

Dear Prospective Parents/Guardians:

2020

This letter will explain who we are and provide information about our program. Eagle Ranch Academy is located in St. George, UT, which is in the southwest corner of Utah. We are two hours north of Las Vegas, NV, and four hours south of Salt Lake City, UT. We are licensed through the State of Utah, Department of Human Services, Office of Licensing, as a Residential Treatment Center (RTC), Day Treatment (DT) and Intensive Outpatient (IOP) for boys and girls ages 12 through 17. We are a co-ed program and licensed for fifty-seven (57) adolescents. We have been CARF accredited (The Commission on Accreditation of Rehabilitation Facilities) since 2016.

We are a Choice Based program using a Core Value Behavior Change Model. We teach and emphasize eight core values through group therapy, individual and family therapy, books, written assignments, oral presentations, service projects, etc. ERA's core values are Accountability, Honesty, Forgiveness, Acceptance, Integrity, Respect, Trust, and Service.

We believe in using natural and logical consequences. This behavior change approach works from the inside out and helps a student learn to problem solve the issues which they may face. We teach the students to make the right choices because it is the right thing to do. This makes us different than behavior modification programs.

Our Choice Based program helps students internalize these important eight core values and provides them with useful and effective tools to deal with issues they will encounter in the real world. Upon completion of ERA's program, they are better prepared to independently make the right choices and have good, healthy, meaningful relationships. We reunite families.

Upon arrival at ERA, the student is placed in one of three family units consisting of 14-18 students each, with ERA staff providing constant supervision, instruction, and individual coaching. All of our therapists are MS level and are licensed through the State of Utah. Shortly after a student's arrival, they will be evaluated, and a Treatment Plan will be developed and implemented. Each treatment plan is individualized to meet the needs of the individual student.

The following is a summary of the therapeutic and educational aspects of our program:

1. We offer a comprehensive therapeutic program for our students. Some of the main treatment modalities include CBT, DBT, Experiential, Sand Tray Therapy, Trauma Therapy, Sand Tray Therapy, Addictions, Adoption/RAD treatment, etc.
2. Individual therapy as often as needed, 1-3 times per week. Formal and informal.
3. Groups: 2-3 times daily, where a variety of issues are discussed including goal setting, family relationships, team building, leadership, life skills, etc.
4. Psychiatric team (Psychiatrist and/or APRN) on campus once a week, on call 24/7.
 - A. Evaluations during the initial 20 days includes: psychiatrist team evaluation, academic assessment, medical/physical evaluation, and drug testing.
 - B. Weekly on-campus medication management with our Psychiatrist and/or APRN.

5. Full-time Registered Nurse or LPN on campus weekdays and on call 24/7. RN, LPN, or CNA on campus every weekend. PA-C (Physicians Assistant) on campus once a week and on call 24/7.
6. Two medical hospitals and two medical Insta-Care facilities within 8 miles of campus.
7. Drug or Addiction Rehabilitation using the 12 Step Program. Attend weekly AA/NA meetings on and off campus if appropriate.
8. Weekly Issues Groups which include: Grief Issues, Adoptive Issues, Anger Management, Self Esteem, AA/NA, Seeking Safety, DBT, etc.
9. We also have a very strong academic component. Our educational program is nationally accredited through AdvancED accreditation commission. Students have the opportunity to catch up or get ahead academically. We provide the opportunity for students to earn their HS diploma, take the SAT or ACT, earn their GED, and/or earn college credits. All credits are fully transferable and credits appear on transcripts as college prep classes.
9. Academic classes include online courses as well as on campus classes taught by certified teachers. One-on-one tutoring is provided to students who needs or wants additional help. Our academic team can develop and/or facilitate an IEP or a 504 plan.
10. We provide Emotional Growth Seminars for students, parents, and siblings.

Of special note, a \$1,000.00 scholarship is awarded to every ERA Program Graduate to be used upon their enrollment in a university, college, trade school, or military branch of their choice. This is our way of saying a great job in completing one of the most challenging and rewarding endeavors in their young lives.

In summary, Eagle Ranch Academy is a program that helps each student gain the necessary skills and tools to become a productive, happy, and successful person. Not just for the short term, but a lifetime. We also reconnect families and teach students how to deal with their relationships. By helping your child choose to internalize important core values and learn how to live them, your child will take responsibility and control for the choices they make and how they deal with issues today, tomorrow, and in the future.

Please, call us at 888-698-7095 for a free no-obligation consultation. One of our Counselors will answer your questions, help you learn more about different types of youth programs, what Eagle Ranch Academy has to offer, and what may be the best solution to the issues facing your child, your family, and you.

Sincerely,

Eagle Ranch Academy



EAGLE RANCH ACADEMY FACT SHEET (2020)

General Information

- Established in 2005.
- Licensed in the State of Utah for fifty-seven (57) students, coed, ages 12 through 17.
- Students are organized into 3 different groups referred to as “Pods” or “Family Group 1, 2, or 3”. Each group is comprised of 14-18 students, including both males and females.
- Licensed and monitored through the State of Utah as a Residential Treatment Center (RTC), Day Treatment (DT) and Intensive Outpatient (IOP).
- CARF accredited (The Commission on Accreditation of Rehabilitation Facilities). ERA is one of only a few Adolescents Residential Treatment Programs in Utah that is currently CARF accredited.
- Choice Based Program focusing on core values and relationships utilizing our Value Based Behavior Change Model. This distinguishes us from all the behavior modification programs.

Therapy/Treatment/Medical

- Four (4) full-time Master Level Therapists, licensed through the State of Utah.
- Individual therapy as often as needed. Formal and informal, 1-3 times per week.
- Family therapy one (1) time per week by telephone or via our HIPAA approved video conferencing application. Weekly family support webinars.
- Group therapy one time a week with a Therapist, (includes Cognitive (CBT), Dialectical Behavioral (DBT), Sexual Abuse/Issues, Grief Groups, Gender Specific Issues, Anger Management, etc.)
- 1-2 times a week substance and drug abuse treatment.
- A member of our psychiatric team on campus once a week for medication management.
- Student evaluations during initial 20 days after enrollment includes:
 - Psychiatric team evaluations;
 - Academic Assessment;
 - Medical/Physical evaluation;
 - Drug test.
- Psychiatric team on campus once a week and on call 24/7.
- PA-C (Physicians Assistant) on campus once a week and on call 24/7.
- Full-time nurse (RN or LPN) on campus every weekday and on call 24/7.
- RN, LPN, or CNA on campus on weekends.
- Two (2) medical hospitals and two (2) Insta-Care facilities within 8 miles of campus.
- Drug or Addiction Rehabilitation.
 - 12 step program. Attend AA/NA meetings on and off campus, staff and therapists participation.
- Every morning each student will do goal setting and every night they have group to process the day.
- Daily core value discussions.
- Additional classes, groups, and seminars will be incorporated throughout our Program.
- Nightly journaling before lights out.

Family Involvement

- Family involvement is critical and includes:
 - Once student is on Honesty value there will be weekly family therapy by telephone or via our HIPAA approved video conferencing application.
 - Weekly progress reports and student pictures posted through our online Parent Page.
 - Parents/family encouraged to attend two (2) emotional growth seminars. Same seminars the students attend. Usually scheduled around the 1st and 2nd visit with the student.
 - Family visits include: on campus, off campus, overnight hotel visits, and two (2) monitored home visits prior to graduation. Parent and therapist determine visits.
 - Write and receive postcards immediately after enrollment, as often as they choose.
 - Two (2) day family workshop prior to graduation.
 - Weekly parent support group via our HIPAA approved video conferencing application.

Academics

- Academic Program is both nationally and internationally accredited (Cognia formerly AdvancED). An academic plan is designed specifically for each student.
 - Classes of 14-18 students.
 - Blended learning concept includes an online component and also an on campus component.
 - ERA's instructors are certified and licensed through State of Utah Board of Education.
 - Students can earn 1-2 years worth of credits in a 8-12 month time period.
 - An accelerated pace is possible. Each student can get caught up or get ahead of schedule with their schooling. Students can earn HS diploma or GED. Online college credits are available. Student's progress at own pace.
 - Our academic team can develop and/or facilitate an IEP or a 504 plan.
 - Credits are fully transferrable and show on transcript as college prep courses.
 - SAT/ACT test preparation and administration available.
 - Assistance with applications for college and scholarships.
 - Career counseling and job services available.

Safety and Security

- Secure 24/7 facility.
- Daytime the staff to student ratio is 1/4. Nighttime the staff to student ratio is 1/9. Night staff remain awake all night and check bedrooms throughout the night.
- 1 student allowed in bathroom at a time. Only change clothes in bathroom.
- Completely separate gender only facilities.

Healthy Living/Nutrition

- Daily work-outs on campus. Off campus, full service fitness center 2 times per week.
- Kitchen manager plans and prepares meals; students take turns helping in kitchen.
- All menus are approved by a registered dietician.
- Off campus activities include service projects and recreational outings 2+ times per month.

Transitional Services / Aftercare

- Strong Transitional / Aftercare Program includes:
 - Aftercare Coordinator will design transitional program prior to returning home. The transitional service has varying levels of care and cost, many times this is will be covered by insurance or no cost if they are part of our free portion of the aftercare program.
 - Develop and implement a strong transition plan that works best for student. This can include, but not limited to: individual and/or family therapy via our HIPAA approved video conferencing application when student returns home, mentoring, and counseling, etc.
 - Our transitional and aftercare team will work side-by-side with a local therapist and/or support system to ensure a smooth transition home.
 - Weekly student alumni groups available through our secure HIPAA approved video conferencing application. Bi-monthly parent alumni support groups available.

Full Psychological Testing Available

- Upon enrollment parents have a choice to include a full psychological (done by a PhD. Psychologist) and a pharmacogenetic test, which is used to management any medication the child may be on.

Scholarship Award

- Partial scholarships to go towards the monthly cost for enrollment at ERA are available.
- Special \$1,000 scholarship awarded to ERA Program graduates, to be used upon enrollment at a university, college, trade school, or military branch of service of their choice.

In Summary

- Eagle Ranch Academy is a program that helps each student gain the necessary skills and tools to become a productive, happy and successful person. Not just for the short term, but for a lifetime. We reconnect families and teach students how to deal with their relationships. By helping your child choose to internalize important core values and learn how to live them, your child will take responsibility and control for the choices they make and how they deal with issues today, tomorrow and in the future.

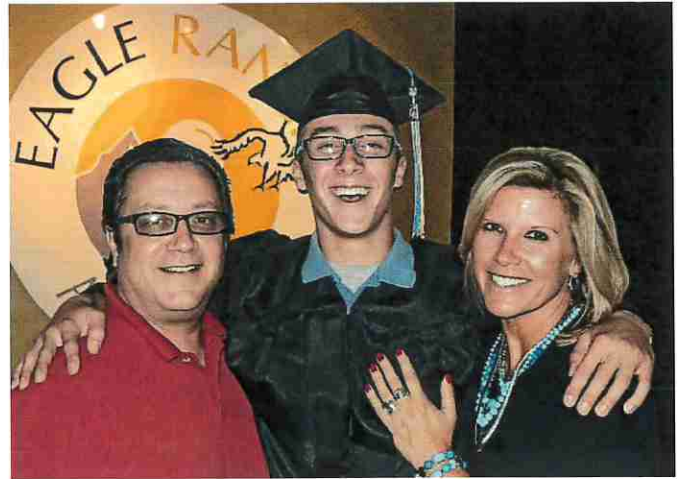
Please, call us at 888-698-7095 for a free no obligation consultation. One of our Counselor's will answer your questions, help you learn more about different types of youth programs, what Eagle Ranch Academy has to offer, and what may be the best solution to the issues facing your child, your family and you.

Contact: Phone: 435-652-8488 (O) 435-652-9959 (F) - www.eagleranchacademy.com

- Kris Willyerd, Admissions Director (kristen@eagleranchacademy.com) 435-652-8488
- Robyn Woods, Admissions Coordinator (robyn@eagleranchacademy.com) 435-773-2902

Core Values of Character

“Positive Parenting”
brought to you by Eagle Ranch Academy
(This article is one in a series)



Our Goal through our “Positive Parenting” articles is to offer “Tips & Reminders” to help Parents keep Children on track; when necessary provide assistance to help a struggling Teen or Young Adult get back on track; and at times offer insights into the unique challenges of Special Needs Children. Today we will review the 8 Core Values we have discussed over the past several months. These are the 8 Core Values we teach at **Eagle Ranch Academy**, and they make up the essence of the Character Development of our Students. Although there are many other qualities that fit within the frame work of Character; at ERA we focus on these 8 Core Values in a logical and systematic process.

The 8 Core Values of Eagle Ranch Academy:

1. **Accountability** - I will be Accountable for the things that happen in my life.
2. **Honesty** - I will be Honest with all of my relationships.
3. **Forgiveness** - I will Forgive everyone including those that have hurt me.
4. **Acceptance** - I will Accept who I am and not seek the Acceptance of others.
5. **Integrity** - I will be the same person always in front of people as I am behind them.
6. **Respect** - I will Respect others and myself.
7. **Trust** - I will earn the Trust that I have lost and take the risk of Trusting others.
8. **Service** - I will give back to others because I have been given much.

We start the teaching progression with our Eagle Ranch Students with Accountability and finish with Service. In between, the other 6 Core Values nicely fit in the program progression. It is good to remind ourselves that Core Values govern our personal relationships, they clarify who we are, they demonstrate what we stand for, they guide us in our decision making, they are the very foundation of who we are, and they never require external justification or personal explanation.

We will conclude this article with a Definition and our “Tips & Reminders” for today.

Core Values defined: Business Definition: A corporate philosophy that guides the way a company does business. Webster U. says - Core Values are a distinctive intrinsic characteristic or quality (guiding principles of behavior through time, clear and succinct - they do not change over time).

Positive Parenting Tips & Reminders: We all should have Core Principles and/or Core Values by which we live. These Core Values make up our personal character, and are the foundation by which we live our lives and we teach our children to live their lives. It defines who we are.

Remember, YOU are the expert on your child. Are you perfect? No. Do you make mistakes? Yes. Can you learn something today that will help you be a more effective parent? Absolutely! Hold them close, but don't smother them. Love them, but don't enable them. And, keep it simple with basic, but sound rules that you enforce consistently. Take care, and until next week use “Positive Parenting!”