

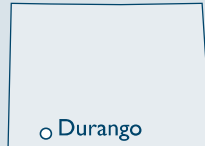
Open Sky Wilderness Therapy

(Wilderness Program)

CONTACT		PROGRAM OUTLINE	
Phone:	(970) 382-8181	Gender:	Adult co-ed groups
Executive Contact:	Aaron Fernandes	Ages:	Adolescents 13 to 17,
Admission Contact:	Lauren Lollini	Adults:	18 to 28
Email:	info@openskywilderness.com	Grades:	N/A
Fax:	(970) 382-9494	Enrollment:	7-8 per group
Address:	P.O. Box 2201	Duration:	Averages 8-9 weeks
	Durango, CO 81302	Founded:	2005
Website:	www.openskywilderness.com		



NATSAP
Member Since: 2006



Airport: Durango, CO

Open Sky's holistic wilderness therapy program is the most comprehensive and clinically sophisticated wilderness therapy program in the industry, and the only one that is supported by continuous outcome-based research. The Open Sky clinical approach utilizes the latest in evidence-based clinical modalities while incorporating time-honored holistic healing practices, such as yoga and meditation.

Open Sky successfully treats male and female adolescents and young adults dealing with a variety of complex mental health issues, including but not limited to depression, anxiety, family problems, substance abuse, grief, oppositional defiance, and social skills deficits. Our adolescents range in age from 13 to 17 and are placed in single-gender groups while our young adults range in age from 18 to 28 and participate in co-ed groups.

Each student receives weekly intensive therapy from a licensed clinical therapist who has specialized training in treating the student's specific issues. The clinical team is comprised of professional, caring, educated, and highly experienced professionals, who have worked in the wilderness therapy treatment field for many years.

Open Sky employs a family systems approach in the treatment of each student. Each family participates in weekly family therapy sessions, weekly family support group, attends a parent wellness weekend, and participates in a field-based family reunion and graduation process at the conclusion of the program.

Open Sky is proven to work. Open Sky is the only wilderness therapy program in the country that conducts continuous, university-led outcome research. Our research shows that upon arrival, our students have mental health needs consistent with those who need intensive in-patient support and by the time they finish the program, they emerge into the normal range for well-functioning adolescents.

Owned and operated by experienced professionals with over 100 years of collective experience in the field of wilderness treatment, Open Sky is the leading wilderness therapy program for teens, young adults and their families.

Individual Psychotherapy Available: Yes

Accreditation, Licensure: State of Utah, State of Colorado, Department of Human Services, Residential Childcare Facility

Professional Affiliations: NATSAP-Full Member; OBHIC-Member