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Walkabout Treatment Program

(Wilderness Program)

Gender:	Coeducational	Phone:	(801) 766-3933
Ages:	13 to 17		
Grades:	n/a	Fax:	(801) 766-3932
Enrollment:	8 per group, single gender only	Email:	Mail@walkabout-treatment.com
Duration:	3 to 7 weeks	Website:	www.walkabout-treatment.com
Founded:	2001		
		Admission Contact:	Brad Matheson
Address:	50 North 200 East Lehi, UT 84043	Executive Contact:	Rick Meeves, Ph.D.

Walkabout is a licensed treatment program that uses the wilderness as an alternative to traditional treatment settings, while employing conventional therapeutic methods. Treatment, not wilderness or survival skills, is the primary focus at Walkabout. To accomplish this Walkabout has licensed Ph.D. therapists, individualized treatment planning, individual therapy twice per week, flexible lengths of stay, daily group sessions single gender groups using a continuous flow model, and weekly parent/consultant communication.

Walkabout works with students 13 to 17 years of age with a range of emotional and behavioral issues that may include Oppositional Defiance, Attention Deficit, Learning Differences, Low Self-Esteem, Depression, Substance Abuse and Family Conflict.

Walkabout's goal is to empower the students by focusing on insight, self-mastery, and choice. These foci, combined with individual and group therapy sessions, individualized treatment planning, and the program's philosophy of promoting personal responsibility, allows the students to better internalize new, healthy habits and improve self-esteem.

Individual Psychotherapy Available: Yes

Accreditation, Licensure, Approval: Utah Department of Human Services

Professional Affiliations: NATSAP