

Solstice East

(Residential Treatment Center)

CONTACT

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NATSAP Member
Since: 2015

PROGRAM OUTLINE

Gender: Female, including transgender
Ages: 14 - 18
Grades: 9 - 12
Enrollment: 48
Duration: 8 - 12 months
Founded: 2012



Airport: Asheville Regional (AVL),
 Charlotte, NC (CLT),
 Greenville/Spartanburg (GSP)

Solstice East is a clinically sophisticated residential treatment center for female and transgender students between the ages of 14 and 18 and utilizes a combination of cognitive behavioral, family systems, and experiential therapies. Solstice East specializes in trauma, attachment, and loss. Our secondary clinical focus is on addictions, including process addictions and substance abuse. Our relationship-based approach emphasizes high levels of family intervention, emotional safety, healthy boundaries, and a phase program based on the archetypal Hero's Journey, creating an environment conducive to healing from trauma of all varieties (i.e. loss, abuse, PTSD, bullying, and other traumatic experiences).

Solstice East is a 60-bed facility, located in Weaverville, NC. Solstice East is licensed through NC Department of Health and Human Services, as well as accredited by CARF. The school is accredited by Cognia, allowing school credit to transfer to any school or college in the country. Academic classes (provided on campus) are taught in a conventional classroom setting by certified secondary education and special education teachers. Our school is certified by SEVIS through the US Department of Homeland Security, allowing us to accept international students.

Each week our students receive 3 hours of individual/family therapy and another 15+ hours of group therapy and experiential interventions (including Trauma-Focused Equine Assisted Therapy (TF-EAP), DBT, and other specialty groups), all guided by multidisciplinary treatment team made up of our Master's and Ph.D.-level therapists; psychiatrists; nursing; academic and residential staff; and the student's parent(s). Common focuses for the students include:

- Trauma and Loss • Depression • Anxiety • Addiction and Substance Abuse • Eating Disorders • Self-Harm • Suicidal Ideation • ADD/ADHD • Adoption and Attachment Issues • Family Conflict • Academic Problems • Processing Difficulties • Social Anxieties • Emotional Distress

Solstice East also emphasizes physical fitness and adventure-based therapy, with daily workouts and weekly off-campus activities including: mountain biking, canoeing, camping, hiking, whitewater rafting, and more!

Accreditation, Licensure: State of North Carolina, Department of Health and Human Services; Cognia; Commission on Accreditation of Rehabilitation Facilities (CARF); Student and Exchange Visitor Information System (SEVIS)
Professional Affiliations: NATSAP - Full Member