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New Horizons Wilderness Program

(Wilderness Program)

Gender:	Girls Only	Phone:	(800) 916-9755
Ages:	13 to 18	Fax:	(207) 992-2525
Enrollment:	6 to 8 per group	Email:	nhwp@earthlink.net
Duration:	6-9 weeks	Website:	www.daughtersatrisk.com
Founded:	2000	Admission Contact:	Audrey Peavey
Address:	P.O.Box 186 Orrington, ME 04474	Executive Contact:	Jacqueline Danforth

New Horizons Wilderness Program for young women inspires adolescent females -- using the combined resources of the State of Maine's natural environment, caring, knowledgeable professionals and the power of self-discovery -- to enhance their individual mental, physical, social, and spiritual well-being. New Horizons has been utilized by professionals for teenage girls as scholastic intervention, intensive therapeutic treatment and as an emotional support system.

New Horizons is a 6-9 week program that runs year-round for young women ages 13-18. Typical issues and diagnoses of young women who benefit from our program include: adoption/attachment disorder, anger/defiance, manipulative behavior, moodiness/lack of motivation, isolation from family, depression, low self-esteem, body image, experimentation with substances, poor relationship choices, and ADD/ADHD.

Young women today are faced with very specific pressures and issues. By specializing exclusively in teenage females, we believe we're able to provide a higher level of dedication, focus, and effectiveness. Through safe, nature-based activities such as canoeing, hiking, camping, snow-shoeing, and cross country skiing, New Horizons provides an opportunity year-round for your daughter to experience the exhilarating, yet healing power of nature. At New Horizons, our staff is thoroughly screened and highly qualified. By hiring professionals with both the education and a heart for nurturing young women, we're able to provide an uncommonly effective level of intervention. By taking part in a carefully designed and individualized, bio-psycho-social, therapeutic plan, your daughter will have the time, space, and focused attention she needs not only to realize the consequences of her negative choices and emotions, but also to remember her hopes and dreams and reaffirm her strengths. At New Horizons, we take a caring, nurturing, family-oriented approach. Our goal is to return your daughter to you more mentally focused, physically strengthened, socially responsible, and spiritually refreshed.

Individual Psychotherapy Available: Yes

Accreditation, Licensure, Approval: ME Department of Human Services, ME Department of Mental Health

Professional Affiliations: NATSAP, AEE, NATWC