

Solstice RTC

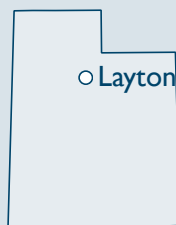
(Residential Treatment Center)

CONTACT		PROGRAM OUTLINE	
Phone:	(801) 444-0794	Gender:	Girls Only
Executive Contact:	Dan Stuart, M.S., LMFT	Ages:	14 to 18
Admission Contact:	Jenn Weese	Grades:	9 to 12
Email:	jenn@solsticertc.com	Enrollment:	36
Fax:	(801) 444-0793	Duration:	9-12 months
Address:	1904 W. Gordon Ave. Layton, UT 84041	Founded:	2008
Website:	www.solsticertc.com		



NATSAP

Member Since: 2009



Airport: Salt Lake City

Utilizing a combination of cognitive-behavioral, family systems and experiential theories, Solstice RTC offers a small, clinically intensive program housed in a safe and comfortable outwest environment. Solstice applies a relationship-based approach emphasizing high levels of family intervention, emotional safety, healthy boundaries, and a phase program based on the archetypal hero's journey to create an environment conducive to healing from trauma of all varieties (i.e., loss, physical abuse, sexual abuse, emotional abuse, PTSD, bullying, and other traumatic experiences). Because many trauma survivors also suffer from comorbid anxiety, mood disorders, addictions, low self-esteem, unhealthy coping mechanisms, and lack of self-care, Solstice RTC provides state-of-the-art treatment for all of these issues.

Each week our students receive 3 hours of individual and family therapy and another 15+ hours of group therapy and experiential interventions (including Equine Assisted Psychotherapy, DBT, conflict resolution, processing, and other specialty groups)—all guided by a multidisciplinary treatment team made up of our masters and Ph.D. level therapists; psychiatrist; nursing, academic, and residential staff; and the student's parent(s). In addition, students struggling with addictions or compulsive behaviors of any type participate in our gender-specific addictions program which includes individual, family and group intervention with a Licensed Substance Abuse Counselor.

Solstice also provides a strong focus on physical fitness and nutrition which includes daily cardiovascular workouts; weight training; participation in local 5K races, cycling events, and triathlons; weekly yoga, zumba and self-defense classes; as well as healthy home-cooked food and nutrition classes. Academic classes—provided on campus through NWAC accredited Academy at Solstice—are taught in a conventional classroom setting by certified secondary education and special education teachers. Implementing all of the aforementioned services in an owner-operated setting, Solstice facilitates each student's journey away from being a victim of her traumatic experiences towards becoming the hero of her own life story.

Individual Counseling Available: Yes

Accreditation, Licensure: State of Utah, Office of Licensing, Department of Human Services, Residential Treatment; Northwest Accreditation Commission through Academy at Solstice

Professional Affiliations: NATSAP – Associate Member