“A LIFE CHANGING EXPERIENCE FOR OUR SON AND FOR ME.”

—MOM FROM NORTH CAROLINA
Trails Carolina builds on the strengths of wilderness by integrating family members in the process through engagement in parallel programming. Students experience the support of immediate inclusion into their peer community without an isolation phase. Most of all, we know transferring the wilderness experience takes practice. This is why our student groups practice their newly acquired skills in settings that mirror the ‘real world’ and relationships like academics and equine assisted counseling. As a result, we have a unique opportunity to gain multiple professional perspectives of the same student resulting in more complete assessment. Students and parents leave Trails with confidence they will be able to transition their wilderness experience into skills for a bright future.
SELF-AWARENESS
Holding up a metaphorical mirror for students and families to better see themselves.

EMOTIONAL REGULATION
Teaching skills for managing emotions, maintaining energy, and soothing stress.

INTERDEPENDENCE
Developing relational intelligence and the knowledge that we are all members of interdependent communities.

TRANSFERENCE
Guiding the transitions of students while they are enrolled, so that they can sustain success after they graduate.
PROGRAMS

ADOLESCENT (AGES 14-17)
Single gender groups serving 14-17 year old boys and girls with a wide range of complex clinical, social, and behavioral profiles.

YOUTH (AGES 10-13)
Single gender groups serving the unique clinical and developmental needs of young adolescent boys and girls.
• Weekly treatment update call with the Primary Therapist for their student.
• A dedicated family therapist for each family providing guidance and sibling support.
• Facilitated peer support calls for parents each week.
• Two-day midpoint parent workshop
• Five-day extended graduation option to reunify student, parents and siblings.
• Specific parallel curriculum for parents detailed in our Parent Workbook.
Our students practice transferring skills in settings that mirror the ‘real world’. This includes regularly engaging in relevant academics in the classroom and on the trail.
Through our Natural Horsemanship program, students gain relational insight and awareness. Horses mirror students’ emotions and relational strengths and weaknesses. If a student is going to be successful working with their horse, they will first need to be successful in their own self-regulation.
SINGLE GENDER GROUPS
OWNER OPERATED
AVERAGE 60-90 DAY LENGTH OF STAY
COMMITTED TO SERVING THE WHOLE FAMILY THROUGH INTEGRATED, PARALLEL PROGRAMMING
ACADEMIC CURRICULUM,
EXAM PROCTORING,
COURSE COMPLETION OPTIONS
PROFESSIONAL, TEAM APPROACH
“THE INTEGRATION OF EVERYDAY ACTIVITIES INTO THE THERAPEUTIC PROGRAM WAS HIGHLY IMPRESSIVE. CLEARLY A WELL DEVELOPED AND EFFECTIVE PROGRAM.”

-MOM FROM FLORIDA
Trails Carolina is the nation’s leading multi-dimensional adolescent behavioral treatment program. Trails Carolina integrates a family systems approach to treatment while utilizing a highly clinical assessment that combines strategic shifts of interventions with well-timed elements of wilderness expedition, a natural horsemanship curriculum, group work, and academics. With these features, Trails Carolina creates a unique approach to family treatment.

www.trailscarolina.com
(800) 975-7303