



welcome to

KOLOB CANYON

A PREMIER RESIDENTIAL TREATMENT CENTER

WHO WE ARE ● ● ●

At Kolob Canyon, we provide an intimate, homelike environment with warmth and individual attention for teens ages 14-17. We are purposely small, with just 16 students.

Our primary goals are personal healing through intensive therapy, adventure, equine therapy, and support academics. In addition, experienced therapists provide individual, family, group, DBT, EMDR, equine, adventure, and other creative therapies.

Academics include a traditional school day with certified teachers and small class sizes. Our year-round schedule allows students to easily make up school credits. Individualized academics can help a student prepare for college or provide the extra support needed to accommodate IEP recommendations. We specialize in individualized treatment!

So come experience the peace and change at Kolob Canyon!



● ● ● WHO WE HELP ● ● ●

WE HELP WITH THE FOLLOWING CHALLENGES:

- Depression
- Anxiety
- Trauma
- Gender Dysphoria
- Self-Harm
- Suicide Ideation Addictive Behaviors
- School Refusal
- Disordered Eating
- Attachment Disorders
- Poor Peer Relationships

PROUD MEMBER OF



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1338 EAST 600 SOUTH | NEW HARMONY, UT 84757



● ADVENTURE THERAPY

Adventure therapy is a great way for students to learn and grow. It uses challenging outdoor activities to help promote healthy identity development, self-efficacy, grit, and a growth mindset. Adventure therapy can help students use DBT skills and process the trauma they have experienced. It is an amazing way for teens to connect with their bodies and heal from within.



● EQUINE THERAPY

Therapists and the Equine Director at Kolob Canyon are trained as Equine Assisted Counselors in Natural Lifemanship, trauma-focused equine-assisted psychotherapy. Equine Therapy at Kolob Canyon is based on the concept of building connections with the horses. Students learn to build connections, trust, and confidence with these incredibly intuitive animals. Horses give a completely honest reflection of what's happening internally with a teen.



● DIALECTICAL BEHAVIOR THERAPY (DBT)

Dialectical Behavior Therapy (DBT), first developed by Marsha Linehan, is a staple therapy modality provided at Kolob Canyon. DBT was originally developed to help with and treat Borderline Personality Disorder but has since been found to be extremely effective in skill-building for a variety of clinical issues.



● ACADEMICS

Academic expectations are high, and with the guidance of highly trained and caring teachers, students learn and master the necessary skills to prepare for the future while becoming clinically stable. Our academic team works closely with the clinical team to support each student's treatment goals. The academic team plans and coordinates academic adventure days (including school field trips) to foster the teacher/student relationship and to expand our student's awareness of the larger community. Our curriculum is updated yearly. Cognia accredits our school, and our teachers are licensed by the state of Utah.



● TRAUMA FOCUSED CARE

At Kolob Canyon, we believe it is important to consider past trauma and coping mechanisms when working with students. We focus on healing the roots as well as the causes of a student's problem behaviors rather than just focusing on their behavior alone. Most of our students have experienced some type of trauma, whether large or small. When we understand how traumatic experiences and traumatic stress may impact our students, many things are likely to turn out better. Our clinical team is trained in different components of trauma-focused treatment. Our residential staff are taught about trauma and provided skills to support a student who has a history of trauma. We strongly believe that experiential types of therapy are very helpful with our students, especially as we focus on trauma and all its many aspects through our clinical program. Kolob Canyon is focused on helping those who have experienced trauma.

ADDITIONAL FACTS

- Founded in 2002, Kolob Canyon is a proud member of the CERTS Programs
- Licensed in good standing with Utah
- Member of National Assoc. of Treatment Schools & Programs (NATSAP)
- Joint Commission Accredited
- Academics Accredited by Cognia
- Special Education Support for IEPs and 504s



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