

Chrysalis

(Therapeutic Boarding School)

CONTACT

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NATSAP Member
Since: 2000



PROGRAM OUTLINE

Gender: Female only, as assigned at birth
Ages: 13 - 18
Grades: 8 - 12
Enrollment: 40
Duration: 14.5 months
Founded: 1998



Airport: Glacier Park International, MT (FCA)

Located in Eureka, Montana, Chrysalis is a small therapeutic boarding school for girls ages 13-18. Since 2008, it has been an accredited therapeutic boarding school through the National Independent Private Schools Association (NIPSA). Every five years, the NIPSA board visits to ensure that Chrysalis is meeting/exceeding standards and continually improving its processes to meet the evolving needs of our clients. Chrysalis is also certified by the Montana Department of Health and Human Services and is a member of the AEP association for experiential education.

Chrysalis treats a variety of clinical issues which include but are not limited to: anxiety, depression, trauma, relationship struggles, ADHD, and learning differences. Students at Chrysalis have demonstrated that a mental health diagnosis has prevented them from thriving in a healthy and functional way in a less structured environment, and they now require a higher level of care.

Treatment is provided through several modalities. Every student receives at least one hour of individual therapy per week, one hour of family therapy per week, and 3-4 hours of group therapy per week, each facilitated by a licensed Master's level clinician. Modalities utilized include Family Systems, Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, EMDR, Trauma Yoga, and Acceptance and Commitment Therapy. We also employ experiential modalities such as animal centered therapy. In addition to formal therapy, students participate in a wide variety of adventure activities (skiing, biking, climbing, hiking, mountain biking, rafting, etc.) on a weekly basis. Informal, yet intentional therapy occurs as part of such activities, which also help to build self-esteem and conquer feelings of self-doubt, past failures, and/or debilitating fear and anxiety. The adventure therapy program also includes bi-annual international trips. Tuition includes one trip for each student. These trips are an excellent time for students to expand their world view; the trips have a cultural, adventure, and service component.

Accreditation, Licensure: Montana Department of Public Health and Human Services; National Independent Private Schools Association (NIPSA); Cognia
Professional Affiliations: NATSAP - Full Member; NATSAP Research Designated Program - BRONZE (RDP)