RESTORE

4 WEEKS
RTC

Worth: Do I Matter?

Skills Learned

- Coping Skills
- Risk Behaviors & Alternatives
- Assertive Communication
- Challenging/Changing Thoughts

Hours of Therapy

Weekly Groups

- Experiential Learning 3
- Equine Assisted Learning 4.5
- Process Group 5
- Mindfulness 3
- Debrief Group | 4.5
- Life Skills | 5
- Character Studies | 4
- Behavioral Activation | 7
- Personal Self Reflection | 3.5
- Activities for Daily Living | 7

Weekly Individual Therapy + Daily Groups + Biweekly Family Sessions

Clinical: Learn to develop personal goals for treatment , Identify major triggers, Begin to build coping skills , Developing and learning assertive communication skills, laying foundation to dig deeper.

Experiential: Introductory guided three-day adventure, Activities for Daily Living, outdoor rec, early outdoor adventure exposure and education, six days a week of Crossfit training, weekly on campus experiential learning and adventure activities.

Faith: Introduction to Spiritual Principles, building trust in mentors, understanding how God sees me, daily Personal Self-Reflection, five weekly campus chapels, three weekly bible study groups.

Education: Complete diagnostic testing in Math, Reading, and Language Arts. An adaptive learning platform is used to close skill gaps in these core subjects. Students may earn ½ credit in Life Skills and PE while preparing for future academic coursework

Family Involvement: Family therapy sessions at two-week intervals with RTC therapist, weekly case manager updates, RECONNECT campus visits, regular communication via letters, phone calls, and therapist-facilitated family sessions.

GOALS

Actively Engages in Treatment
Building Healthy Daily Routines
Stabilized Psychiatric Symptoms
Maintains Personal Safety
Demonstrates Readiness for Increased Autonomy
Begins to Demonstrate Emotional Regulation & Coping Skills
Begins Aftercare Transition Planning

RISE
TEEN CHALLENGE
ADVENTURE RANCH

RESTORE
Worth

RISE
TEEN CHALLENGE
ADVENTURE RANCH

A teen in crisis often feels disconnected from who they are, unsure if they matter, and uncertain where they belong.

When a teen begins to rediscover their worth, everything starts to shift. Feeling valued provides emotional safety and lays the foundation needed for healing and growth.

Education and Exploration Topics Include:

- Unmet Emotional Needs
- Comparison and Failure
- Broken Trust and Trauma
- Spiritual Disconnection

relational mentorship

- **Case Manager Check-Ins**
- **Activity Debriefs**
- **Hall Pastor Mentoring**
- **Bible Study**
- **Personal Self-Reflection**
- **Chapels**
- **Casual Conversations**

Intentional

Feelings of worthlessness fuel resistance to treatment and self-sabotage and are often a catalyst for destructive behaviors or serious depression. By intentionally focusing on self-worth alongside stabilization, we lay the foundation for internalizing hope.

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Relational

Using a relational mentorship model, all staff engage in teaching, modeling, and affirming healthy, supportive relationships. As teens begin to experience this genuine connection, walls come down and they begin taking the first steps toward sustainable recovery.

Do I Matter?



Discovering that worth doesn't come from what we do, but from...

- Understanding Identity in Christ
- Experiencing God's Love & Presence
- Reflection and Self-Awareness
- Service & Contribution
- Building Healthy Relationships
- Developing a Purpose and Calling

MENTORSHIP THEME