

Lake House Academy

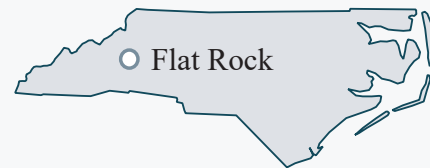
(Therapeutic Boarding School)

CONTACT

Executive Contact: Heidi Strand
Admissions Contact: Erika Mackeyt
Academic Contact: Deana Hintz-Collins
Email: hstrand@lakehouseacademy.com
Phone: (828) 329-7441
Address: 447 Lily Pad Ln
 Flat Rock, NC 28731
Website: www.lakehouseacademy.com

PROGRAM OUTLINE

Gender: Female, including transgender
Ages: 12 - 16
Grades: 6 - 12
Enrollment: 30
Duration: 9 - 12 months
Founded: 2010



NATSAP Member

Since: 2020

Airport: Asheville Regional, NC (AVL)

Lake House Academy is a therapeutic boarding school for girls, ages 12-16, nestled against the backdrop of a small lake in the Blue Ridge Mountains of North Carolina. Treatment is specifically designed for the early adolescent girl and her family. Lake House students exhibit disruptions in relationships stemming from emotional traumas such as adoption, grief or loss, and family conflict or divorce. Students may be dealing with anxiety, depression, low self-worth, impulsivity, difficulty expressing or managing emotions, difficulty recognizing social cues, difficulty making and maintaining friendships, disorganization, and academic difficulties.

Lake House Academy utilizes a proprietary clinical model known as the Interpersonal Growth Model. It is founded in the basis of relationships and therefore begins with a Secure Caregiving System for not only the student but family. The culmination and goal of the Interpersonal Growth Model is creating current experiences of secure attachment, thus leading to growth.

Girls receive individual weekly therapy and group therapy. Sustainable long-term change for students includes the family and therefore family work is an integral part of the clinical model. Families participate in weekly family therapy, quarterly parent seminars, and a home study. Clinical interventions include Theraplay, Dyadic Developmental Psychotherapy, Canine Assisted Therapy, and Neurofeedback.

Students attend classes Monday-Friday year-round allowing for the continuation of academic resilience. Each student is created an Individualized Academic Plan which works alongside the Master Treatment Plan. It is a working document that is updated and reviewed, identifying a student's strengths and areas for growth, and provides a road map for academic success.

Activities abound and weekly community integration is intentional. Students enjoy caring for the chickens and garden, swimming, canoeing, paddle boarding, and hiking on campus. Off campus activities include going to the park, YMCA, festivals, museums, bowling, and much more.

Accreditation, Licensure: National Independent Private School Association (NIPSA)
Professional Affiliations: NATSAP - Full Member