

# WinGate Wilderness Therapy

(Wilderness Program)

## CONTACT

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## PROGRAM OUTLINE

Gender: Single Gender Groups  
 Ages: 13 – 17 and 18-26 young adults  
 Grades: 9-12 and post High School  
 Enrollment: 24  
 Duration: 60 day average length of stay  
 Founded: 2008



NATSAP

Member Since: 2008



Airport: St. George, Las Vegas, or Salt Lake City.

WinGate utilizes a strengths based approach to recognize potential in even the most challenging of students. Proper, thorough assessment coupled with proven treatment strategies implemented in a supportive environment, create the WinGate difference. It begins with our deep-seated belief that every student is unique, gifted, and capable of dramatic emotional and behavioral transformation.

As a result, we seek to provide a nurturing yet challenging environment where students can grow, gain perspective, and attain a new level of maturity, while addressing their specific behavioral issues and problems. We combined the best practices of the wilderness with the best clinical techniques in order to take wilderness therapy to a dramatically higher level of integration and results.

WinGate Wilderness Therapy program provides a powerful and proven intervention for students struggling a variety of emotional and behavioral problems including but not limited to; academic under achievement, family conflict, oppositionality, substance abuse, depression, personality disorder traits, trauma, poor self image, learning differences, mood instability, negative peer association and groups, ADD and ADHD, anger management, grief and loss, body image issues, lack of motivation and direction, adoption and others.

An average length of stay is six – eight weeks.

What you can expect from WinGate:

1. Accurate clinical assessments that start the day your child enters the program.
2. Extensive family participation including a parent seminar during the first part of your students stay.
3. Clinical experience and expertise with 70+ years of combined experience in our clinical and management team we our experts in our field.
4. A unique and different model that invites changes and encourages strengths in your student.
5. Preparation for the next step to insure a seamless transition.

**Individual Psychotherapy Available:** Yes

**Accreditation, Licensure:** State of Utah, Department of Human Services, Office of Licensing, Outdoor Youth Treatment

**Professional Affiliations:** NATSAP-Full Member