In Balance Academy
(Therapeutic Boarding School)

CONTACT

Executive Contact: Patrick Barrasso
Admissions Contact: Betsy Barrasso
Academic Director: Wendy Levin
Email: bbarrasso@inbalranch.com
Phone: (520) 722-9631
Fax: (520) 722-9676
Address: 6107 E. Grant Rd
Tucson, AZ 85712
Website: www.inbalranch.com

NATSAP Member Since: 2007

PROGRAM OUTLINE

Gender: Male Only, as assigned at birth
Ages: 14 - 17.8
Grades: 9 - 12
Enrollment: 50
Duration: 12 months
Founded: 2004



Airport: Tucson, AZ (TUS)

In Balance Academy is a nationally recognized therapeutic boarding school developed around a clinically sophisticated model that effectively blends evidence-based, research-proven traditional, and non-traditional therapy and the Twelve Steps of Alcoholics Anonymous. In Balance Academy serves young men, ages 14-17.8, who are struggling with substance abuse and other co-occurring disorders.

Located in beautiful southern Arizona, less than one hour from Tucson, In Balance Academy offers an atmosphere conducive to self-reflection and serenity. Our program provides young men with a unique experience that inspires self-evaluation, discovery, and growth. We believe that in order for a young person to be successful in recovery it is our responsibility to instill in them that recovery can be not only rewarding, but fun as well. Most importantly, our program offers the invaluable gift of recovery from chemical dependency and other mental health challenges.

In Balance Academy provides the following cutting edge, evidence based treatments and activities:

- Individual and family therapy
- Intensive Therapeutic Specialized Groups including; Depression, Anxiety, Trauma Recovery, Adoption, Anger Management, CBI, DBT, Family Issues, Divorces Recovery, Relationships, and Transitions.
- A comprehensive and integrated 12-Step-based recovery program
- Family education and support
- Equine assisted therapy
- Experiential, adventure-based therapy
- Trauma treatment, including EMDR .
- Treatment of co-occurring disorders
- Cognitive Behavior Therapy
- Motivational Interviewing
- Individualized academic program designed to ensure success
- College prep courses: SAT/ ACT testing preparation
- College application counseling and assistance
- Leadership and motivational training
- Wilderness “success” programs
- “Recovery through Service” projects
- A Positive Peer Culture
- Family Weekends three times per year; including intensive family therapy workshops, educational workshops, sibling supports, and fun/bonding activities.
- Numerous expeditions, including but not limited to: hiking in Zion, Utah; camping in Havasupai, Grand Canyon; snowboarding in the White Mountains; recovery conferences; sweat lodges; and an opportunity to participate in an international expedition.

Accreditation, Licensure: *Arizona, Department of Health Services, Bureau of Medical Facilities; Joint Commission; Student and Exchange Visitor Information System (SEVIS)*
Professional Affiliations: *NATSAP - Full Member; NATSAP Research Designated Program (RDP) - BRONZE*