



Residential Programs For Troubled Youth From Texas

Texas Teens Enter Residential Programs for Troubled Youth to Cope with Trauma and Grief

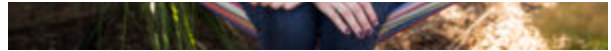
Even for the typical teenager, adolescence is a challenging time of personal growth and development. Those teens dealing with trauma, abuse, family dysfunction, and grief have a particularly tough time navigating these years. Since many teens don't have the resources to deal with these difficult issues on their own, they often turn to drugs, risky behavior, and self harm. Residential programs for troubled youth give Texas teens an opportunity to temporarily get out of their negative environment and learn the skills necessary to cope with life's challenges.

Solstice is one of the top residential treatment centers for teen girls.





mental and emotional challenges.



Solstice addresses each individual's personal struggles and inspires change through developing positive core beliefs.

For decades, Solstice has helped teenage girls and assigned female at birth and their families struggling with emotional and behavior issues heal and develop positive coping skills. These years of experience allowed Solstice to develop their unique treatment philosophy.

The philosophy consists of five key components:

1. People, more than programs, create the most lasting impact.
2. Intensive family focus to address the child's most important emotional connections—family.
3. Focus on internal change through value development, rather than external compliance.
4. Holistic approaches that address both physical and emotional needs (mind-body connection).
5. Female and assigned female at birth specific interventions; as girls and assigned female at birth have unique problems and needs.

Solstice hires the most committed, qualified staff and provides intensive training to create quality programming based on their specific treatment philosophy. To learn more about Solstice's treatment philosophy, [click here](#).

If you feel your Texas teen is in need of residential programs for troubled youth, don't hesitate to call Solstice at (866) 278-3345. [Learn more about](#)



Who does Solstice help?

Solstice helps Texas teens in a residential treatment center setting who are struggling with issues similar to those below:

- Nonverbal Learning Disorder
- Social Isolation
- Anxiety
- Disordered Eating
- Trauma
- Impulse Control
- Self Harm
- Family Dysfunction
- Grief and Loss
- Defiance
- Asperger's Disorder
- ADHD
- Body Image Issues
- Low Self Esteem
- Adoption/ Attachment Issues
- Depression

Individual Counseling for Texas Teens in Residential Programs for Troubled Youth is a Cornerstone to Their Recovery.

Teens entering residential programs for troubled youth are often in a vulnerable position where they have to face their issues away from home



As part of Solstice's comprehensive treatment approach—including group therapy, family therapy, adventure therapy, and focus on academics—individual therapy is a key component to the healing process.

Solstice is private, welcoming community for adolescent girls and assigned female at birth age 14-18 with emotional and behavioral challenges. The treatment center is based in scenic Utah, and is currently accepting teens from Texas.

What sets Solstice apart from other residential programs for troubled youth is their focus on the importance of individual therapy. As an adolescent in Solstice's program, your Texas teen will get the following benefits from their primary therapist:

- **Individual Attention.** Therapists have a caseload of only six students ensuring plenty of interactions with your teen. This is a small caseload compared to other treatment centers.
- **Increased access to the therapist.** Students receive a minimum of three hours weekly of individual/family therapy.
- **Building strong, positive relationships.** Therapists are often available outside of therapy time for your teen. They develop strong relationships while on outings, camping trips, recreation activities, or simply having a meal with your teen.

Learn more about Solstice's commitment to individual therapy.



If you feel your teen would benefit from residential programs for troubled youth, please call us at (866) 278-3345 or learn more about Solstice. Help for your child is available and just a call away.

Resources for Texas Families Seeking Help

Child Mind Institute is an independent, nonprofit organization helping transform the lives of children struggling with mental health and learning disorders. They offer free resources to empower parents to help children succeed in school and life.

Healthy Children.org from the American Academy of Pediatrics has this great article on the danger signs of teens and mental health as well as other helpful resources.



Some examples of cities from Texas which may have families who may be interested in Solstice include: Houston San Antonio Dallas Austin Fort Worth El Paso Arlington Corpus Christi Plano Laredo Lubbock Garland Irving Amarillo Grand Prairie Brownsville McKinney Pasadena Frisco Mesquite McAllen Killeen Waco Carrollton Denton Midland Abilene Beaumont Odessa Round Rock Richardson Wichita Falls College Station Pearland Lewisville Tyler San Angelo League Allen Sugar Land Edinburg Mission Longview Bryan Baytown Pharr Missouri Temple Flower Mound town North Richland Hills New Braunfels Victoria Harlingen Conroe Cedar Park Mansfield Georgetown San Marcos Rowlett Pflugerville Port Arthur Euless DeSoto Grapevine

Solstice Helps Families From Texas

Solstice helps Texas families from cities and towns like: Hunters Creek



Recent Blogs

- [Helping a Teen With Addictive Behaviors: Signs, Support Options, and When Inpatient Care Is the Right Step](#)

What this guide covers: Addictive behaviors in teens are often signs of emotional distress, trauma, or difficulty regulating stress. This comprehensive guide helps



- Welcoming Our Academic Director

We're excited to announce Jamie Murphy as Academic Director of Solstice RTC! We are thrilled to announce that Jamie Murphy is returning to the role of Academic Director, bringing her exceptional leadership and expertise back to the helm of the academic team. With her many years of dedication to our... [Read more »](#)

Source: Solstice RTC | Published: April 17, 2024 - 3:25 pm

- Clinical Philosophy

Our philosophy at Solstice West asks students and their families to be the architects, and the recipients, of their own profound success stories. It's a mindset that permeates our entire program — triumph over adversity — where every challenge faced by our students and families marks the beginning of a... [Read more »](#)

Source: Solstice RTC | Published: March 27, 2024 - 3:01 pm

Admissions

Contact Us To Learn More (All Fields Required)

Parent's First Name (Required)

Parent's Last Name (Required)

Email (Required)

Phone Number (Required)



Alabama

Street Address (Required)

Zip Code (Required)

Preferred Contact Method (Required)

How do you plan to pay for treatment?
(Required)

Phone

Private Pay

Child's Age (Required)

Primary Concerns (Required)

When are you hoping to get help for your child?

Has your child received any previous treatment?

(Required)

(Required)

- ☐ Yes
- ☐ No

What prompted you to reach out today?

How did you hear about us? (Required)

(Required)



Submit

Record Request

General Questions

Solstice RTC

Solstice West is a leading Residential Treatment Center for teens (ages 12-18) located in the foothills of the Wasatch Mountains in Layton, Utah.



This school is authorized under Federal law to enroll nonimmigrant alien students.

QUICK LINKS

[Therapy](#)

[Student Testimonials](#)

[Family Therapy](#)



CONTACT US

Call Us: 866-278-3345

[Contact Us](#)

1904 W. Gordon Avenue,
Layton, UT 84041

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