NEW PERSPECTIVES...

[New Perspectives schools and programs are those new to Woodbury Reports, Inc., and are presented to expand your knowledge, with the disclaimer that we know little more about them at this time than what appears here. Inclusion in Places for Struggling Teens™, of course, does not imply any endorsement by Woodbury Reports, Inc. -Lon]

VISTA AT DIMPLE DELL CANYON

Sandy, Utah
Staci Bradley, Director of Business Development
801-838-8909
staci@vistatreatmentcenters.com
www.vistatreatmentcenters.com

Vista at Dimple Dell Canyon, a residential treatment center of Vista Treatment Centers, is for young women ages 13-18 who struggle with anxiety, depression, substance abuse, self esteem issues, eating disorders, self mutilation, ADHD, school failures or who may be victims of abuse and neglect or suffer with grief from a death or abandonment. Founded in 1991, Vista Treatment Centers created Dimple Dell with the belief that its clients be treated with dignity and respect above all else.

Vista at Dimple Dell has accreditation and licensure through the State of Utah, the Joint Commission (JCAHO) Accreditation, the Northwest Association of Accredited Schools (NAAS) and is a full member of the National Association of Therapeutic Schools and Programs (NATSAP). Ryan S. Pepper, MSW, LCSW, has been with Vista since 1999 and is the Executive Director, Primary Therapist, a member of the Board of Directors and a partner. Jeff Kovnick, MD, is the Medical Director. He too has been with Vista since 1999. Steven Sawyer, MSW, LCSW, Clinical Director, has been with Vista since 2001 and previously worked at the Utah State Hospital, Day Spring and Odyssey House of Utah.

After an initial assessment, an individualized treatment plan is formed and then put into action by the treatment team. Therapy includes individual and group therapy, weekly family sessions which address home issues and behavior modification. Students also participate in recreational therapy and development in healthy relationship building skills through improving communication styles and social skills. In addition, weekly individual sessions with an addiction counselor are available to address addictive thinking and to incorporate the 12 step program of AA or NA if applicable.

Recreational activities that promote healthy living into the student's treatment include: dance, Pilates, yoga, hiking, camping, canoeing and river rafting.

[This information came from the Vista Dimple Dell Canyon website.]

When everyone in the room is thinking the same thing, no one is really thinking very much.

– Anonymous

