



welcome to

# MOONRIDGE ACADEMY

A PREMIER RESIDENTIAL TREATMENT CENTER

## WHO WE ARE ● ● ●

Welcome to Moonridge Academy, a small, nurturing environment that provides the springboard to healing and wellness for young teens struggling with depression, anxiety, trauma, or attachment issues.

We believe that a smaller program allows for more individualized treatment and a lot of one-on-one time for each student. Because of our size, we are know how important relationships between peers are, as well as relationships with therapists and mentors. This is ideal for students who might struggle with clinical issues rather than superficial symptoms.

We specialize in individualization to meet every student's unique needs. Each student has a primary therapist as well as their own mentor advocate to assist them day to day. These caring individuals help each student explore the "why" and "how come" of behaviors. We believe in relationships, individualization, and experiential activities to help our students learn new skills to be successful when they return home. Students are involved in individual therapy, family therapy and group therapy. This clinical involvement along with the coaching and support in our milieu help younger teens gain skills that will last a lifetime.



## ● ● ● WHAT WE TEACH ● ● ●

### MOONRIDGE STUDENTS LEARN THE FOLLOWING:

- **Expressing feelings before acting out**
- **Relationship skills**
- **Deepening relationships with parents and siblings**
- **Communication about fears and hurt**
- **Appropriate Social skills**
- **Having healthy boundaries**
- **Correctly reading social cues**
- **Using DBT skills in a way that a young teen understands**

PROUD MEMBER OF  




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## ADVENTURE THERAPY



Adventure Therapy is a type of therapy that uses adventure experiences to help people grow and heal. Adventure Therapy can be used to help people overcome challenges, learn new skills, and build confidence. Adventure Therapy is a great way to teach Dialectical Behavioral Therapy skills while having fun! Our program provides experiences where students can practice their skills. Participation in Adventure Therapy starts on the first day a student arrives and is available to all students regardless of their stage in the program.

## AGE APPROPRIATE THERAPY



One of the main benefits of age-specific treatment is that it allows your teen to receive appropriate therapy for their age group. Our therapists are specifically trained to communicate effectively with a younger teen who might struggle to express their feelings and thoughts. When words are hard to find, we understand the need for experiential kinds of therapy. This can be a huge relief for your teen and can make recovery much easier.

## FAMILY INVOLVEMENT



More than a school, we focus on teens' mental health and wellness through many means. One of which is to include their families in their health and wellness. We do this by helping families find stronger connections, better bonds, and a greater sense of understanding for one another. Our family involvement program is designed to help parents become more effective communicators, set appropriate limits, and build positive relationships with their teens. We also provide support to families as their teens transition back home.

## EQUINE THERAPY



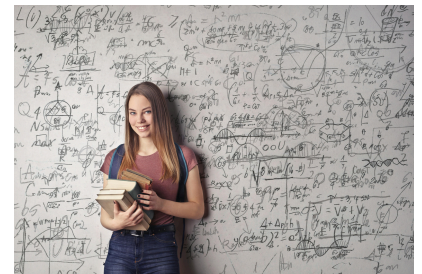
Our Equine program is one of the best in the country. Horses are great teachers, and we are proud to offer this program to the teens and their families that choose Moonridge Academy. Horsemanship instruction is the perfect way for teens to learn how to ride a horse while also building responsibility, trust, and confidence. Our Equine Director oversees this skill-based program and ensures that safety is always the number one priority. Teens start by learning the basics of horse care and how to saddle up before progressing through training on the ground and horseback riding. We believe like the old saying says, "To take care of a horse is to take care of one's self and soul."

## TRAUMA INFORMED CARE



Our trauma-focused care is designed to help students heal from the roots of their struggles and challenges. With our team of trained professionals, we are able to provide individualized care that meets the needs of each student. We are a mental health and wellness safe haven, and we make all of our decisions from this fundamental belief about ourselves and what we provide the teens that call us home and the families that trust their mental wellness and academic needs to our care.

## ACADEMICS PROGRAM



Moonridge Academics is the perfect place for students who want to be challenged and learn in an environment that supports their individual academic needs. Our teachers are passionate about teaching and know how to differentiate instruction so that each student can succeed. Special consideration is taken to ensure that a student's IEP goals and/or 504 plan accommodations are followed. Many of our students are gifted and our teachers tailor expectations to ensure they are academically challenged. In addition, our therapists and program staff work together to create a safe and supportive environment where students feel valued and appreciated.

*additional facts*

- Founded in 2004, Moonridge Academy is a proud member of the CERTS Programs
- Licensed in good standing with Utah
- Member of National Assoc. of Treatment Schools & Programs (NATSAP)
- Joint Commission Accredited
- Academics Accredited by Cognia
- Utah Approved Special Education School
- Special Education Support for IEPs and 504s



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