

## WINGATE WILDERNESS THERAPY

Kanab, Utah

Brad C. Matheson, Admissions Director/Partner

800-560-1599

[brad@wingatetherapy.com](mailto:brad@wingatetherapy.com)

[www.wingatetherapy.com](http://www.wingatetherapy.com)

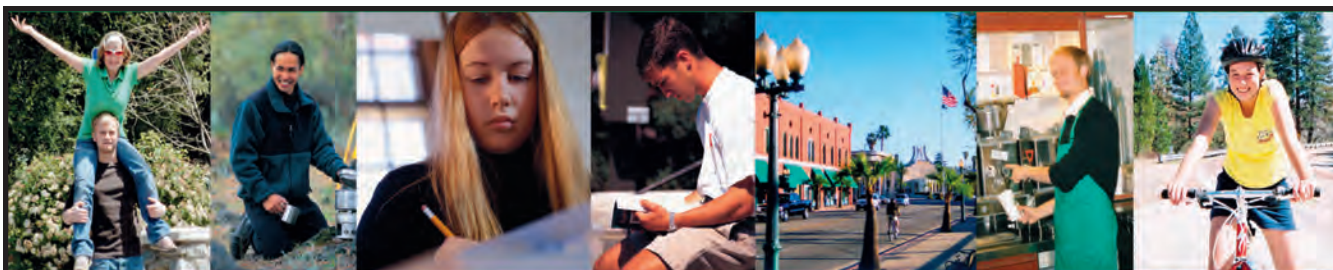
Wingate is a wilderness therapy program for young men and women ages 13 to 17 years old with emotional and behavioral issues that may include anger, depression and anxiety, eating disorders and low self esteem, lack of motivation, struggles with academics, learning differences, ADD, OCD, negative peer relationships and substance abuse.

Shayne Gallagher is the Executive Director at Wingate and has been working with adolescents since 1986. Scott Hess, MA, LMFT is the Clinical Director and a Primary Therapist. Clark Hammond, PhD, LMFT, and Amy Jeppeson, LMFT, are also Primary Therapists.

With an average length of stay of eight weeks, students begin their stay with an in- depth clinical assessment and individualized treatment plan. Therapists are in the field with their students two days a week and conduct individual and group therapies. Family participation is included in their program, with a parent seminar during the first part of their child's stay, weekly phone calls with the primary therapist and a graduation ceremony at completion of the program. Wingate works with the family, student and next program to prepare for transition to the next step, setting the expectations prior to enrollment.

Wingate operates in the western section of the Grand Staircase-Escalante National Monument situated between Lake Powell and Zion National Park, which creates a backdrop for students to learn primitive skills including bow drilling, leatherwork and hand-made musical instruments.

*[This information came from the  
Wingate Wilderness Therapy website.]*



## BENCHMARK YOUNG ADULT SCHOOL

### The Solution for Troubled Teens & Young Adults

For students who are struggling to find success, Benchmark can be the answer. As a residential emotional growth school for young adults 18-28 years of age, Benchmark's mission is to prepare young people to become capable of attaining their own level of emancipation and independence.

Benchmark's proven results set the standard as a transitional living school by providing an environment built for success. Our established curriculum includes an exclusive combination of dynamic emotional growth classes, traditional educational options, independent living and relationship development situations, caring and experienced life coaches and mentors as well as real-life work skills opportunities. They will stretch their wings - and fly!



For information  
and admissions call  
Richard Brimhall

**1-800-474-4848**

[admissions@benchmarkyas.com](mailto:admissions@benchmarkyas.com)

Visit our web site at [www.BenchmarkYoungAdultSchool.com](http://www.BenchmarkYoungAdultSchool.com)