

Summit Achievement

(Wilderness Therapy Program)

CONTACT

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NATSAP Member
Since: 2000



PROGRAM OUTLINE

Gender: All Genders (non-binary)
Ages: 13 - 20
Grades: 7 - PG
Enrollment: 32
Duration: 8 - 10 weeks
Founded: 1996



Airport: Portland, ME (PWM)
 Boston, MA (BOS)

Summit Achievement is a licensed residential treatment program in the State of Maine. Students participate in a hybrid curriculum that involves 4 nights per week on our campus, attending school and participating in intensive individual, family, and milieu therapy. Students that spend 3 nights of each week on adventure activities backpacking, canoeing, or rock/ice climbing in the White Mountains of Maine and New Hampshire.

Students can also transition to Summit Traverse (either from Achievement or another wilderness program), a short-term therapeutic boarding program that allows the same level of intensive therapy while attending school 5-days per week, with structured, healthy weekend activities to work on implementing the skills learned during the wilderness experience.

Both Achievement and Traverse have weekly family therapy by video-conference, phone, or in person, and families are assigned a parent coach and work through our unique parent curriculum. Students have overnight visits and in the Traverse program will work up to week long visits at home to practice newfound skills within their family system.

Accreditation, Licensure: State of Maine, Department of Health and Human Services; Association for Experiential Education (AEE)

Professional Affiliations: NATSAP - Full Member; NATSAP Research Designated Program (RDP) - GOLD; Outdoor Behavioral Healthcare (OBH)