



# SOUTHERN PEAKS

## REGIONAL TREATMENT CENTER

### FACILITY/ CLINICAL FOUNDATION

- Cognitive Behavioral Therapy (CBT)

### CLINICAL MODEL

- Sanctuary® Model for Trauma Informed Care

### FACILITY CLINICAL INTERVENTIONS

- Cognitive Behavior Therapy (CBT)
- Eye Movement Desensitization and Reprocessing (EMDR)
- Biofeedback
- Dialectical Behavior Therapy (DBT)
- Trauma Focused CBT (TF-CBT)
- Animal Assisted Therapy

### FACILITY GROUP INTERVENTIONS

- Aggression Replacement Therapy (ART)
- Sanctuary® Model for Trauma Informed Care
- Girls Circle
- Men's Work

### TREATMENT PLANNING PROCESS

- Team Approach
- Specialized Treatment Team (Unit Specific)
- Strength based BMP Level Advancement

### CLINICAL SERVICES MODEL

*All youth at the facility receive the following:*

- A minimum of 3 service hours per week (combination of individual and family therapy)
- A minimum of 9-12 therapeutic group hours weekly

### FAMILY ENGAGEMENT

- Minimum of 1 service hour per week if family is involved
- Sanctuary® Model for Trauma Informed Care
- Family Functional Therapy (FFT)



Certified PREA Facility

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

**Southern Peaks Regional Treatment Center**

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Cañon City, Colorado 81212

**(719) 276-7500**

# SOUTHERN PEAKS REGIONAL TREATMENT CENTER

Southern Peaks Regional Treatment Center is a Sanctuary® Model certified and Joint Commission accredited residential treatment center offering an array of specialized behavioral health programs for both male and female adolescents, ages 10 to 21, who are experiencing emotional, behavioral, psychological, educational, or social problems. Across all Core Programming and Specialized Services, Southern Peaks respects and supports the LGBTQ+ youth entering our facility by providing youth with accurate information and guidance; and, treating all with respect and support.

Located in the foothills of southern Colorado, Southern Peaks provides a highly structured and intensive therapeutic environment coupled with the flexibility to address the distinct treatment needs of each youth and his or her family system through our comprehensive clinical assessments, individualized treatment planning, and diverse programs and services.



## CORE PROGRAMS

- Boys Behavioral Health Treatment Program
- Girls Behavioral Health Treatment Program
- Boys Sexual Misconduct Treatment Program (Insight)
- Girls Sexual Misconduct Treatment Program (RENEW)

## SPECIALIZED SERVICES

- The Haven Program for Sexually Exploited Youth
- The Medicine Bear Program for Native American Youth
- The Journey Program for Substance Abuse Services
- The Phoenix Academy Full-Time Education

Southern Peaks lays the framework for treatment in all of our programs and services by using the Sanctuary Model for Trauma Informed Care. Sanctuary is a blueprint for clinical and organizational change which, at its core, promotes safety and recovery from adversity through the active creation of a trauma-informed community.

Southern Peaks Regional Treatment Center accepts State, County and Tribal funding as well as Private Pay. The facility works with select State Medicaid programs and private insurance companies to provide the most cost-effective service possible.