SUWS of the Carolinas Wilderness Program for Teens Introduces High-Intensity, High-Impact 28-Day Wilderness Therapy Program

SUWS of the Carolinas has created a 28-day wilderness therapy program designed especially for teens who are in need of a smooth transition into long-term residential treatment.

Old Fort, N.C. (PRWEB) May 23, 2009 -- Beginning June 15, 2009 and continuing year-round, SUWS of the Carolinas is offering a new short-term, high-intensity format of wilderness therapy that is both cost effective and therapeutically effective for teens who are in need of a smooth transition into long-term residential treatment. In addition to the new 28-day program, SUWS of the Carolinas will continue offering its classic 55-day wilderness therapy program, as well as its Seasons program for younger teens ages 10-13.

"When teens complete a wilderness therapy program before enrolling in residential treatment, they transition into the next stage ready to succeed," says Melvin Cates, MA, LCCA, WEMT, a Program Director at SUWS. "They have already achieved some of their goals, established healthy relationships with staff and peers, and built on small successes, which translates into greater self-confidence, self-respect, and self-discipline."

Because they know from day one the long-term plan for treatment, teens are less resistant and more motivated to succeed as they begin their residential treatment program. They also have an idea of what to expect in the next phase of treatment because they are accustomed to group activities, daily routines, and a structured schedule.

Knowing the long-term treatment plan in advance also helps the families of teens in SUWS' 28-day program. "Rather than spending time in family therapy deciding what will happen when wilderness ends, the therapists are able to focus on communication, trust, and establishing stronger family bonds - all with minimal distractions," says Cates.

The students in SUWS' 28-day program will receive all of the components of SUWS' classic 55-day wilderness program, including intensive therapy, wilderness expeditions, ropes course initiatives, family workshops, and SUWS' signature search and rescue program, but in a more intense and concentrated form.

"We took all of the strengths of our 55-day wilderness program that has been around for 10 years and packed them into a high-impact, high-intensity program for families that have already decided to enroll their child in a residential program," says Cates. "Not only is this program more economical for families, but we haven't taken anything away - the students are getting the same top quality interventions from one of the best wilderness programs out there."

Teens in the 28-day program are placed in closed groups of eight with other teens struggling with similar issues. Throughout the wilderness program, the teens remain with the same intact group, bonding with one another and learning and growing at the same pace. With guidance and supervision from 2-3 field guides and a master's level therapist, teens in the 28-day program receive the same high-quality treatment SUWS is known for.

As part of a search and rescue team, SUWS team members become certified in first aid and CPR by the American Heart Association and participate in two staged rescue scenarios with their team. From treating minor wounds to evacuating a "victim" from a campsite, teens learn through these experiences teamwork and the intrinsic value of being able to take care of themselves and others.
"There is a clear need for this type of wilderness program that is designed specifically for adolescents going on to long-term placement," notes Cates. "There's no question treatment is a costly venture for parents, and they shouldn't have to shy away from getting help for their teen because of cost. We've been able to tailor the program to meet this need, while in no way discounting the program but actually enhancing it. The 28-day program is one more valuable tool in the toolbox to help families in need."

SUWS of the Carolinas is a therapeutic wilderness program for adolescents ages 10-17 with a focus on clinical intervention and assessment. The program uses the outdoors as an alternative to conventional treatment environments, while engaging students using traditional therapeutic methods. Since 1981, SUWS programs have provided guidance and support to thousands of misdirected and at-risk teens experiencing low self-esteem, defiant behavior, attention deficit, depression, substance abuse, and other behavioral issues. For more information about SUWS of the Carolinas, please call (888) 828-9770 or visit www.suwscarolinas.com.

SUWS of the Carolinas is a proud member of CRC Health Group, which offers the most comprehensive network of specialized behavioral healthcare services in the nation. With the largest array of personalized treatment options, individuals, families, and professionals can choose the most appropriate setting for their behavioral, addiction, weight management, and therapeutic education needs. CRC Health Group is deeply committed to making its services widely and easily available to those in need, while maintaining a passion for delivering the most advanced treatment available. For more information about CRC Health Group, visit www.crchealth.com or call (877) 637-6237.

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