

Spring Ridge Academy

(Therapeutic Boarding School)

CONTACT		PROGRAM OUTLINE	
Phone:	(928) 632-4602	Gender:	Female Only
Executive Contact:	Jean B. Courtney	Ages:	13-17
Admission Contact:	Susan Coatney	Grades:	9-12/College Prep
Email:	admissions@springridgeacademy.com	Enrollment:	72
Fax:	(928) 632-7661	Duration:	14-18 months
Address:	13690 S. Burton Rd.	Founded:	1997
	Spring Valley, AZ 86333		
Website:	www.springridgeacademy.com		



NATSAP

Member Since: 2011



Spring Valley

Airport: Phoenix Sky Harbor

Spring Ridge Academy is a private, therapeutic boarding school for girls, serving students ages 13 -17 in grades 9-12. Spring Ridge combines an empowering emotional growth program with a sophisticated therapeutic approach and a rigorous college prep curriculum. Not only are students immersed in an environment dedicated to fostering maturity and confidence, the entire family is included in the process, creating an atmosphere of change, collaboration and hope. The catalyst for creating this change is a powerful, affirmative and nurturing program that creates confidence and competence in core areas; emotional, physical, academic, community, and family.

SRA students are bright, creative and unique individuals who are struggling to manage their lives. Often these young women are involved in a variety of destructive behaviors, and are in danger of sabotaging their relationships and academic careers. The SRA student is capable and talented but lacks the self-esteem and self-discipline necessary to succeed. Many of the young women who come to SRA have experienced some degree of trauma and may be struggling with one or more of the following: Anxiety, Depression, ADD/ADHD, Family Conflict, Defiance, Entitlement, Isolation, Grief and Loss, Negative Peer Group, Computer/Technology Abuse, Academic Underachievement, Substance Abuse, Attachment/Adoption Issues, Learning/Social Difficulties.

The Therapeutic approach at SRA utilizes a combination of family systems and developmental models to create a comprehensive scope of treatment where students confront and master the self-limiting beliefs, attitudes, and behaviors separating them from success. Therapeutic services include weekly individual, daily group, bi-weekly family, psychiatric services and medication management, issue specific groups, aftercare planning and support, creative and supportive interventions. Students are engaged in a structured but normalized academic setting that includes AP courses, remediation, foreign language study and extensive coursework in the fine arts. Students have the opportunity to participate in competitive athletics, debate and other extra-curricular activities.

Individual Psychotherapy Available: Yes
Accreditation, Licensure: Arizona Department of Health Services, Behavioral Health Division; North Central Association Commission on Accreditation and School Improvement
Professional Affiliations: NATSAP-Full Member; Small Boarding School Association