



# Turning Winds



20  
YEARS RISING  
Turning Winds

# Warmly Welcoming

**Turning Winds sits near the banks of the South Fork Yaak River, surrounded by majestic mountains and an abundance of nature. The setting seems to displace time. With an aura of serenity, it marks the passage from a world of limitations to one of potential and from a state of alienation to one of belonging.**

Here, in our comfortable setting, and with the help of experienced and caring professionals and the support of collegial peers, adolescents learn to believe more in the power of themselves and human connection over the pleasures of possessions. They develop a sincere appreciation for the natural world and gain a meaningful distance from the pace and pretense of today's world. The young people who come to Turning Winds become part of an extended family whose values of respect, trust, and love facilitate the development of emotional maturity and skills that fuel a sense of accomplishment and purpose.

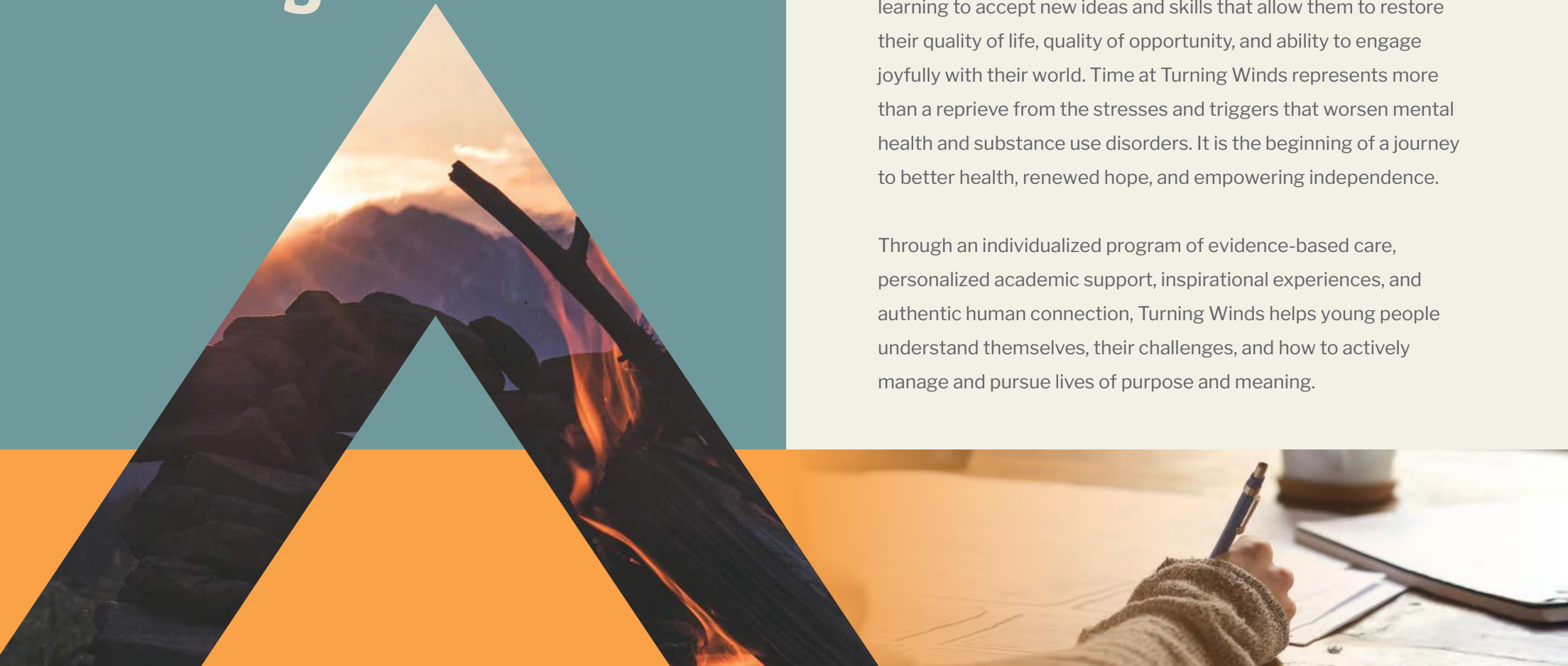


# Holistic Help for Enduring Change

**Situated in a peaceful clearing hewn from Montana's deep and pristine northern woodlands, Turning Winds offers young people the time, care, and environment with which to develop the self-agency essential to leading a free, healthy, and purposeful life.**

Here, away from today's ever-connected daily life, young people can be freed of the perceptions that reinforce negative thinking while learning to accept new ideas and skills that allow them to restore their quality of life, quality of opportunity, and ability to engage joyfully with their world. Time at Turning Winds represents more than a reprieve from the stresses and triggers that worsen mental health and substance use disorders. It is the beginning of a journey to better health, renewed hope, and empowering independence.

Through an individualized program of evidence-based care, personalized academic support, inspirational experiences, and authentic human connection, Turning Winds helps young people understand themselves, their challenges, and how to actively manage and pursue lives of purpose and meaning.



# Care Team

**Turning Winds staff members are part of a carefully selected team of experienced professionals chosen for their ability to demonstrate exceptional expertise and to fit seamlessly into the familial Turning Winds community.**

Each member of our team is a well-rounded and talented individual with diverse life experiences and valuable skills that offer a unique window into the most fundamental aspects of a successful human life — presence, empathy, compassion, love, and competence

The Turning Winds care team is comprised of licensed clinicians, a psychiatrist, certified teachers, experiential therapists, superb nursing staff, and an on-site CEO and COO who provide 24-hour care.

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# Days of Renewal and Growth

**Days at Turning Winds are designed to promote achievement, enhance social interactions, involvement in healthy activities, self-reflection, and healing that results in lasting personal growth.**

## Experiential Therapies:

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Equine Therapy  
Mountain Biking  
Backpacking

Snowboarding/Skiing  
Kayaking  
Yoga



Clients prepare to meet each day through a routine of mental preparedness and physical hygiene. After beds are made, rooms are tidied, and bodies showered. Finally, breakfast is taken among friends, filled with heartfelt laughter, and views of great pines stretching in all directions.

Individualized academic course work is delivered by teachers experienced in personalized learning. Coordination with school districts is fundamental to ensure the curriculum is appropriate and keeps high-performing students on course while improving the performance of those with specialized learning needs. Regular exercise through intramural sports, fitness, and recreational therapy keep the body fit and the mind engaged. Each client receives a personalized clinical experience of individual, group, and family therapy, as well as medication management at RTC, PHP, and IOP levels of care.

**Every day  
presents opportunities  
for joy, learning, and  
realization.**



# Learning to Live



## Therapeutic Education & Academic Engagement

**Academics are core to the Turning Winds program. Education gives young people essential tools with which to develop skills, independence, and opportunity.**

The talented teachers and academic counselors at Turning Winds meet the educational needs of each student while taking into consideration their school district requirements, grade level material, and academic proficiency. They are also adept at identifying and addressing learning disorders as well as working with those students who may have an Individualized Education Program (IEP). In contrast, a more challenging learning environment is used to meet the needs of those who are high academic achievers.

The process of learning can be powerfully therapeutic. Engaging in the study, research, and productivity of schoolwork increases knowledge and competency. The mindful pursuit of education can relate to all areas of life. At Turning Winds, educators help students see parallels between the rigors of academic life and the pursuit of a meaningful personal life. Academics serve the dual purposes of continuing the educational trajectory and training students to successfully transfer critical thinking skills to the pursuit of life goals.



**Giving back is a powerfully important part of growth and the development of self-worth.**



# Going Abroad to Find What is Within

**Turning Winds missions abroad are transformative experiences.**

Traveling to help people less fortunate than ourselves affords new perspectives and the ability to learn that human connectedness is the ultimate medium for delivering happiness regardless of differences in socioeconomic status or living conditions. In our experience, teens who engage in altruistic service demonstrate an increase in happiness, improved self-image, increased grades, and gain a greater sense of satisfaction and purpose. This experience is especially cathartic for teens who have been the recipients of significant care and who are now able to care for others in need.

One former student described her international experience as “coming together for a common cause, and bonding with people from all over the world was super cool. I made friends with little kids. I got to help paint school classrooms. It was life-changing!”

Our international connections:

Panama  
Puerto Rico  
Ghana

Thailand  
Costa Rica  
Peru

Greece  
Morocco



# Personal Growth

**Giving your child the environment to cultivate authentic relationships is a critical element that separates us from shorter-term programs.**

The more time clients can spend with clinicians, teachers, and other team members, the more opportunities they have to learn, practice, and perfect the skills that will allow them to maintain better health, manage their conditions, and succeed in life.

Therapy and relational skills require practice to master. Time at Turning Winds helps each child pursue retention, fluency, and effectiveness under the tutelage of experienced professionals.



Turning Winds provides the time children need to feel safe, develop trust, and remove their protective masks so that they can heal and reach their potential. Our long-term residential program allows caregivers and clients alike to identify root causes and meaningfully focus on personal growth.

Relational skills and self-reliance take time to master, but by commencement, their newly established identity serves as a testament to the character they've developed. These young men and women are then able to continue to live out their lives with confidence, compassion, and connection.

# Admissions

**It is our mission to achieve positive change in this world and reach young men and women at a time early enough in their lives to create a profoundly different outcome.**

We understand that the decision to seek help for your struggling child is perhaps one of your most difficult choices. Furthermore, we recognize that you may have many questions regarding our therapeutic program. Questions such as: How long is the Turning Winds Program? How can my child benefit from this therapeutic experience? Do you accept health insurance? What is my financial commitment? What is the Turning Winds Difference?

We are here to help answer any questions that you may have and provide you with a nurturing experience to put your mind at ease so that you can make the best and most informed decision for your child and family.

Our dedicated admissions team will walk with you each step of the way throughout the admissions process and will continue to advocate for you and your teen even after joining the Turning Winds family.



The admissions process may include the following steps: initial phone consultation, verification of benefits (if applicable), completion of the admissions application, review and approval for enrollment, completion of the required authorization forms, confirm enrollment date, and finally enrollment into our Turning Winds Treatment Program.

The Turning Winds admissions team prides itself on integrity and care and provides exceptional support during this critical time of need. We are available for you night and day and on the weekends, if necessary. We understand the need for urgency and will work expeditiously to accommodate your situation. Often, finalizing an admission can be done in a matter of days. We hope that you will allow us to play a small part in getting your teen and family the help that is needed. Together we can make a difference in the life of your child. There is hope! For assistance please call 800-845-1380.





# Coming Home

**When young people return home from Turning Winds, their true journey begins.**

By the time a young person is ready to leave Turning Winds, they have developed the skills, beliefs, and attitudes that empower ongoing success. They have learned tools with which to maintain positive mental health and are connected to healthcare resources at home that will continue to support their progress. They are on an appropriate academic footing and have a plan for completion and advancement. They have established new friends and supporters and have forever become a part of the Turning Winds family. They have ignited the engine of self-agency that will propel them through their new world which will help them to discern the important aspects of life from its fruitless distractions. They are now ready to give back by being pillars for their family and examples of mindful living.

We love our Turning Winds alumni and family. No matter how long it has been since the start of your new beginning, we are always here to support you in any way we can. Please stay connected with us as you are now part of the Turning Winds family.

**Restoring hope for a brighter future.**



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