



WEST RIDGE ACADEMY



TREATMENT AS UNIQUE
AS EACH BOY OR GIRL

West Ridge Academy

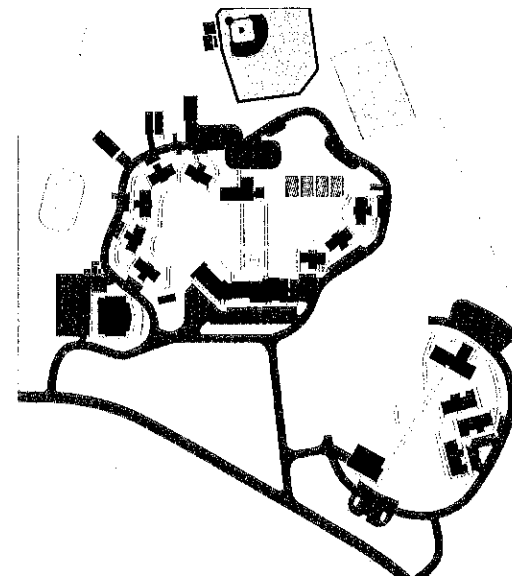
On the surface, West Ridge Academy is a treatment center designed to help struggling teens. At its core, it is an all-encompassing program designed to heal families. It exists to create an environment of real change for future generations and to provide lasting solutions through comprehensive mental health services for youth and their families. That is where hope begins.

Located in West Jordan, Utah, West Ridge Academy began in 1964 as the Utah Boys Ranch. The organization quickly became recognized for the positive effects its program had on young men who were struggling academically, emotionally, and socially. Today, the academy has served more than 25,000 families, has expanded its services to include outpatient therapy, day treatment, and separate residential campuses for boys and girls. West Ridge Academy continues to bring hope and healing to families across the world.



West Ridge Academy Facilities

- West Ridge Academy sits on 76 acres of pristine property at the base of the Oquirrh Mountains.
- There is one campus for boys and a separate campus for girls.
- NBA regulation gymnasium, MLB regulation baseball field, and MLS regulation soccer field.
- Raised funds and built the campus debt free.
- Includes *Camp Hanna*, a beautiful off-site wilderness retreat located in the Uintah Mountains.



What Makes West Ridge Academy's Assessments Unique?

We provide comprehensive mental health assessments for individuals who think they may benefit from additional support, but are unsure of where to turn for such assistance. All assessments are completed by our state licensed mental health professionals. You can participate in an assessment without committing to any additional mental health services.

Assessments are Ideal for those who experience...

- Feelings of worthlessness, low motivation, or thoughts of self-harm.
- Sudden decrease in academic performance or participation.
- Feelings of panic, anxiety, being overwhelmed, or constant worry.
- Feelings of sadness due to recent loss or change.
- Unusual thoughts, nightmares, or fears.

Bothersome emotions and thoughts can be a normal part of our daily ups and downs in life and result from a number of varying factors. Many of these feelings may not be a reason for alarm, but if you or someone you love is being dramatically affected in areas of emotional, social, spiritual, or physical health, you may benefit from some professional assistance as you seek to work through these challenges.



During the tour he said, "We don't change behavior. We change hearts." I have never forgotten that and it rang true. —WRA Parent

The program tied in multiple aspects of everything: spiritually, counseling, service, aftercare, etc. It just seemed to have the whole package. —WRA Parent

I like the program. It is so well-rounded. It had everything we needed. —WRA Parent

How does the Assessment process work?

Schedule a Meeting

A licensed therapist will meet with you and other family members who may be able to provide helpful insight into your situation.

Collect Information

Plan for 60-90 minutes for an initial assessment so the therapist has adequate time to collect the necessary information required to make an appropriate referral.

Receive Results

You will then be provided with an analysis of your current mental health status, any mental health diagnoses (if applicable), clinical treatment recommendations, and a list of local resources that provide recommended treatment.

OUTPATIENT THERAPY

What Makes West Ridge Academy's Outpatient Therapy Unique?

West Ridge Academy provides outpatient therapy by offering extensive and specialized services for families of youth in need.

We specialize in youth

The Academy has been working with youth and their families since 1964. Our clinical team has extensive experience working with issues surrounding adoption, addiction, depression, anxiety, family problems, and many other mental and behavioral health issues that youth may deal with on a consistent basis. Our outpatient program specifically seeks to help the families of youth ages 8-18.

Medication Management

Clients ages 8-18 participating in West Ridge Academy's Outpatient Therapy program may qualify for medication management through the Academy's APRN. Avoid long waiting lists for psychiatrists and conveniently receive both therapy and medication management under the same roof!

Outpatient Therapy is ideal for...

- Families dealing with communication problems, divorce, attachment issues, substance experimentation, pornography addiction, academic issues, poor peer influences, depression, self-injurious behavior
- OCD, ADHD, anxiety, abuse, grief or other mental health issues that require help outside of the family's resources or skill set.
- Outpatient therapy is a great place to start if your child has never before received any form of mental health treatment.

I just feel like there have been a lot of positive changes. He's just happier and all his good qualities are closer to the surface. He can express himself in a way that radiates how he feels better about himself and better about life. —WRA Parent

I think overall I feel more alive. That's the biggest thing, just the way I see life. —WRA Graduate

How does Outpatient Therapy work?

Schedule a Meeting

During your initial session, your therapist will conduct a formal mental health assessment. The results help the therapist to determine what issues are present, where they might have originated, and where to go from here.

Treatment Plan

Following the assessment, the therapist will work with you to create an individualized plan for treatment. This plan will entail your treatment goals and the details of how we will work together to achieve them.

Weekly Sessions

Outpatient therapy sessions typically consist of visiting with the therapist in his/her office 1 - 2 times a week. This is where you and your child will discuss the primary issues facing your family. Now you will be working together to create positive change.

GROUP THERAPY

What Makes West Ridge Academy's Group Therapy Unique?

Group Therapy provides an opportunity for youth to find support and develop skills while working with peers who have experienced similar challenges. It also brings experiential, hands-on activities which help integrate acquired therapeutic skills into everyday living.

West Ridge Group Therapy is Ideal for...

- Youth who are struggling with issues related to substance abuse, self-harm, emotional regulation, and self-esteem.
- Youth between the ages of 13 and 18 who respond well to hands-on activities and positive peer pressure.
- Youth already involved in other forms of treatment who need additional support.

West Ridge Academy Groups

- Dialectical Behavior Therapy (DBT) Skills Group for Girls: This group is a great place for young women to learn how to better regulate their emotions, how to assertively communicate their needs to others, and how to deal with stress in healthy ways.
- Sexual & Pornography Addiction group for Boys: This group provides a safe atmosphere for youth to more fully understand and overcome the challenges of pornography and other sexual addictions. Youth will learn how to replace unhealthy behaviors with productive coping mechanisms and gain new insight into the meaning of healthy relationships.
- Additional support groups for adolescents facing challenges with self-esteem, mood disorders, grief, and other mental health concerns may be made available upon request.



How do Groups work?

Assessment

Each client will meet with the group facilitator prior to the first group session for a pre-screening and initial assessment.

Group Meetings

West Ridge Academy's support groups last for 90 minutes once a week and run for approximately 10 weeks.

Practice

Group members will be given assignments to work on during the week to encourage real-life application of concepts discussed in group.

IN-HOME SERVICES

What Makes West Ridge Academy's In-Home Services Unique?

West Ridge Academy offers In-Home Services through counseling and monitoring services. Our goal is to ensure long-term success through intense in-home therapy and the creation of a strong family support network. Our experienced therapists and family advocates are able to help families in their own home environment and provide assistance with divorce, depression, attachment, loss, adoption, addiction and various other mental health issues.

Intensive In-Home Therapy

The family therapist typically spends 2 - 4 hours with the family each week in their own home environment zeroing in on communication issues, boundaries, family dynamics, and other issues.

Family Advocate

We have an advocate just for you! Your family advocate will connect you with needed community resources and provide practical support and education as your family strives to implement change. This support is provided in addition to regular family therapy sessions.

Be prepared to work!

In-Home Services are Ideal for families who...

- Need to work on family issues as an entire family unit.
- May have already tried outpatient therapy with limited success.
- Are looking to prevent potential involvement in more restrictive levels of care.
- Are looking for a step-down program for a child transitioning from hospitalization, residential, or wilderness treatment back into the home.



How do In-Home Services work?

Formal In-Home Assessment:

A therapist will come right to your home, conduct a formal assessment, and provide you with written recommendations for treatment.

Family Treatment Plan:

A therapist will work with you to create a personalized treatment plan that will outline the goals you wish to achieve.

Weekly Visits:

As outlined in the treatment plan, you will have various visits throughout the month from both your family therapist and family advocate. This is where the tools are handed to you. It's when we leave you to use them that the real work gets done!

DAY TREATMENT

What Makes West Ridge Academy's Day Treatment Program Unique?

West Ridge Academy's Day Treatment allows adolescents with moderate mental and behavioral health issues to receive intensive, daily therapeutic treatment and make academic progress, while still living in their own home.

Our location on the southwestern side of Salt Lake County provides transportation convenience through 9000 S., Bangerter Hwy, Mountain View Corridor, and UTA Trax.

The Academy's expansive campus allows for various treatment options such as mental health therapy, rec therapy and substance abuse therapy, which optimizes how soon a client will receive our services without having to be placed on a waiting list.

Day Treatment is Ideal for...

- Male & female adolescents in the 7th - 12th grades that face challenges such as mood disorders, substance abuse, grief, opposition/defiance, ADHD, academic decline, and other mental and behavioral health issues that are moderate to severe, but do not require an overnight or weekend stay.
- Day treatment would also be ideal for any adolescent transitioning out of a higher level of care, such as residential or hospitalization.

Day Treatment is an intensive, short-term transition option to a lower level of care. An average stay in Day Treatment will be from 4 - 8 weeks.

I feel like now I have hope for the future. I feel a lot more mature and responsible. I am struggling with a lot of things, but I feel like I can be on my own two feet now. —WRA graduate



How does Day Treatment work?

Psychological Assessment

Recreational Therapy.

Academic Curriculum.

Neurofeedback Therapy.

Intensive clinical intervention of weekly family sessions, individual sessions, and several daily therapeutic groups.

Medication Management (as needed).

Several strong transition options available within our environment: Residential, In-Home Services, Outpatient Therapy, Group Therapy, and service within the community.

RESIDENTIAL TREATMENT

What Makes West Ridge Academy's Residential Program Unique?

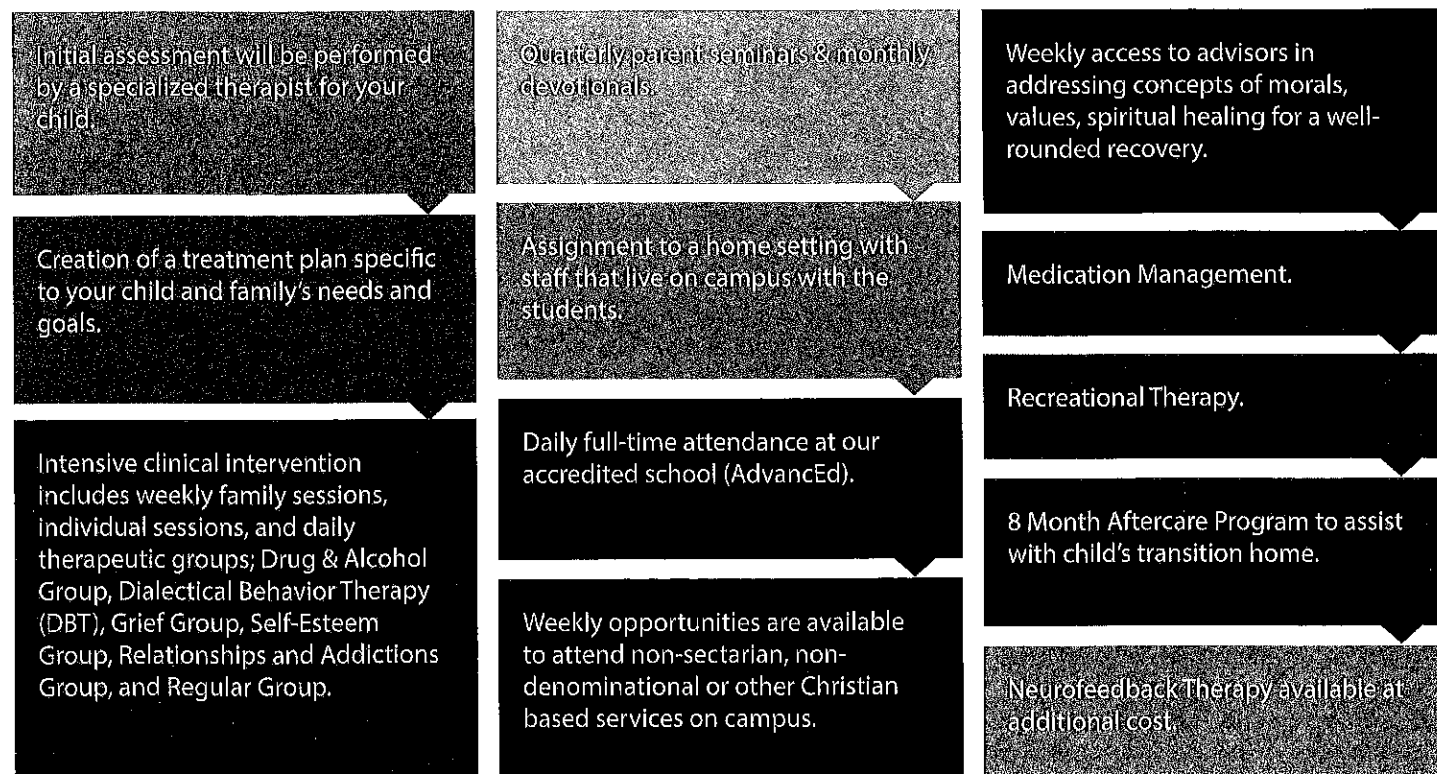
West Ridge Academy's Residential Program is a 24/7 treatment facility created with the intent to model a healthy home environment. Our students attend an accredited school, participate in various 1A sports, and engage in recreational therapy. Each student receives individual, family, and group counseling from our Licensed Mental Health Therapists.

Residential Treatment is Ideal for...

- Boys and girls ages 8-18. Separate boys' and girls' campuses on 76 acres.
- Mental health and behavioral problems that make it unsafe or unproductive for a child to continue with a lower level of treatment.
- Adolescents with depression, bi-polar disorder, anxiety, substance use, addiction, ADHD, family relationship problems, significant academic decline, oppositional defiant disorder, trouble with adoption or attachment, self-harm, or other mental health issues which require a higher level of intense treatment, structure, supervision and accountability over a longer period of time for a long term change.



How does Residential Treatment work?



NEUROFEEDBACK THERAPY

What makes West Ridge Academy's Neurofeedback Therapy Program Unique?

West Ridge uses the latest in EEG technology to identify and improve each individual's unique brain patterns. Neurofeedback is a type of biofeedback that uses real time displays of electroencephalography (EEG) along with computerized feedback to help train individuals how to improve emotional and cognitive performance.

Neurofeedback is tailored to the unique symptoms and brain patterns of each individual. For some, it provides a welcome increase in their ability to be calm and emotionally stable. For others, it provides a foundation of change by increasing cognitive arousal. As a result, we see significant improvements in attention and focus, personal insight, behavioral and emotional regulation, and many individuals decrease their defensive patterns and become more involved in therapy. More often than not it is the parents, therapists, and teachers who observe behavioral improvements while adolescents themselves notice feeling more relaxed, less "edgy," and more attentive. We have high expectations for the success of your child. Since 2011, West Ridge's neurofeedback program has produced over a 90% positive response rate.

Neurofeedback therapy is ideal for...

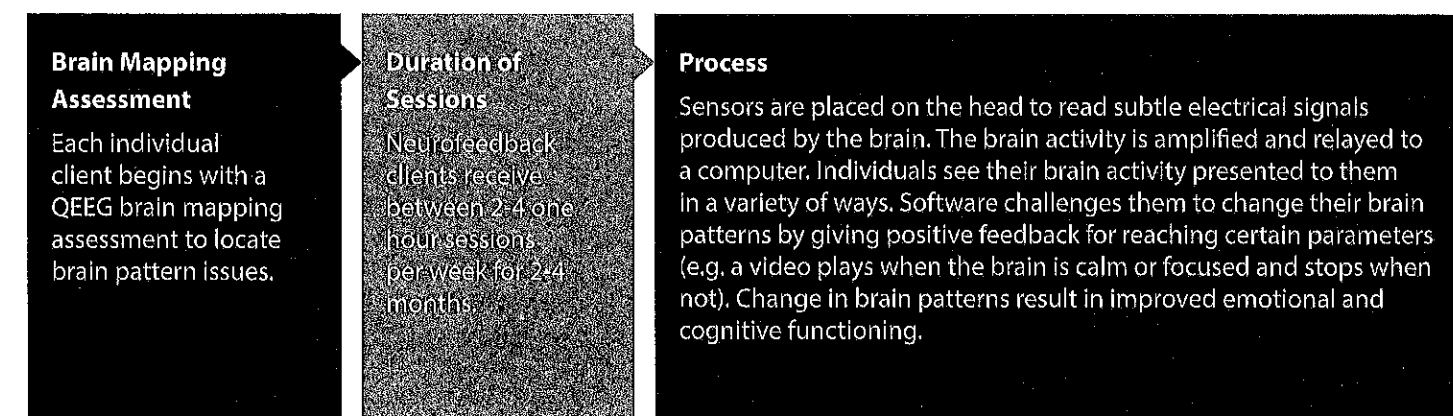
Anyone! No brain is perfect. Trauma and stress create stress-related adaptive patterns in our brains resulting in mental health issues such as anxiety, depression, anger, focus problems, etc. For this reason, almost anyone can benefit from neurofeedback. We have found that individuals with anxiety, mood, and behavior disorders tend to have a particularly positive response.

He notices improvements in sports performance. Playing tennis much better—more often "in the zone" and much more consistent. —WRA Parent

Her anxiety is decreasing. She's less worried about the future and really has improved ability to focus on homework and resist distractions. —WRA Parent

I have become a better listener. I used to feel "out of it," like life was blurring by and I was in a sort of brain fog, but I enjoy life much more now. —WRA Graduate

How does Neurofeedback work?



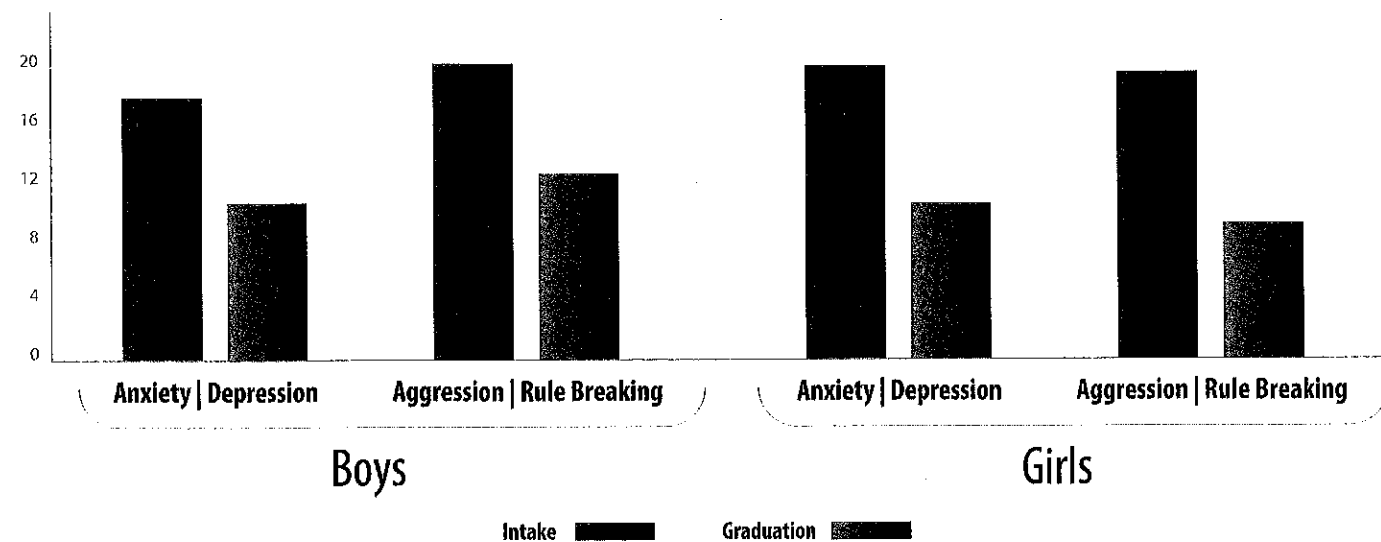
CHANGE OF HEART

At West Ridge Academy we believe that a change of heart can manifest the desire to lead a productive life, maintain good relationships with family and friends, make good decisions, and strengthen ones' personal spirituality. Good behavior then follows. To assess our impact on youths' change of heart we're looking at their hope for the future, whether or not they feel successful at accomplishing their goals, and their personal perception of divine meaning in their lives.

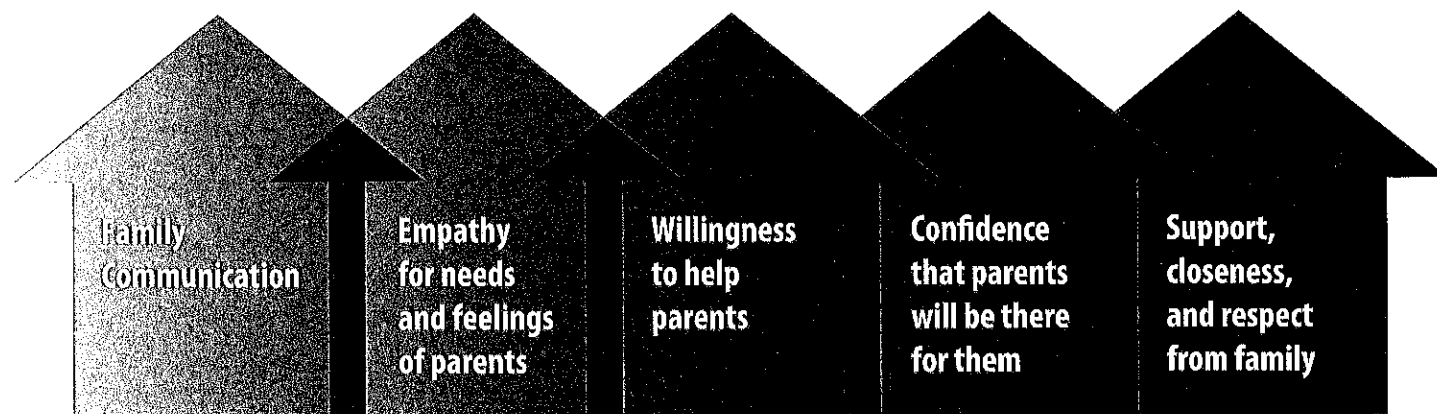
Utah State University professor, Dr. Lisa Boyce, is conducting an ongoing three-part evaluation consisting of assessments at intake, graduation, and six months following graduation. Her findings are exactly what every parent wants to hear.

Students made substantial behavioral gains improving from clinical levels of anxiety, depression, aggression, and rule-breaking behaviors at intake to levels of typical adolescents at graduation.

Improvements in Attachment Security and Social Support



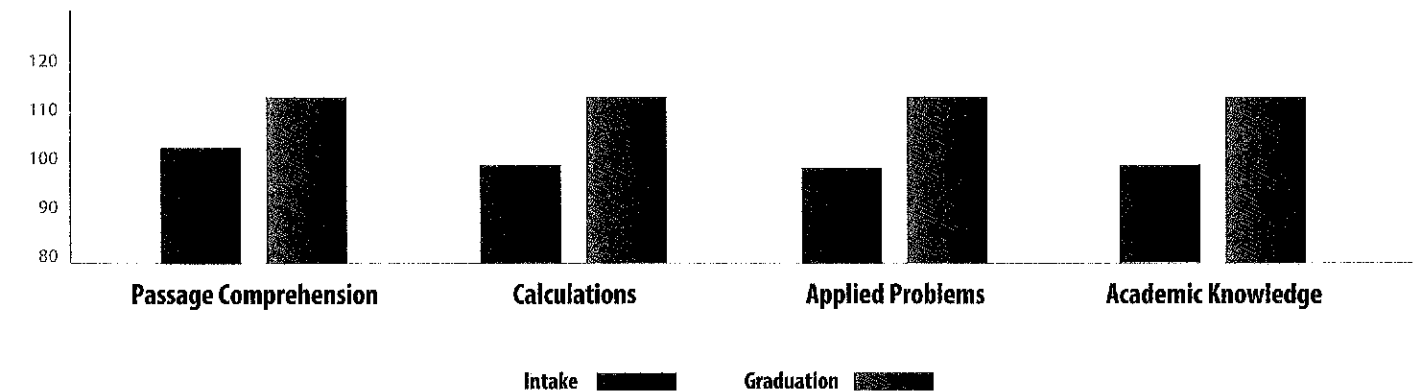
Families are restored and Students reported greater:



Education or Academic Achievement

Students demonstrated significant improvements in the areas of reading, mathematics, and academic knowledge on a standardized academic achievement test administered both at intake and graduation. Scores ranging from 90 to 110 are considered average.

Academic Achievement



The percentage of students performing below average in math and academic knowledge decreased from 28-19%

	Percent Below Average at Intake	Percent Below Average at Graduation
Calculations	39%	28%
Applied Problems	27%	19%
Academic Knowledge	39%	20%

Student Engagement and Satisfaction

Graduates have a positive attitude about their experience at West Ridge with at least 97% agreeing that:

This place helped me to understand myself better.

Therapists at West Ridge appreciate me—they get me as a person.

I established a good understanding with the therapists at West Ridge and the kind of changes that would be good for me.

Only results that reached statistical significance (p < .05) are reported. The sample consists of 74 students who participated in both a pretest at intake and post test at graduation. Evaluation measures include: Youth Self Report, Family Adaptability and Cohesion Evaluation Scale IV, Adolescent Attachment Questionnaire, Adolescent Unresolved Attachment Questionnaire, Social Support Appraisals, and Woodcock Johnson Test of Achievement III.

WEST RIDGE ACADEMY CONTINUUM OF CARE

ASSESSMENT

OUTPATIENT

GROUP

IN HOME

DAY TREATMENT

RESIDENTIAL

AFTERCARE



WEST RIDGE
ACADEMY

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