



**“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.

THE TRAILS CAROLINA DIFFERENCE



*Graham Shannonhouse
Founder & Executive Director*



RENCE NESS





OUR CLINICAL FOUNDATION



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.







FAMILY SERVICE



- *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.*





ICES







ACADEMICS

THE TRAILS CAROLINA DIFFERENCE



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.



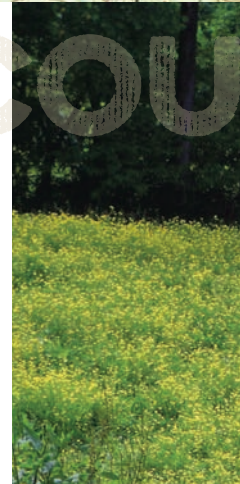


EQUINE ASSISTED COUNSELING

TRAILS CAROLINA **NATURAL HORSEMANSHIP**



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.





NSLING







BENEFITS

THE TRAILS CAROLINA DIFFERENCE



NATSAP
NATIONAL ASSOCIATION
OF THERAPEUTIC
SCHOOLS AND PROGRAMS



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

