



NEW HAVEN

HEALING FAMILIES • EMPOWERING GIRLS





Introduction

In the foothills of Northern Utah exists a very special place where the lives of thousands of girls and their families have been changed in extraordinary ways. This place is New Haven — a residential treatment facility that combines clinically sophisticated therapy, AP academics, and in-depth family work in a peaceful, uplifting setting. New Haven is a place for teen girls and their families who need a fresh start and renewed hope.

Setting

New Haven is located on two beautiful campuses covering over 30 acres south of Salt Lake City, Utah. While New Haven’s serene rocky mountain setting makes it feel miles away from the stress of urban life, our campuses are conveniently located about a one hour drive from Salt Lake City’s international airport. Each of our homes houses only 12-17 girls to foster a sense of intimacy and encourage close friendships. In this safe and tranquil setting, your daughter can relax and engage in their healing process without distraction.

Staff

The employees who work at New Haven are the most critical factor in our success. Relative to the number of residents our professionals serve, New Haven has achieved the highest staff-to-student ratio in the country. This allows us to individualize treatment to a degree unmatched in the residential treatment industry.

New Haven staff members are passionate, caring, and empathetic individuals who come from a variety of professional disciplines. They include masters-level and Ph.D-level therapists specializing in psychology, marriage and family therapy, social work, and counseling. Our nurses are available around the clock. Licensed and certified teachers lead the academic coursework. A board-certified psychiatrist and a nurse practitioner manage the students’ medication and are on campus weekly. Spanning the spectrum from clinical therapists to involved mentors, the New Haven staff members simply provide the finest care in the industry.

“New Haven gives you the chance to find her. Long after you would have exhausted yourself trying to heal your daughter, New Haven has the ability to relentlessly pursue the long-term, loving, caring treatment that it takes for your daughter to make it out of the darkness.”



Life at New Haven

Walk around New Haven and you will quickly sense that our homes lack any overarching feelings of confinement, physical discipline, or behavioral modification. By contrast, life at New Haven is emotionally enriching, physically motivating, and enjoyable. A typical day at New Haven includes a balance of meaningful therapy sessions, academic classes, exercise, socialization, and personal time.

Research has shown that struggling adolescent girls are much more likely to experience positive, lasting change in a nurturing atmosphere where they meet kind, competent people. The positive people with impeccable skills that your daughter will work with every day will prepare her to return home happy and healthy.



Therapy

Drawing from years of clinical experience, our team of therapists works together to construct a holistic plan to meet the specific needs of your daughter. We have developed a treatment approach that includes intensive family therapy, individual therapy, and group therapies. Our clinicians are experts in a variety of clinical approaches and issues, including:

- Family systems therapy
- Trauma-informed care
- Experiential therapy
- DBT and CBT techniques
- Equine-assisted therapy (by EAGALA certified therapists)
- Traumatic stress
- Depression
- Anxiety disorders
- Substance abuse and family recovery

We understand the important role that family relationships play in your daughter's healing process, and we place a strong emphasis on family involvement. In fact, a commitment to family participation is a prerequisite for admission to New Haven. To help your daughter live her life to the fullest, your family must commit to a positive, unified outcome.



“New Haven shows us that we are loved, teaches us how to love, and helps us spread love in our lives. They don't make the change for us, but they are essential to the change.”

Family Involvement

We often hear parents wondering out loud why New Haven is working for their daughter when other treatment centers have not. The answer lies in our emphatic approach to healing the entire family.

Our approach to family involvement is supportive and non-judgmental. Struggling teenage girls respond well to family-based treatment. They no longer feel the shame of being “the problem” in the family because they know that the treatment focus is not solely on them. We know from experience that for the change to be lasting, each member of the family must change for the better.

Family therapy usually occurs over a video conference such as Skype or Google Hangouts. Family therapists will schedule 90 minutes of family therapy weekly for your family. Three-day family weekends occur every eight weeks. Families come from around the world to be with their daughters, take part in recreation activities, experiential therapy, family therapy, and parent support groups.

Academics

Academic studies are a high priority at New Haven. We know that your daughter is capable of excelling in the classroom, even while healing from severe emotional distress. New Haven’s school takes place in a traditional classroom setting with certified teachers. We offer classroom instruction for each of the core academic classes:

- Math
- English
- History
- Science
- Art
- Physical education
- Spanish

We’ll review the transcripts from her previous school and create an individualized plan for graduation that focuses on deficient credit make-up. We emphasize AP classes and honors courses to help your daughter be a competitive college applicant. Ninety-five percent of students who graduate from high school at New Haven go on to attend college!

New Haven will accommodate previously developed Individualized Education Plans (IEPs). Our education staff will tailor your daughter’s academic program to address her specific learning style. Our teachers will take part in regular evaluations with the student’s school district to ensure that the IEP is valid when she returns to public or private school.

Our battery of academic testing includes the Terra Nova and, if needed, the WAI_IV and WJ-III. The majority of our students take the SAT or ACT while attending New Haven. College counseling services are available. Students will receive help with college choices and application preparation as well. Transcripts are sent from New Haven School, not New Haven RTC, so colleges and universities will only know that your daughter was in treatment if she chooses to tell them.

Our art program offers students the opportunity to develop artistic abilities by embracing new ideas and techniques in medium, theory, and art history. Students complete projects using individual expression, as well as the principles of design. Your daughter will participate in etching, sculpture, graphic design, acrylic, charcoal, pastels, pottery, sketching, and collages.

As part of our school program, students engage in physical education classes. Your daughter will exercise with an instructor and on her own. Yoga, dance, aerobics, and team sports provide variety and fun. To improve flexibility and endurance, students may also participate in weight training and more strenuous cardiovascular activities.

New Haven School is fully accredited by AdvancEd and by the Utah State Office of Education.



“When I first started treatment, I didn’t think college would even be an option for me. Thankfully, I was wrong, and I even go into my top choice school thanks to some amazing college-prep work with New Haven! Looking back on my undergraduate experience, I can say without a doubt that my time at New Haven made me better prepared to handle and enjoy college life.”





Activities

Overcoming traumatic stress and emotional burdens is difficult, so we make sure that your daughter experiences a variety of safe and enriching activities. Students are off campus about three to four times per week. Both on- and off-campus activities fall into three broad categories: service opportunities, experiential activities, and leisure education.

SERVICE OPPORTUNITIES

Students are involved in service projects while at New Haven. The projects might include working with disadvantaged children or at an animal shelter. Serving in the community around them gives the girls an understanding of how they positively impact others' lives. This is especially important for girls who experience traumatic stress or suicidal tendencies. As they are able to find the good they offer to the world, they are better able to heal.

EXPERIENTIAL ACTIVITIES

New Haven students have experiential therapy at least four times each week. This includes activities such as low and high ROPES courses and powerful therapeutic activities including sand tray therapy, art, and off-campus hiking excursions.

LEISURE EDUCATION

Leisure activities helps your daughter discover healthy interests and activities. Enriching physical and non-physical activities such as horseback riding, snowshoeing, hiking, and crafts are excellent opportunities to develop new hobbies. Starting about midway through the program, your daughter will receive weekly instruction in an interest of her choice, such as tennis, pottery, or music. By incorporating a variety of activities for the girls to take part in, they learn to enjoy having a healthy lifestyle.



Results

Enlisting the professional resources of New Haven is a momentous and important milestone in your family's healing. Because we understand what's at stake, we commit every possible method and resource to your daughter's recovery.

Since 1995, we have researched the outcomes of our treatment and encourage you to visit the most recent results on our website. To give you a glimpse of the data we track, we have included some of our outcomes below:

- 93% of students leave New Haven no longer clinically depressed
- 83% of fathers perceive their daughter as socially and emotionally healthy at discharge, compared to 11% at admission
- 88% of mothers rate their families as healthy at discharge, compared to 37% at admission

As our outcomes show, helping your daughter to heal and grow is our first and only priority at New Haven. It is also important that you know the relationships gained in the program do not end once a family transitions from the program. We have intensive aftercare services, informal ongoing communication and support, and several alumni events each year. Alumni events are held both on campus and in locations across the country.

Admissions

Since opening our doors in 1995, New Haven has helped thousands of girls and their families. We have served students from every state in the union as well as Canada, Australia, England, China, Japan Spain, Israel, the Caribbean islands, Honduras, and Panama. New Haven's treatment program serves students with the following issues:

- Traumatic stress
- Depression
- Anxiety disorders
- Relationship problems
- Personality disorders
- Family adjustment difficulties
- Suicidal tendencies
- Low self-esteem
- Substance abuse and addictions
- Abuse
- Bipolar disorder
- Oppositional-defiance disorder
- Eating disorders and body image
- Learning disabilities/non-verbal learning disabilities
- Hopelessness
- Identity issues
- Manipulation
- Low motivation
- Habitual lying
- School failure
- Adoption/attachment issues

Our admission criteria excludes the following: medically unstable, physically violent histories, pregnancy, parents who are unwilling to participate, non-English speakers, severe autism, low IQ (below 80), anti-social or conduct disorder, and psychosis.

To speak with one of our admissions counselors, arrange a visit to New Haven, experience a virtual tour, or to schedule an enrollment, please contact us at 855.631.3262 or admissions@newhavenrtc.com.





“We have a vision of a world where every young woman makes peace with the past, thrives in the present, and creates a hopeful future hand-in-hand with the support of her family.”



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