

Mountain Valley Treatment Center

(Residential Treatment Center)

CONTACT	PROGRAM OUTLINE
Executive Contact: Don Vardell, MS Admissions Contact: Jennifer Fullerton, LICSW Email: jfullerton@mountainvalleytreatment.org Phone: (603) 989-3500 – Ext. 7113 Fax: (603) 989-3169 Address: P.O. Box 175 Haverhill, NH 03765 Website: www.mountainvalleytreatment.org	Gender: Coeducational Ages: 13 to 20 Grades: 7 to College Sophomore Duration: 60 to 90 days Founded: 2011
 NATSAP Member Since: 2011	 Airport: Burlington International (BVT), Boston Logan (BOS), Manchester-Boston Regional (MHT)

Mountain Valley Treatment Center is a specialized Residential Treatment Center treating anxiety and related disorders utilizing evidenced based modalities within the context of a unique experiential wellness curriculum. Mountain Valley incorporates Exposure Response Prevention (ERP) therapy through a supportive clinical model and participation in activities such as equine, adventure, farm-to-table, forest-to-home, academics, fitness, yoga and art.

Mountain Valley's clinical curriculum is designed to reduce debilitating anxiety and consists of mindfulness-based CBT, DBT, psycho-education, family accommodation education, multiple individual and group therapy sessions per week and family therapy. Through a partnership with Hanover Psychiatry at nearby Dartmouth-Hitchcock, Mountain Valley offers specialized psychiatric services such as medication management and psycho-educational testing.

An experiential and holistic wellness curriculum sets Mountain Valley apart from other treatment centers. Residents participate in daily activities such as raising and caring for farm animals including chickens, pigs and cows. Our indoor equine center and access to over 20 horses allows residents to confront their fears and gain new skills or return to horsemanship activities. The organic garden and culinary curriculum supports the farm-to-table and stewardship components of the program and allows for the development of healthy eating habits that support treatment and overall well-being.

Our admissions process includes in-home assessments and interventions by an experienced clinical team. Consultation with referring professionals and other clinical providers is available.

Residents and their families will leave Mountain Valley with skills and tools for managing their anxiety and positively supporting each other; as well as resources and strategies for continuing to increase their overall sense of well-being.

As a non-profit treatment center, Mountain Valley Treatment Center also offers need-based financial aid.

Individual Psychotherapy Available: Yes
Accreditation, Licensure: New Hampshire Bureau of Child Care Licensing
Professional Affiliations: NATSAP-Full Member; Upper Valley Stewardship Center