., Ste. 400 St. George, UT 84765	Founded:	2004
Website:	www.snwp.com		



NATSAP

Member Since: 2005



St. George

Airport: St. George, UT (SGU); Las Vegas, NV (LAS)

Second Nature Entrada is a licensed treatment program that uses the wilderness setting in a clinically focused intervention to teach students accountability, communication skills, and healthy emotional and behavioral habits. Treatment plans are individualized for each student and include flexible lengths of stay, single gender treatment groups, daily group therapy, and individualized therapy sessions with doctorate level therapists twice weekly.

Adolescent: Second Nature Entrada's adolescent program works with students ages 13 to 17 with a range of emotional and behavioral issues including depression, learning differences, oppositional defiance, attention deficit, attachment, and substance abuse disorders. Typical students fail to respond to limits and rules, act entitled, choose the wrong friends, underachieve, have low self-esteem, experience a decline in academic performance, and may be experiencing parent-child conflict. The outdoor program is a flexible 6-9 week program designed to create intensive initial impact, identify coping skills, teach behavioral responsibility, and improve family relationships. The Individualized family component is structured to teach parents new skills designed to support their child's growth with a strong focus on assisting parents and consultants in planning appropriate aftercare. Parents, therapists and consultants take part in weekly Treatment Planning sessions. In addition, parents are invited to visit in the field for family work in the middle and at the end of treatment.

Adult: Second Nature Entrada's adult program supports a dual-diagnosis approach to working with adults 18 to 50 in the wilderness. It utilizes both clinical and 12-step methodology in order to treat the whole person. The majority of our clients come to us with a dual diagnosis. We specialize in mental health treatment areas like depression, anxiety, lack of self-esteem, bipolar disorder, self-harm, relationship difficulties, family issues, anger management, attentional issues and mild eating disorders. Our substance abuse treatment areas include learning to live a sober lifestyle, understanding the stages of addiction, relapse prevention, dealing with school and/or employment difficulties and developing an overall Ego strength.

Counselors are with the adults day and night for guidance and group sessions. Our trained Field Counselors are skilled in communication strategies, crisis intervention and group counseling techniques. Individual sessions are held weekly with a doctoral or masters level clinician.

Clients are encouraged to involve important people in their treatment as well, with family work being an important part of the program. The identified support people in the client's life are provided weekly phone calls. Entrada is a therapeutic program with clients participating on their own volition and retention of all individual rights.

Second Nature incorporates carefully tailored academic curriculum accredited by Northwest Association of Accredited Schools with Science, English, P.E., and Psychology credits contextually based in the wilderness experience. This helps clients earn academic credits while away from school and allows for assessment of how clients respond to academic challenges.

Individual Psychotherapy Available: Yes

Accreditation, Licensure: State of Utah, Office of Licensing, Department of Human Services, Outdoor Youth Treatment; Northwest Association of Accredited Schools

Professional Affiliations: NATSAP-Full Member