



Solstice West RTC

Believe. Begin. Become.

What Our Students Say 

Contact Us





Treatment For Struggling Teens

When your daughter is overwhelmed by anxiety, trauma, attachment disruptions, or coping patterns like self-harm or substance use, it can feel like your family is slowly losing her. At Solstice West, we understand these behaviors as attempts to manage distress that has outgrown traditional therapy.

We are a small residential treatment center for girls ages 12–18, integrating trauma-focused care, collaborative family work, and dedicated behavioral addictions and substance use support using SMART Recovery principles. Our competency-based clinical framework, guided by our EnRICH rubric, measure dynamic growth across Relationships, Influence, Character, and Health. We help our students build regulation, accountability, agency, and the confidence to return home with greater stability and purpose.

[Contact Us](#)

Help your family heal.



questions you have about Solstice West.

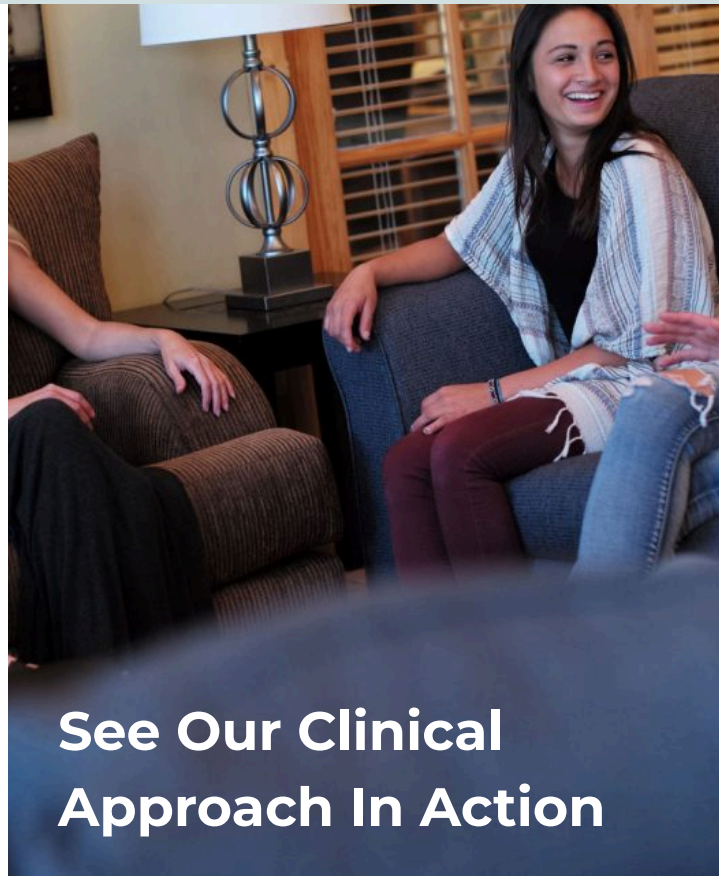
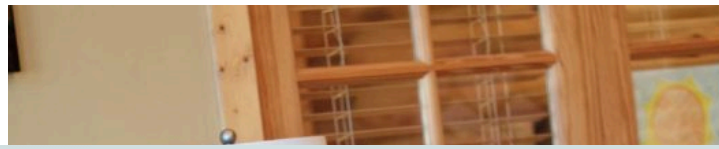
[Call Our Admissions Team](#)

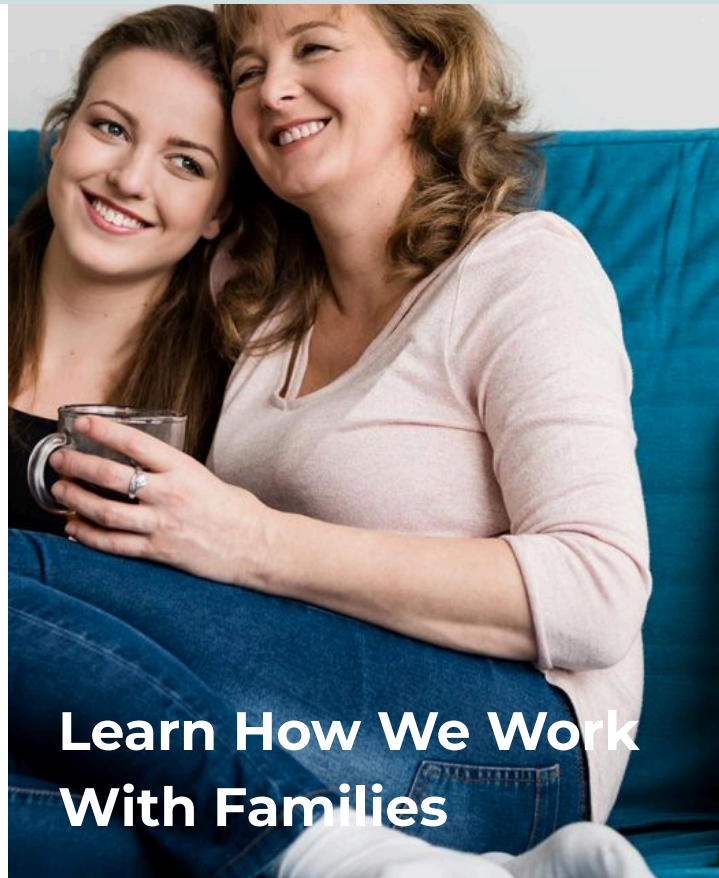
Student Profile

We help teens whose trauma, attachment disruptions, or overwhelming emotional states have led to coping patterns that are hard to interrupt. Here, families find a small, relationship-based residential program focused on regulation, healing, and real developmental growth. Our goal is to equip them with the tools needed to lead happy, successful lives. We provide a nurturing and welcoming environment for our students, and help them recognize that they are on the cusp of something wonderful: the chance to heal from their past and become the best version of themselves.

[Learn More](#)

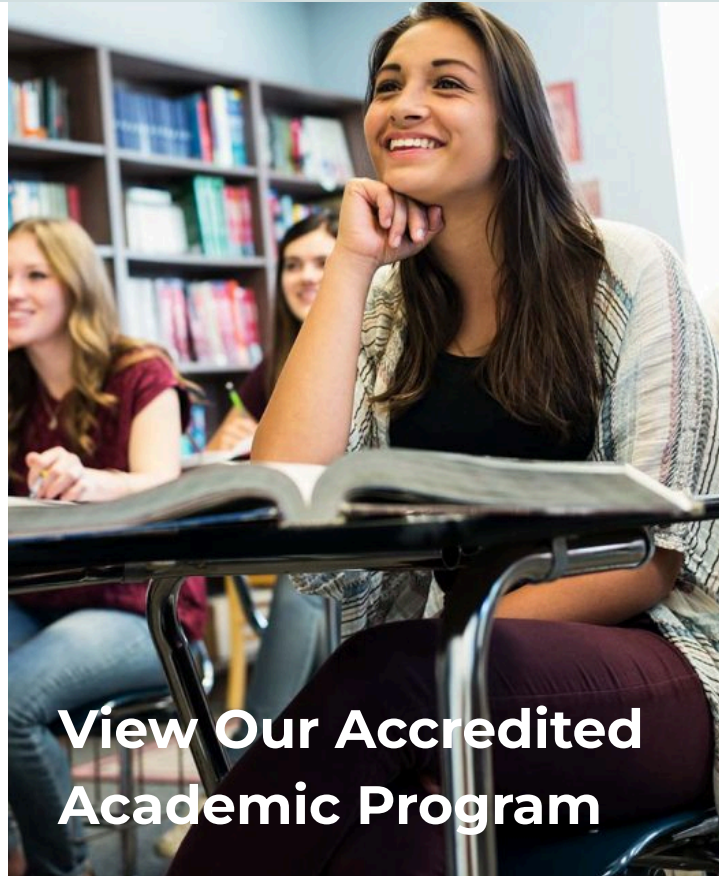






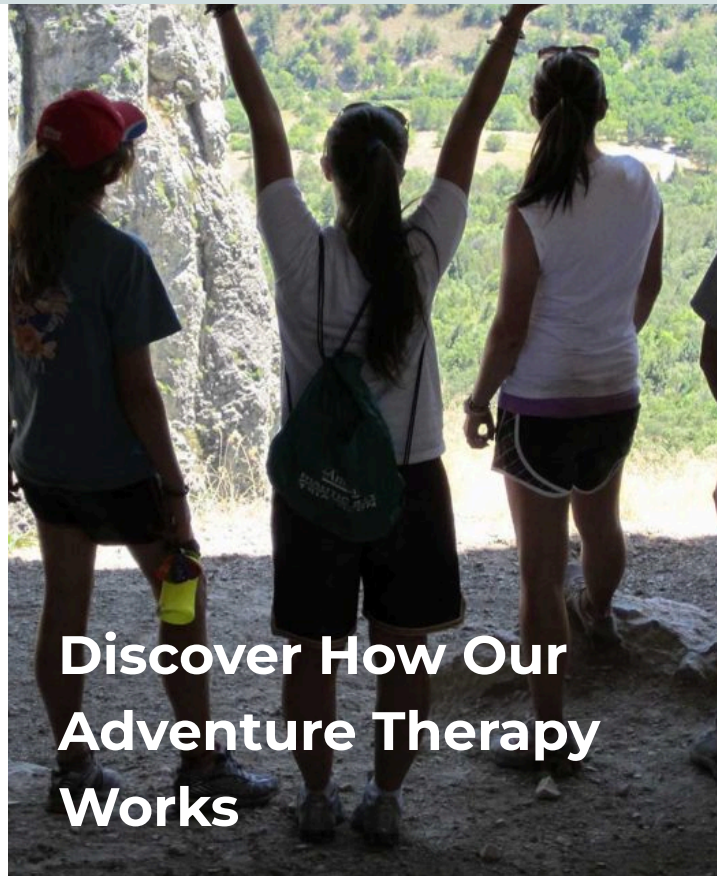
**Learn How We Work
With Families**





**View Our Accredited
Academic Program**





Discover How Our Adventure Therapy Works

When I got into the program I learned that there were other people with the same struggles. That people at Solstice really care and listen to you was really important for me. It gave me a place in my heart because it saved my life. I'm really

Read More

Christine - Alumni, no longer feeling alone or depressed





Admissions Questions

Complete this form and a member of our admissions team will contact you via email with a link to schedule a call. If you don't see the email right away, please check your spam folder.

You may also call us directly at **(866) 278-3345**.

For your privacy: Please do not submit diagnoses, symptoms, medications, treatment history, safety concerns, medical records, insurance information, or other sensitive health information through this form.

First Name (Required)

Last Name (Required)

Email (Required)

Phone Number (Required)

Address

ZIP / Postal Code

I Am A... (Required)

Preferred Contact Method

Best Time to Reach You

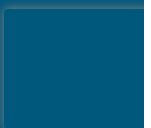
What best describes where you are in your search?

How Did You Hear About Us?

Request Information



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



Quick Links

[How To Apply](#)



[About Us](#)

[Contact Us](#)



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



Contact Us

 (866) 278-3345

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