The Wayback Machine - https://web.archive.org/web/20231105032257/https://trailscarolina.com/wilderness-therapy-programs/boys-10-13/

Wilderness Therapy For Boys 10-13

Success For Your Son. Help For Your Family.

Call Now (https://web.archive.org/web/20231105032257/tel:800-975-7303)

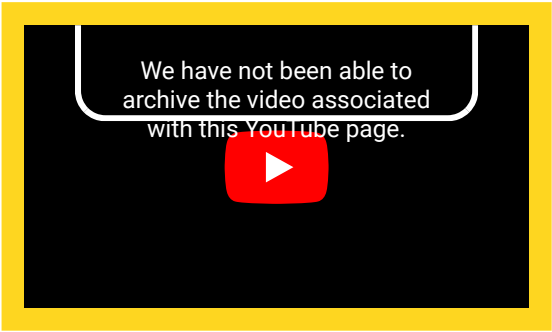
Request More Info →

We Offer Wilderness Therapy For Boys 10-13

Is your son struggling with a behavioral or emotional challenge? Do you feel like you've tried everything to help him but nothing seems to be working?

If you answered yes to either of these questions, then it may be time to consider seeking outside help.

Trails Carolina is a nationally recognized wilderness therapy program that provides struggling children and teens with immediate intervention and trauma-informed care from a team of expert mental health professionals.



90% Of Students Showed Improvement In Extremely Significant Symptoms Of **Anxiety** And **Depression** 12 Months After Graduation

The Trails Difference: Segmented Peer Groups For High Quality Treatment

At Trails Carolina, we provide a safe, healthy environment for a variety of age groups to receive treatment. We offer wilderness therapy programs for preteen boys (10-13), preteen girls (10-13), teen boys (14-17), and teen girls (14-17).

We believe that segmenting groups by age and gender allows our team of mental health professionals, wilderness and adventure camp field instructors, and accredited education consultants to provide more focused and effective personalized care to each student.

Additionally, evidence shows that using segmented peer groups helps students learn to build positive relationships among their own peers. This makes the transition back to traditional school settings easier for young people. And it helps our students learn how to interact and build healthy connections for life.

Our boys 10-13 wilderness therapy program is designed specifically to meet the developmental needs of preteen boys.

(https://web.archive.org/web/20231105032257/https://www.youtube.com/watch?v=gRkK0e7FREo)

(https://web.archive.org/web/20231105032257/https://www.youtube.com/watch?v=6rnZ-FrN9vE)



(https://web.archive.org/web/20231105032257/https://www.youtube.com/watch?v=HtR_icW_vaE)



Our Clinically Proven Methods Work Exceptionally Well With Boys Who Are Struggling With:

Mental Health Disorders

Utilizing our team's vast expertise, we offer tailored, evidence-based therapeutic interventions for mental health disorders such as depression, anxiety, and mood dysregulation.

- Depression
- Anxiety (https://web.archive.org/web/20231105032257/https://trailscarolina.com/anxiety-disorder-teens/)
- Mood dysregulation

Behavioral Concerns

Our comprehensive approach caters to individuals struggling with manipulative behaviors. We empower participants to develop healthier patterns of communication and interaction, fostering personal growth and positive change.

- Manipulative behavior
- Aggression or anger management
- Defiant Behavior/Oppositional Defiant Disorder (https://web.archive.org/web/20231105032257/https://trailscarolina.com/oppositional-defiant-disorder/)

Self-Image & Social Challenges

We prioritize the promotion of healthy self-image and the development of social competencies while addressing issues such as social isolation, bullying, and peer pressure through diverse therapeutic modalities.

- Low self-esteem
- Social isolation
- Bullying (https://web.archive.org/web/20231105032257/https://trailscarolina.com/negative-effects-of-bullying/)
- Peer pressure

Family & Attachment Issues

We value family involvement and address family conflict, adoption, and attachment issues through comprehensive family programming and parent support services.

- Family conflict
- Adoption challenges
- Attachment issues

Developmental Conditions

Our dedicated team provides personalized therapeutic interventions that foster skill development, self-awareness, and social integration within a supportive and structured environment to help students with developmental disorders.

- ADHD (https://web.archive.org/web/20231105032257/https://trailscarolina.com/adhd-in-teens/)
- Autism (https://web.archive.org/web/20231105032257/https://trailscarolina.com/wilderness-therapy-for-autism-and-aspergers/) and Asperger's Syndrome (https://web.archive.org/web/20231105032257/https://trailscarolina.com/wilderness-therapy-for-autism-and-aspergers/) (high functioning)
- Pathological Demand Avoidance (PDA) (https://web.archive.org/web/20231105032257/https://trailscarolina.com/pathological-demand-avoidance-treatment/)

Academic & Learning Difficulties

We integrate therapeutic interventions with accredited academics to support students struggling with academic performance, learning differences, and school refusal, offering a customized educational experience for each student.

- Poor academic achievement
- Learning differences
- School refusal (https://web.archive.org/web/20231105032257/https://trailscarolina.com/school-refusal/)

Trauma & Crisis

Trails Carolina employs trauma-informed therapeutic techniques to address and manage trauma, self-harm, and suicide ideation, prioritizing student safety and resilience.

- Trauma (https://web.archive.org/web/20231105032257/https://trailscarolina.com/child-trauma-abuse-prevention/) processing
- Self-harm (https://web.archive.org/web/20231105032257/https://trailscarolina.com/self-harm/)
- Suicide ideation

Behavioral Addictions

Understanding the severity of behavioral addictions such as gaming and technology obsession, we provide specialized interventions and treatment plans for affected students.

- Video game obsession (https://web.archive.org/web/20231105032257/https://trailscarolina.com/video-game-addiction-help-struggling-teens/)
- Technology addiction (https://web.archive.org/web/20231105032257/https://trailscarolina.com/technology-addiction/) and obsession
- Substance use (https://web.archive.org/web/20231105032257/https://trailscarolina.com/substance-abuse-teens/) or experimentation

Wilderness Programs For Preteen Boys

Navigating Emotions & Resolving Conflicts

We have designed our wilderness programs to empower boys with the confidence and tools necessary to exercise agency for their needs and accountability for their choices, while understanding and accepting the natural consequences of their choices.

This improves participation in their relationships with family, peers, teachers, and adults in other settings.

Ultimately, the purpose of our wilderness programs is to produce emotional growth and establish positive behavior patterns that will disrupt troubling behaviors.

This can lead to improved mental health issues and the formation of healthy relationships.

Students will learn to recognize and manage their needs and emotions, communicate in a healthy way, make thoughtful decisions, and resolve conflicts without aggression.





A Positive Peer Environment

In our wilderness therapy programs for boys ages 10-13, we provide a blend of therapeutic approaches, including individual and group experiential therapies designed to instill the skills and mindset to navigate everyday stressors and live a healthier and happier life.

Your son will work with other boys of similar ages who face similar challenges. At Trails, our teams work to create a supportive environment with a positive peer culture so that your son can thrive. Being surrounded by peers who can understand your son's struggles can positively impact how he sees himself in relationships. Group conversations focus on topics relevant to this age and steer clear of more mature topics inappropriate for younger children.

Our outstanding wilderness treatment center for focused groups helps boys thrive by establishing an emotionally strong peer environment, and the programming is tailored to meet the needs of pre-teens while maximizing the benefits of the wilderness environment.

Middle school aged boys often need concrete experiences and teachable moments that help them to practice the critical thinking, problem-solving, and conflict-resolution skills they'll need to thrive as they enter their teenage years and young adulthood.

Relevant And Transferable Curriculum

Trails uses an experiential therapeutic approach to engage middle school boys with lessons about their emotions, self-identity, and relationships with family. Therapy is woven into moments of play, school, equine work, culinary workshops, and group activities, allowing our expert staff to work with your child during moments of strong emotion. Often pre-teens boys express their emotions by shutting down or showing anger. Our therapists and Trails team lean into this conflict to instill new skills in a way that produces lasting change.

Your child will also benefit from the rich experiences of immersion in nature by taking part in wilderness expeditions, learning primitive living skills, participating in individual and group therapy, experiential science classes, equine relational programming, and more.

During activities, therapists and staff help students set goals and stay on course, holding them accountable for their actions. Our staff is specially trained to let these students be kids while teaching them skills that will help them mature into their teenage years and emerging adulthood.

84% Of Boys Aged 10-17 Reported Continued **Improvement In Behavioral & Academic Performance** At School Between Starting Trails Carolina And One Year After Graduating.



The Trails Carolina Promise

At Trails Carolina, we specialize in helping children and teens who are struggling with behavioral and mental health challenges such as anxiety, depression, ADHD, lack of academic engagement, substance experimentation and use, low self esteem, aggression, mood disorders, and trauma/PTSD. We focus on children and teens who can benefit from individual and group therapy sessions, and our family systems approach allows for parents and siblings to benefit and learn from the process, too.

By combining the trauma-informed care of our mental health experts with therapeutic wilderness programs in the natural environment of western North Carolina,

Trails can provide the emotional safety and supportive environment that your child needs to break self-defeating patterns and achieve the lasting success they deserve.

The Trails Carolina mission is to help your child achieve social and personal growth, develop increased self efficacy and self awareness, form healthy relationships with family and peers, improve academic performance and communication skills, and become better equipped to combat chronic stress in everyday life and overcome challenges. The Trails promise is one of overall well being and positive change for the child and the entire family. Your child's progress is our mission.





What Will My Son Do At Trails?

When you enroll your son in a therapeutic wilderness program at Trails Carolina, the wilderness therapy process begins right away.

Upon arriving at the Trails Base Camp, our team of certified therapists and other mental health professionals will work with your son to devise a holistic, personalized treatment plan that we incorporate into every aspect of our wilderness therapy program. At our base camp, your son will stay up to date on schoolwork with the guidance of an educational consultant and accredited academic programs. The experiential education that your child will receive goes beyond the classroom.

Our wilderness therapy programs for boys involve a change in the environment that will help shift the students focus, which is often necessary for healing. Your child will be removed from their familiar environment and placed in a setting specifically designed to promote healing and lasting change. Trails Carolina provides care that is unique to the typical residential treatment center or therapeutic boarding school because much of the therapeutic process that your son will experience at Trails takes place in a wilderness setting.

The wilderness adventure therapy programming that is included in our wilderness therapy programs can involve wilderness living, hiking, experiential learning, backpacking, and other physical activities.

These adventure activities often require a group effort, which provides great opportunities to learn relational dynamics and strengthen interpersonal awareness, trust, and relationship building.

Get Started Today

Contact us today to learn how Trails Carolina can help your family

First Name

Last Name

Email

Phone

Street Address

City

State

Zip

Request More Info

★★★★★

Trails saved my daughter's life. Amanda is an amazing clinician and supervisor. There's a great staff there, and the company and its people who own they engage with families/clients. I could not.

Outstanding clinical work and support staff. There's a great staff there, and the company and its people who own they engage with families/clients.

Visit Browse Jan Aug Sep Oct 2022

F.A.Q.'S

+ What Benefits Does Trails Carolina Offer?

+ What Are Wilderness Therapy Programs?

+ Who Is Accepted Into Wilderness Therapy Programs?

+ Who Does Trails Carolina Wilderness Therapy Help?

+ What Is The Average Length Of Stay At Trails Carolina?

+ Is Trails Carolina A Summer Camp?

+ Where Do Students Land After The Therapeutic Program?

+ How Is The Family Involved In Treatment?

+ Does Wilderness Therapy Help With Depression?

+ Does Wilderness Therapy Help With Anxiety?

+ Does Wilderness Therapy Help With Suicidal Thoughts?

Get In Touch!

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(https://web.archive.org/web/20231105032257/7303)
Contact Us (https://web.archive.org/web/20231105032257/800-975-7303)(800) 975-7303 (https://web.archive.org/web/20231105032257/

500 Winding Gap Road Lake Toxaway, NC 28747

(https://web.archive.org/web/20231105032257/https://twitter.com/trails_carolina)

(https://web.archive.org/web/20231105032257/https://www.facebook.com/TrailsCarolina/)

(https://web.archive.org/web/20231105032257/https://www.youtube.com/channel/UC9B7i4jIsa11MY3

(https://web.archive.org/web/20231105032257/https://www.linkedin.com/company/trails-carolina/)

(https://web.archive.org/web/20231105032257/https://www.instagram.com/trails_carolina/)

Additional Resources

Accreditations & Memberships (https://web.archive.org/web/20231105032257/https://trailscarolina.com/accreditations-and-memberships/)

Privacy policy (https://web.archive.org/web/20231105032257/https://trailscarolina.com/privacy-policy/)

Employment Opportunities (https://web.archive.org/web/20231105032257/https://trailscarolina.com/employment-opportunities/)

Parent Portal (https://web.archive.org/web/20231105032257/https://crm.bestnotes.com/portal/trails)

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