

Moonridge Academy

(Residential Treatment Center)

CONTACT

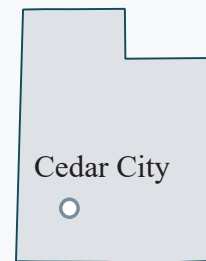
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NATSAP Member
Since: 2012



PROGRAM OUTLINE

Gender: Female, including transgender
Ages: 11 - 14
Grades: 6 - 10
Enrollment: 16
Duration: 9 - 12 months
Founded: 2003



Airport: Cedar City Regional (CDC),
 Saint George Regional (SGU),
 McCurran Int'l (LAS)

Moonridge Academy is a clinically intensive program for younger girls, ages 11-15. Located in beautiful Southern Utah. With a maximum size of 16 girls, Moonridge Academy provides individualized treatment and clinical sophistication in a warm, nurturing environment. Treatment is age-adjusted for the younger population and is a safe environment without the concerning influences of older girl issues. Girls at Moonridge receive individual therapy twice weekly, family therapy once, and 5 groups a week. Families are very involved in treatment. Girls participate in weekly all-day recreation therapy activities and monthly three-day recreation trips. School is Monday-Friday, teacher led classrooms with direct instructions, grades 6-10.

Moonridge Academy girls address issues such as depression, anxiety, self-harm, school refusal, family conflict, sexual boundaries, computer addiction, attention issues, and low-level substance abuse.

Moonridge believes that young girls heal through relationships, improving confidence, being physically active, and above all: laughing and experiencing joy in life again. We have horses, dogs, and cats. Our girls climb, rappel, kayak, ski, hike, play, and volunteer. We use creative and customized treatment for our girls including equine therapy, DBT, sandtray therapy, and play therapy.

Accreditation, Licensure: State of Utah, Department of Human Services; Cognia; Student and Exchange Visitor Information System (SEVIS)

Professional Affiliations: NATSAP - Full Member; NATSAP Research Designated Program (RDP) - BRONZE