



Southern Peaks Regional Treatment (SPRTC) is a licensed Psychiatric Residential Treatment Facility (PRTF) with a Therapeutic Designation by the Office of Behavioral Health for the State of Colorado. SPRTC utilizes an Interdisciplinary Team (MDT) approach which includes assessment, treatment planning, and intervention strategies that are developed through active participation from the adolescent, family, registered nurse, therapist, treatment supervisor, education staff, psychiatrist, placing agency, and school district of residence. An Interdisciplinary and client-centered approach is utilized to promote positive change to help the adolescent successfully return to a less restrictive setting.



SOUTHERN PEAKS REGIONAL TREATMENT CENTER



Certified PREA Facility



## ▲ POPULATION SERVED

Southern Peaks Regional Treatment Center is licensed to provide services to male and female youth ages 10 to 18 with significant emotional, social, behavioral, and/or psychiatric disorders that meet medical necessity criteria for a psychiatric residential treatment facility. Length of stay varies depending upon the client, progress in treatment and discharge plan.

Youth served at SPRTC have had exposure to complex trauma in their history. Manifestations of this trauma may include, but is not limited to, self-destructive behaviors, mood disorders, dissociative disorders, post-traumatic stress disorder, anxiety, attention disorders, depressive and attachment disorders, social maladjustment disorders, verbal and physical aggression, self-harming tendencies, suicidal thoughts, and/or sexually deviant behavior. Issues associated with multi-generational family issues including familial incarceration, substance abuse and addiction, child abuse, abandonment, and neglect are also commonly present.

## ▲ LEVELS OF CARE

### SPRTC OFFERS SUB-ACUTE & ACUTE LEVELS OF PSYCHIATRIC CARE

SUB-ACUTE programming is largely group and community focused with an emphasis on moving forward with treatment and meeting program expectations. The program is designed to provide a supportive, structured environment that promotes success through development of pro-social behaviors and adaptive living skills. The treatment milieu is highly structured and predictable, thus providing a safe and nurturing environment for clients that need this level of care. Bed Capacity 32, all female.

ACUTE programming is highly individualized, and youth must meet specific criteria to qualify for this level of care.

In addition, mental health services must be deemed medically necessary and be prescribed by a psychiatrist.

Bed Capacity 12, 6 male and 6 female.

## ▲ EDUCATION

SPRTC offers special education supports and services as required by Individualized Education Programs. In addition, SPRTC offers the ability to earn credits toward graduation, access to credit recovery options, life skills programming, and affective education courses. Opportunities to earn a GED are also available for qualifying candidates. SPRTC offers school year round.

**Day Treatment Program:** SPRTC offers school-day support for local communities as an option for therapeutic special education support through local school districts. Day Treatment services are also provided over the summer for students who qualify for Extended School Year services.

## ▲ CLINICAL SERVICES

SPRTC implements treatment strategies which foster personal growth, enhance life skills, and increase competencies necessary for individuals to become responsible and productive members of society. Treatment interventions include, but are not limited to, individual therapy, group therapy, family therapy, social skills training, psychological/psychiatric support, and medical/psychotropic intervention.

### CLINICAL MODALITIES INCLUDE:

- TF-CBT
- DBT
- EMDR
- EQUINE ASSISTED THERAPY
- RECREATIONAL THERAPY
- CO-OCCURRING SUBSTANCE ABUSE TREATMENT



To learn more about Southern Peaks and for information about our referral process, please visit our website at [www.SouthernPeaksRTC.org](http://www.SouthernPeaksRTC.org) for details.

**Southern Peaks Regional Treatment Center**

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**ABRAXAS**  
Youth & Family Services

