

# OVERVIEW OF THE PHASE SYSTEM AT SPRING RIDGE ACADEMY



## 1 – ORIENTATION (APPROXIMATELY 4 WEEKS)

Orientation gives students time to acclimate to Spring Ridge Academy. Most students enter Spring Ridge Academy after completing a short-term intervention, such as a clinically-based wilderness program. The insight and therapeutic work completed prior to Spring Ridge will be deepened and applied to an environment with more demands. Students acquire a thorough understanding of the history, philosophy and expectations of the program while establishing healthy relationships with peers and adults. Visits are approved as therapeutically indicated, and occur on campus.

## 2 – CONSISTENCY (APPROXIMATELY 4 – 6 MONTHS)

During Consistency students delve deeper into therapeutic work and intrinsic change begins to happen. Students will be able to regulate their emotions and develop an internal locus of control. A key to the Consistency Milestone is for young women to begin to internalize the process, finding value in feeling, thinking and behaving differently as they are seeing new results in their lives as a result of internal change. Visits occur on a monthly basis and are typically two nights and three days, off campus in Arizona.

## 3 – INTEGRATION (APPROXIMATELY 3 MONTHS)

Integration is a time for students and families to integrate new skills into the home environment. On Orientation and Consistency, students and their families have re-established family structure and connection. Now is the time to practice these skills at home to become a productive part of the family. Students are expected to exhibit self-regulation and resilience and to develop a sense of identity and self-trust at Spring Ridge and in the home environment. Integration provides the opportunity for students to see their family as their greatest resource. Home visits occur on a monthly bases, beginning at four nights and five days.

## 4 – TRANSITION (AT LEAST 4 MONTHS)

During the Transition phase, students begin to establish a routine for life after Spring Ridge Academy. The routine will acquaint them with skills needed for academic, social, emotional, therapeutic and family life. Students will increase their level of self-reliance and resilience while expanding their comfort zone by taking age-appropriate risks while maintaining a sense of self and holding boundaries. By the end of the Transition phase, students and their families will be well practiced and prepared for life following Spring Ridge Academy. Transition work incorporates real life components such as friends, electronics, social media and creating a support system at home. Our Transition Coordinator works with Transition families to create an appropriate home plan, as well as process visit successes and struggles. Home visits continue monthly, beginning at six nights/seven days and building to nine nights/ten days.