

Blue Ridge Therapeutic Wilderness

(Wilderness Therapy Program)

CONTACT	PROGRAM OUTLINE
Executive Contact: Dan McDougal Admissions Contact: Danielle Hava Email: danielleh@blueridgewilderness.com Phone: (888) 914-1050 Fax: (404) 759-2311 Address: PO Box 809 Clayton, GA 30525 Website: www.blueridgewilderness.com	Gender: All Genders (non-binary) Ages: 13 - 30 Grades: 9 - 12 Enrollment: Groups of 8 - 10 Duration: 8 - 10 weeks Founded: 2002
NATSAP Member Since: 2004	 Airport: Atlanta, GA (ATL)

Since 2002, our wilderness therapy program has helped young people and their families to thrive. We strive to provide a superior, integrated wilderness experience to help all individuals and families define their values and overcome their struggles. Our techniques combine the healing wilderness environment with evidence-based therapeutic approaches that teach individuals and families the skills needed to be aware of and act on their values. Removed from the distractions of daily home life, students experience the abundance of the beautiful Blue Ridge Mountains, where they live 24/7 in nature with other students and our supportive field staff. Here, teens and young adults rediscover their resilience, unearth ways to align with their values, and explore practices that lead to health. Located in the North Georgia and Western North Carolina mountains, Blue Ridge's licensed outdoor program provides sophisticated clinical treatment in an immersive nomadic wilderness model. Foundational transformation for families occurs through utilizing individualized clinical treatment, together with intensive family-focused support, and whole-body health and wellness.