Second Nature Wilderness Family Therapy, LLC

(Wilderness Therapy Program)

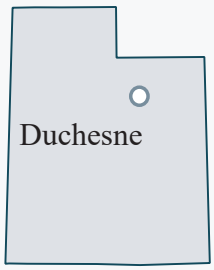
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NATSAP Member Since: 1999

PROGRAM OUTLINE

Gender: All Gender (non-binary)
Ages: 13 - 17
Grades: 9 - 12
Enrollment: 80
Duration: 1 - 3 months
Founded: 1998



Airport: Salt Lake City, UT (SLC)

Founded in 1998, Second Nature Uintas is a licensed treatment program for adolescents in Utah. Located two hours east of Salt Lake City, Second Nature Uintas provides sophisticated clinical treatment in an outdoor setting and uses the wilderness to create an intensive initial impact, identify coping skills, teach accountability and communication skills, develop healthy emotional and behavioral habits, and improve relationships.

Second Nature Uintas works with adolescents age 13-17 who struggle with mental health issues, trauma, behavioral problems, developmental issues, oppositional defiance, substance abuse/dependence, learning disabilities, academic issues, attachment issues, and relational difficulties. Treatment plans are individualized and include flexible lengths of stay, single gender groups, daily group therapy, and individualized therapy sessions with doctorate level therapists. A psychiatrist is available for students in need of medication management.

Family support is critical to the program. Second Nature's parent program teach new skills to help support growth and provides families with personal support through weekly phone calls with the therapists, field visits or parent/child phone calls, alumni parents mentors, multi-day workshops, support groups, and comprehensive online resources. Parents, therapists and consultants work together in planning aftercare.

Students enrolled in the program may experience difficulties in school as a symptom of their struggles; therefore an academic component is critical as part of treatment plan. Students are provided a curriculum packet, which contains a carefully tailored academic curriculum accredited by Cognia. Science, English, P.E., and Psychology credits contextually based in the wilderness experience. Lessons are created to continue the child's education and challenge the student to develop skills for academic and classroom success. Students receive academic credits for completed coursework.

Safety is our number one priority and Second Uintas has an outstanding safety record. Each group is comprised of highly trained field instructors and staff-to-student ratios exceeds state requirements.

Accreditation, Licensure: *State of Utah, Office of Licensing, Department of Human Services; Cognia; Student and Exchange Visitor Information System (SEVIS)*
Professional Affiliations: *NATSAP - Full Member; NATSAP Research Designated Program (RDP) - BRONZE*