

The Mountain View Place Program

Psychiatric Residential Treatment for Adolescents

Overview

This innovative program at Cedar Springs Hospital is dedicated to treating adolescents and pre-adolescents. Certified by TRICARE®, it is a residential treatment option designed to treat and stabilize mental health disorders.

Disorders include but are not limited to depression and other mood disorders, oppositional defiant disorder, post-traumatic stress disorder, anxiety disorders and co-occurring substance use disorder.

Upon admission, the treatment team makes appropriate recommendations for care following individual assessments.

This program can help support:

- Recovery from trauma
- Family conflict
- Communication and relationship-building skills
- Anger management

Residents can expect:

- Daily process groups lead by master's-level therapists
- Treatment by therapists skilled in:
 - Cognitive Behavioral Therapy (CBT)
 - Dialectical Behavior Therapy (DBT)
 - Eye Movement Desensitization and Reprocessing (EMDR) Therapy
- A multidisciplinary treatment team:
 - Board-certified child and adolescent psychiatrists
 - Licensed psychologists
 - Master's-level therapists
 - Recreational therapists
 - Registered or licensed nurses
 - Experienced mental health specialists
- Continued education at our nationally accredited school
- Equine-assisted therapy
- Recreational therapy
- Services for families and other caregivers
- An average length of stay of 70 days

Criteria for Admission

- Adolescents ages 12 and up
- Meets DSM-5 criteria that require therapeutic intervention including depression, anxiety, post-traumatic stress and oppositional defiant disorder
- Clinical review indicates ability to effectively participate in the program
- Committed caregivers willing to engage in treatment and treatment planning

Our goal is to help your child succeed. Call us today at 719-633-4114 or visit www.cedarspringsbhs.com for more information.



CEDAR SPRINGS
HOSPITAL
Creating hope. Saving lives. Healing families.

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Model representations of real patients are shown. Actual patients cannot be divulged due to HIPAA regulations.

Physicians are on the medical staff of Cedar Springs Hospital but, with limited exceptions, are independent practitioners who are not employees or agents of Cedar Springs Hospital. The facility shall not be liable for actions or treatments provided by physicians.

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