

**·NEWHAVEN·**  
Est. 1995  
*A Therapeutic Haven and School for Girls*

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## introduction

In the foothills of Northern Utah exists a very special place, where the lives of hundreds of girls and their families have been changed in extraordinary ways. This is New Haven—a residential treatment facility that combines clinically sophisticated therapy, academics, personal development activities and in-depth family work in a peaceful, uplifting setting. New Haven is a place for girls and families who need a fresh start and renewed hope. As you explore these pages, we're confident that you'll sense what makes New Haven unique. And should you choose New Haven, we're confident that you'll get your daughter back.

## setting

New Haven is located on two beautiful campuses covering 31 rural acres near Salt Lake City, Utah. While New Haven's serene mountain setting makes it feel a million miles away from the stress of urban life, both campuses are conveniently accessible from Salt Lake's international airport, only 35 miles away. In order to foster a sense of intimacy and encourage friendship, each of our four spacious homes houses a maximum of only 15–18 girls. In this safe and tranquil setting, New Haven girls can relax and engage their healing process without distraction.

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# CLINICALLY SOPHISTICATED

## staff

The 170 dedicated people who work at New Haven are perhaps the most critical factor in our success. Relative to the number of residents its 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 individuals who come from a variety of professional disciplines. They include Masters-level and Ph.D.-level therapists specializing in Social Work, Psychology, Counseling and Marriage and Family Therapy. Nurses are available around the clock. Professional educators lead academic coursework. A Board-certified Psychiatrist manages the students' medications and is on-site twice weekly. Spanning the spectrum from clinical therapists to involved mentors, the New Haven staff members simply provide the finest care in the industry.

## therapy

Drawing from more than 50 years of shared clinical experience, our interdisciplinary team of therapists works together to construct a holistic plan to meet the specific needs of each girl in our care. We have developed a treatment approach that includes intensive individual therapy, family therapy and group therapies. Our clinicians are experts in a variety of clinical issues and approaches, including:

- Family systems therapy
- Trauma
- Grief and loss
- DBT techniques
- Equine-assisted therapy (by EAGALA certified therapists)
- Experiential therapy
- Substance abuse and family recovery
- Adoption and attachment
- Personality disorders
- Learning disabilities

We understand the important role that family relationships play in an individual's healing process and we place a very high importance on family involvement—in fact, a commitment to family participation is a prerequisite to admission at New Haven. To help a girl live her life to the fullest, the family must be committed to a positive, unified outcome.



## life at new haven

Walk around New Haven and you'll quickly sense that our homes lack any overarching feelings of confinement, physical discipline or behavior modification, which are often common themes at many treatment programs. 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. Girls work daily toward graduation with the help of an innovative, values-based, personal development program which rewards and celebrates their successes.

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, virtuous people. The positive people and skills that girls encounter at New Haven will prepare them to return home and apply their experiences to their daily life.

## academics



Academic studies are a high priority at New Haven, because we believe that girls are capable of learning and excelling in the classroom, even while healing from severe emotional issues. Instruction at New Haven takes place in a traditional classroom setting with professional teachers. We offer classroom instruction for each of the core academic classes: Math, English, History, Science, Art, Physical Education and Spanish, as well as Pre-collegiate and Honors courses. We review transcripts from a student's previous school and create an individualized plan for graduation which focuses on deficient credit make-up.

New Haven will accommodate previously developed Individualized Education Plans (IEPs). Our Education Director is certified in Special Education and will tailor the student's academic program to address her specific learning style. Teachers may participate in quarterly evaluations with the student's school district to ensure that the IEP is valid when the student returns to public or private school. Ninety-five percent of students who graduate from high school at New Haven go on to attend college; in fact, the entire graduating Class of 2008 was accepted to college!



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 and the elements and principles of design. The girls participate in etching, sculpture, digital graphic design, acrylic, charcoal, pastels, pottery, sketching and collage.



As a part of each school day, students engage in one hour of Physical Education. Students work out with an instructor and on their own. Yoga, dance, aerobics, running and team sports provide variety and fun. Students participate in weight training and more strenuous cardiovascular activities based on their fitness level, focusing on improving flexibility and endurance.

Our battery of academic testing includes the WAIS-IV, WJ-III (if needed) and GORT-IV. The majority of our students take the SAT or ACT while attending New Haven. College counseling services are available. Students may receive help with college choices and application preparation.

New Haven school is fully accredited by the Northwest Association of Accredited Schools and Colleges (NAAS) and the Utah State Office of Education.

VALUES BASED

## activities

Overcoming emotional burdens can be a trying process, so we make sure that girls experience a good variety of safe, enriching and challenging activities. Students are off campus three to six times per week. On and off-campus activities fall into three broad categories: Service, Experiential Therapy and Leisure.

Students are involved in service projects at least twice per month for organizations such as Adopt-a-Grandparent and House of Hope. Serving the needs of the community around them gives the girls an understanding of how they impact the lives of others in positive ways.

Experiential therapy is held at least four times per week. This includes activities such as low and high-task ROPES courses and therapeutic play activities such as sand tray therapy, art and off-campus hiking excursions.

Leisure activities help our girls discover healthy interests and talents. These include enriching physical and non-physical activities such as horseback riding, snowshoeing, hiking and crafts. New Haven's physical education program consists of a variety of activities. Students have opportunities to do activities such as yoga, pilates, kickboxing and dancing. The girls can also participate in team sports including soccer, volleyball, basketball, softball and swimming. By incorporating a variety of activities for the girls to take part in, we help them to enjoy having a healthy lifestyle. Additionally, each girl receives individual instruction in at least one talent of their choice, such as tennis, pottery, music, hockey, etc.



## family involvement

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

Our approach to family involvement is supportive and non-judgmental. Troubled teenage girls respond well to family-based treatment because they know that the treatment focus is not solely on them; they no longer feel the shame of being "the problem" in the family. We know from experience that for change to be lasting, each member of the family must change for the better. New Haven's vast resources enable us to help families heal from the past, thrive in the present and create a hopeful future, hand-in-hand with their daughters.

Family therapy usually occurs over the phone, but parents are encouraged to attend in person whenever possible. New Haven family therapists schedule 90 minutes of family therapy weekly for each family. Three-day Family Weekends occur every 8 weeks. Families come from around the world to be with their daughters, participate in recreation activities, experiential therapy, family therapy and parent instruction groups.





## admissions

Over the last 14 years New Haven has helped more than 800 girls and their families from almost every State in the Union as well as Canada, Bahamas, Australia, England, Japan, Spain, China, Israel, Honduras, Bermuda and Panama.

New Haven treats the following issues:

- Depression
- Abuse and neglect
- Manipulation
- Oppositional-defiant behavior
- Eating disorders
- Low motivation
- Bipolar disorder
- Learning disabilities
- Hopelessness
- Suicidal tendencies
- Non-verbal learning disabilities
- Habitual lying
- Substance abuse
- Personality disorders (borderline, histrionic, narcissistic traits)
- Peer problems
- Post traumatic stress
- Low self-esteem
- Adoption/attachment issues
- Addictions
- Relationship problems
- Identity issues
- Anxiety disorders
- Family adjustment difficulties
- Poor body image
- School failure

Our admissions 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 therapists, arrange a visit to New Haven, or to enroll your daughter, please contact our Admissions Coordinator at (866) 680-0290 or [admissions@NewHavenRTC.com](mailto:admissions@NewHavenRTC.com).

## results

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

Since 1995, we've compiled a remarkable list of positive outcomes and according to a recent survey of alumni families, 99% (all but one of over 100 families) said they would recommend New Haven to families who need treatment. Other outcomes studies have rendered similar results:

- Working with girls who have, on average, endured three previous treatment attempts, New Haven succeeds in transitioning 90% of its girls back home or to college.
- 74% of those students never return to inpatient treatment again.
- Our most recent (2008) set of research outcomes with nationally recognized psychological tests shows that 95% of students leave New Haven no longer depressed.
- 90% of mothers rated their families as healthy on New Haven's Family Assessment and 86% of graduating students rate themselves as healthy.

Getting your daughter back is essential. As our results indicate, at New Haven, it is our first and only priority.

