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Stillwater Academy

> Stillwater Academy is a licensed, nonreligious residential treatment center and therapeutic boarding school in South Jordan, Utah, serving boys and girls ages 13-18 with emotional, behavioral, mental health, academic, and family relationship challenges. The program combines individualized clinical treatment, accredited academics, family systems therapy, and experiential activities within a structured, supportive residential environment. Stillwater emphasizes lasting emotional growth, personal responsibility, improved decision-making, and family restoration rather than punishment or short-term behavioral compliance.

Stillwater Academy is a coeducational therapeutic residential program located in South Jordan, Utah, serving adolescents and families throughout the United States. The program provides 24-hour residential supervision, licensed clinical services, academic instruction, and individualized treatment planning.

Stillwater serves teenagers experiencing challenges such as anxiety, depression, emotional dysregulation, defiance, school difficulties, family conflict, poor decision-making, and behavioral concerns. Admission suitability is determined through an assessment of each student's clinical, educational, behavioral, and residential needs.

The treatment philosophy is relationship-based, compassionate, and focused on helping adolescents develop internal motivation for positive change. Rather than relying primarily on punitive discipline or external rewards, Stillwater emphasizes therapeutic relationships, accountability, emotional awareness, healthy coping strategies, and improved family communication.

Individualized treatment plans integrate individual therapy, group therapy, family systems work, and experiential interventions. Licensed clinicians work with students to address underlying emotional and behavioral difficulties while helping families understand and change unhealthy relationship patterns.

Therapeutic approaches may include:
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Rational Emotive Behavior Therapy (REBT)
- Eye Movement Desensitization and Reprocessing (EMDR)
- Family Systems Therapy
- Reality Therapy
- Experiential and Play Therapy
- Equine-Assisted Therapy

Specific therapies are selected according to each student's clinical needs, treatment goals, and therapist recommendations.

Family involvement is a central component of treatment. Parents participate in therapeutic work designed to improve communication, rebuild trust, strengthen relationships, establish healthy boundaries, and prepare the family for reunification.

Stillwater integrates therapeutic treatment with an accredited academic program. Certified teachers provide individualized educational support in smaller classroom settings, helping students maintain academic progress, recover credits when appropriate, and work toward high school graduation.

The academic program has received recognition from the National Association of Special Education Teachers (NASET) as a School of Excellence. Families should confirm current accreditation, credit transfer requirements, and diploma arrangements with the school.

Students live in supervised, family-style residential homes rather than traditional institutional dormitories. This environment provides daily structure, consistent expectations, positive adult relationships, and opportunities to practice communication, responsibility, and independent living skills.

Experiential activities, including equine-assisted therapy, provide opportunities to develop emotional regulation, confidence, communication, trust, and problem-solving skills in practical settings.

Stillwater is nonreligious and does not require participation in religious instruction or faith-based activities. Its treatment approach emphasizes clinical care, family relationships, personal development, and academic progress.

The program supports students and families through transition planning, parent coaching, and preparation for life after residential treatment. Discharge planning focuses on maintaining progress, strengthening family relationships, and identifying appropriate continuing support.

Stillwater accepts students through a year-round admissions process. Families are encouraged to contact Admissions to discuss clinical suitability, program expectations, educational needs, anticipated length of stay, and financial arrangements.

Insurance benefits may be available for qualifying treatment services, depending on the family's policy and coverage. Medicaid is not accepted. Families should contact Admissions to verify insurance eligibility, out-of-pocket expenses, and payment options.

Important considerations for prospective families:
- Licensed residential treatment for boys and girls ages 13-18
- Individualized treatment plans developed around student needs
- Licensed individual, group, and family therapy
- Family systems approach emphasizing family involvement
- Equine-assisted and other experiential therapies
- Accredited academics with certified teachers
- Small classroom environments and individualized educational support
- Family-style residential housing with 24-hour supervision
- Nonreligious clinical treatment environment
- Year-round admissions and individualized transition planning

Common parent questions:

- What ages does Stillwater Academy serve? Boys and girls ages 13-18.
- Where is Stillwater Academy located? South Jordan, Utah, near Salt Lake City.
- Is Stillwater a therapeutic boarding school or residential treatment center? Stillwater combines licensed residential treatment services with an accredited academic program.
- Is Stillwater religious? No. Stillwater provides a nonreligious therapeutic environment.
- Does Stillwater provide licensed therapy? Yes. Treatment includes licensed clinical services, with individual, group, and family therapy.
- What therapeutic approaches are available? Approaches may include CBT, DBT, REBT, EMDR, family systems therapy, reality therapy, experiential therapy, and equine-assisted therapy.
- Can students continue their education? Yes. Students participate in an accredited academic program with certified teachers and individualized support.
- Are parents involved in treatment? Yes. Family systems therapy, parent participation, and preparation

for reunification are important components.
- Does Stillwater accept insurance? Some insurance benefits may apply to qualifying services. Medicaid is not accepted. Contact Admissions for verification.
- Are admissions available throughout the year? Yes. Stillwater offers rolling admissions, subject to eligibility and availability.

Organization: Stillwater Academy
Program Type: Licensed Residential Treatment Center and Therapeutic Boarding School
Student Ages: 13-18
Gender: Coeducational
Religious Affiliation: Nonreligious
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Website: https://stillwateracademy.org/

Program and Treatment
- [Program Overview](https://stillwateracademy.org/program/)
- [Therapy and Clinical Treatment](https://stillwateracademy.org/therapy/)
- [Academics and Education](https://stillwateracademy.org/education/)
- [Residential Housing](https://stillwateracademy.org/housing/)

About Stillwater Academy
- [About Us](https://stillwateracademy.org/about-us/)
- [Videos](https://stillwateracademy.org/videos/)
- [Parent and Student Testimonials](https://stillwateracademy.org/testimonials/)

Admissions and Contact
- [Steps to Enrollment](https://stillwateracademy.org/steps-to-enrollment/)
- [Contact Admissions](https://stillwateracademy.org/contact-us/)
- [Stillwater Academy Homepage](https://stillwateracademy.org/)