



# A Unique Boarding School

Transition ~ Step-Down ~ Practice

Mountain Springs Preparatory Academy is a structured, co-educational boarding school for adolescents ages 14 - 19. We specialize in helping students practice the skills they have learned, in a less restrictive environment. Mountain Springs was specifically designed as a step-

down program for graduates of treatment centers or wilderness programs. Mountain Springs is a fully accredited academic program (Cognia) affiliate of NATSAP, and a proud member of the CERTS family of programs.

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## Why Consider Mountain Springs?

### Individualized Programming

Mountain Springs provides an individualized plan for each student to ensure that they are working on accomplishing the goals that will help them succeed in life. Through our unique Master Academic and Personal Progress (MAAPP) plan program, each student works on individual goals focused on academics, personal progress, family, and future goal planning.

### Flexibility

Mountain Springs only requires a six month stay but a student can stay up to a year or longer. Rolling admissions allows us to bring a student in at any time with continued academic progress. We are very flexible with home and parent visits. Decisions are always made in the best interest of the student, including adjustments to the structure or program in order to accommodate specific needs.

### Emphasis on Strength-Building

Mountain Springs is a practice environment. We provide students opportunities to grow and develop, and the support and guidance to learn from mistakes. Problems are viewed as opportunities for growth and learning. Mountain Springs' character development curriculum emphasizes leadership, value-governed behavior and striving for excellence.

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## Student Profile: Transition from RTC & Wilderness

- 🐾 Co-ed 14-19 years old
- 🐾 Graduated from treatment and needs time to practice in a real-world setting
- 🐾 Graduates a program, but needs to catch up in or complete high school
- 🐾 Leaves a program at an awkward time to enter into school
- 🐾 Lacks confidence and self-esteem to face challenges at home



Our environment provides an assessment of the student, determining where they are currently and to what extent the students have internalized their changes at their previous program.

### Admission Rule-Outs Include:

- Active Self-Medication or Substance Abuse
- Active Sexual Addictions
- Violence Issues
- Severe Depression (Active Suicidal Ideation)
- Active Eating Disorder
- Active Self-Harming Behaviors
- Active Psychosis

### Program Details:

- 🐾 Tuition: Due monthly (see tuition schedule). Therapy is outsourced to community professionals and is an additional expense. Other additional expenses include psychiatry (also outsourced) and optional large knowledge treks.
- 🐾 Minimum length of stay: 6 months. Students can stay as long as necessary - through high school and some college.
- 🐾 Year-Round Optional Knowledge Treks (Washington DC, Whitewater Rafting, Scuba Trek, Europe, etc.).
- 🐾 Individualized treatment with a customized Master Academic and Personal Progress (MAPP) plan designed for each student under the guidance of their Dean of Students under corroboration with their community therapist.
- 🐾 Weekly character development groups with focus on character building and independent living skills; curriculum based on DBT Skills and 8 Keys of Excellence.
- 🐾 Concurrent enrollment available at Southern Utah University gives students an opportunity to have a college experience in a small university setting.
- 🐾 Staff work as mentors using a solution-focused teaching model to help students with choices.
- 🐾 Students can get jobs and participate in a wide range of extracurricular activities through the community and local high school
- 🐾 Parent webinar education and workshop curriculum.
- 🐾 Strong emphasis on sober living with available community recovery groups
- 🐾 Students enjoy small class sizes (average 1:6) with certified teacher-led instruction.

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