

WayPoint Academy

(Residential Treatment Center)

CONTACT

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NATSAP Member
Since: 2013



PROGRAM OUTLINE

Gender: Boys Only
Ages: 13 - 18
Grades: 8 - 12
Enrollment: 44
Duration: 10 - 12 months
Founded: 2013



Airport: Salt Lake City, UT (SLC)

WayPoint Academy, a residential treatment program, utilizes a highly specialized, therapeutic approach in treating young men (14-18) whose lives have been overtaken by anxiety. We provide individualized care that transcends the generalist approach, for we recognize the devastating impact anxiety causes teens and their families.

Our Mindful Completion Model is a unique and innovative approach designed to address anxiety, mood, executive functioning, learning, and healthy identity development. WayPoint's holistic model increases students' distress tolerance and resiliency by identifying and addressing factors that fuel anxiety. We provide the necessary skills, tools, and practice for lifestyles no longer driven by fear and avoidance.

Some of the 8 elements of the Mindful Completion Model are based on years of replicated studies, while others make use of new scientific findings.

Psychotherapy increases distress tolerance through specific therapeutic approaches and techniques, family involvement, and education. Nutrition plays a key role in health and well-being. Cardiovascular Fitness decreases anxiety and depression and improves academic performance. Education improves confidence and increases optimism through achieving academic needs and goals, thereby contributing to present and future successes. Education is designed to meet the learning profile of males. Life Skills furthers competence and independence through the development of practical skills. Executive Function enhances one's ability to navigate life's obstacles and complete promotes interpersonal relationships, negotiation, and community involvement. Recreation/Service/Adventure provides opportunities for developing life passions, acquiring new skills and providing service to others.

Individual Psychotherapy Available: Yes

Accreditation, Licensure: Utah Department of Human Services, Office of Licensing; Joint Commission on Accreditation of Health Care Organizations (JCAHO)

Professional Affiliations: NATSAP-Full Member; NATSAP Research Designated Program (RDP)