

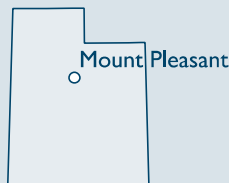
Aspiro Group, Inc

(Wilderness Program)

CONTACT		PROGRAM OUTLINE	
Phone:	(888) 266-5136	Gender:	Coeducational
Executive Contact:	Brian Church	Ages:	Adolescents 13-17, Young Adults 18-28
Admission Contact:	Josh Watson, LCSW	Grades:	N/A
Email:	admissions@aspiroadventure.com	Enrollment:	6 groups (single gender), 7 per group avg
Fax:	(801) 454-3805	Duration:	28 to 60 days, 54 days avg
Address:	695 West Wakara Ave Mount Pleasant, UT 84647	Founded:	2005
Website:	www.aspiroprograms.com		



Member Since: 2007



Airport: Salt Lake City (SLC)

Aspiro is licensed by the state of Utah as a youth treatment program. While Aspiro is classified as a wilderness program, the term "Wilderness Adventure Therapy" (WAT) more accurately describes our approach. Aspiro is a 6-8 week, clinically sophisticated, high-impact intervention designed to help struggling youth develop self-respect, experience healing, and return to basic core values. Students benefit from a highly effective, solution-focused approach through a combination of individual, group, and adventure therapy.

WAT Programs combine best practices from traditional Wilderness Therapy and High Adventure Therapy. In addition to living in the outdoors for their entire stay, participants experience the added benefits of adventure therapy which is critical in developing a healthy level of self-efficacy. Adventure expeditions may include rock climbing, bouldering, canyoneering, kayaking, mountain biking, caving, mountaineering, and more. These expeditions, however, are not used as simple recreational activities. Instead, each activity is used as a tool to develop healthy coping strategies and obtain a thorough clinical assessment to reach a desired therapeutic outcome. Participants become engaged in this process quickly and learn to enjoy and thrive in this powerful model.

Aspiro works with participants 13-17 years of age with gender-specific groups. Vantage Point by Aspiro works with the same ages, but participants often exhibit more significant learning, social, cognitive, psychological and developmental challenges. Kairos by Aspiro works with young adults ages 18-28. Common behaviors and concerns include family conflict, manipulation, depression, substance use or abuse, low self-esteem, oppositional behavior, entitlement, mild learning differences, anxiety, school failure, and negative peer relationships.

Aspiro has pioneered an integrated family component including a three-day workshop, mid-program. When clinically appropriate, parents are also invited to join the group on the trail for a few days, up to a week. Parent participation is critical as our clinical team addresses concerns with progressing family relationships.

Individual Psychotherapy Available: Yes

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

Professional Affiliations: NATSAP-Full Member; Association for Challenge Course Technology (ACCT), NATWC