

TEEN CHALLENGE

ADVENTURE RANCH

Life on campus.

“It’s about more than therapy. It’s about growing as a person, learning life skills, and building positive relationships.”



Christ-Centered Residential
Treatment Center



The comradery between the boys on campus is really an amazing thing to see

TCAR is a Christ-centered organization, which means that we strive to create an environment that keeps faith the core of everything that we do.

We are relational. We believe in building community, connecting, and healing together. And no where is that bond more evident than in worship.

We believe in balance. There is structure and intentionality in our schedules, but there are also ample opportunities to just let boys be boys.

Between basketball hoops and canoe trips, many strong bonds are formed.

Culture

WHAT TREATMENT LOOKS LIKE

**“Effective Treatment Heals the Whole Person,
Physically, Mentally, Emotionally, and Spiritually.”**

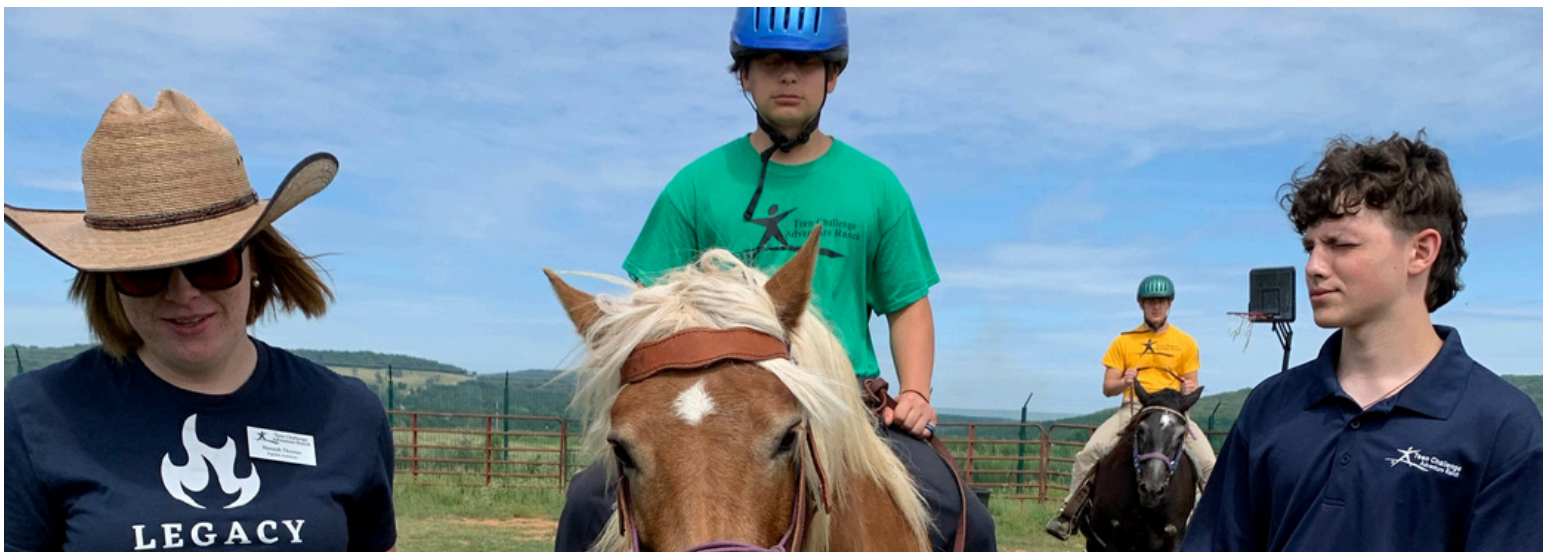
Most days, the hours between 8 AM and 5 PM are structured to provide a variety of engaging and impactful therapeutic elements.

Schedules vary by the level of care. In RTC, the focus is on providing an intensive therapeutic schedule. In PHP and IOP, we balance therapy with academics and other types of learning and self growth.

Everything else is sprinkled in, making the most of the moments in between what is scheduled.

24-Hour Nursing & Med Management

Our clinical team manages the healthcare needs of each patient, reviewing charts, evaluating symptoms, and managing medications in tandem with feedback from our licensed therapists.



Individual Therapy

One-on-one therapy sessions with Christian, licensed therapists help each client work toward meaningful recovery with an individualized approach.

Our therapists are trained in a variety of evidence-based therapeutic modalities like accelerated resolution therapy (ART), cognitive behavioral therapy (CBT), trauma-informed care, and more.



Mindfulness & Process Groups

As humans, we are designed to thrive through social-emotional connection. We learn by mirroring and sharing experiences, which makes group therapy one of our most effective tools in achieving therapeutic progress.

Equine Therapy

Working with horses provides a unique opportunity to receive immediate feedback while forming deep emotional bonds based on mutual trust.

Equine therapy helps some of our toughest clients, those who have failed to make progress in traditional clinical settings, engage with therapy.

For many, the horses are their favorite part of the day and a welcome variety to the types of therapy services they receive at our ranch.



Family Therapy

Long-term recovery is about building and using strong systems of support--beginning with family.

In addition to the many different types of therapy that your son will engage in, we will make time for family therapy sessions between you, your son, and the therapist.

ACADEMICS

Academic periods vary based on level of care.

The daily schedule at TCAR balances therapeutic opportunities with personal growth appropriate for the level of care that each client is receiving. This means, your son doesn't have to miss school in order to receive intensive residential therapeutic treatment.

Life Skills Classes

These classes help students learn foundational skills for success in school and in their lives. Topics include things like organization, study skills, active listening, and personal responsibility.



57% of students are behind by at least one grade level when they come to TCAR

Core Classes

Getting help in one area of life shouldn't create a setback in another. Our academic department provides individual academic plans to help each student get or stay on track in core subjects like English and Math. Depending on the level of care, students will have between 1 and 5 periods of academics each day.

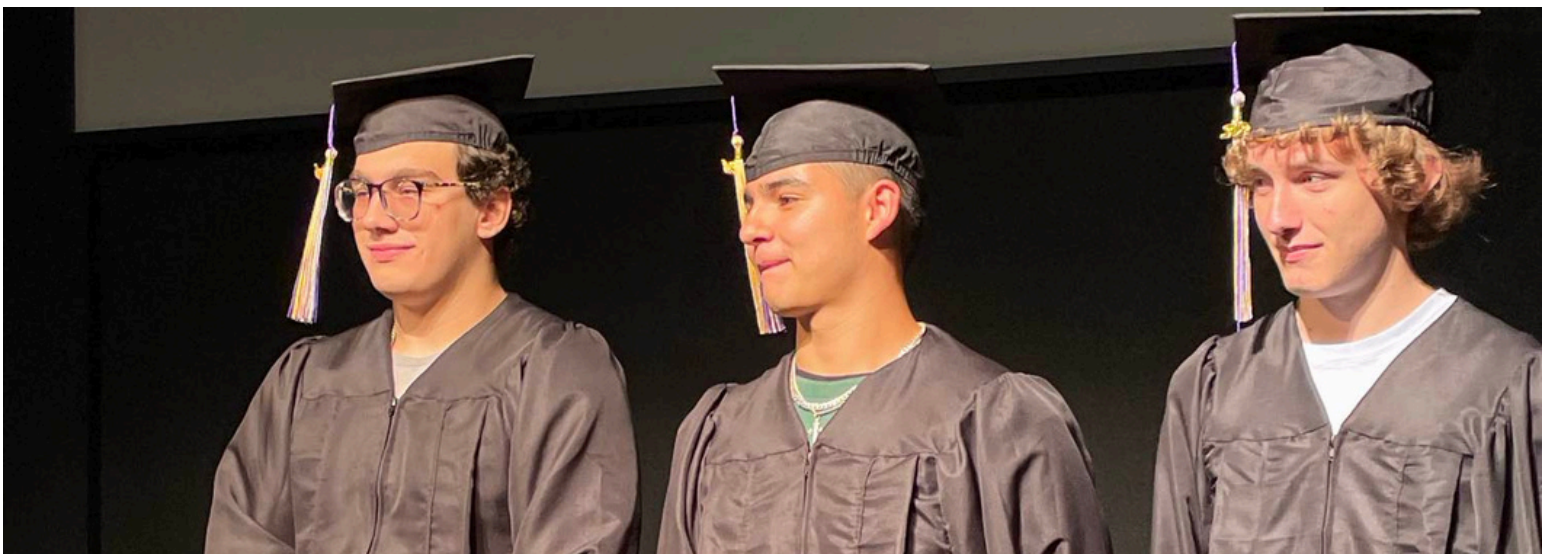
Diploma & GED Tracts

For students that meet certain age and credit requirements, TCAR can help them complete a high school diploma or GED alongside their individual recovery plan.

This ensures that these students complete school and enter early adulthood with all the tools they need to succeed.

9 out of 10 will improve by at least one grade level in English or Math

"I didn't think I could graduate from high school. I was so far behind, I was basically a 17 year old freshmen when I got to TCAR."



Physical Education

We use the CrossFit program as the foundation of providing structured physical fitness activities on campus. Daily workouts are required and are supervised by certified CrossFit instructors. These workouts help fuel a healthy mind and body so that all other aspects of the treatment plan can work more effectively.



These workouts help reduce stress levels by lowering cortisol and improve overall mood by releasing endorphins.

As a result, workouts can:

- Improve Depression
- Relieve Anxiety
- Stabilize Erratic Behavior
- Enhance Cognitive Function
- Improve Sleep Patterns
- Build Mental Resilience
- Support Routine & Structure

We specifically choose CrossFit because it promotes beneficial high-intensity, short interval workouts in a community environment. This creates opportunities to connect and form relationships.

Staying Active Throughout the Day



Between recess breaks during academic periods and free time in the evening, we provide a variety of opportunities to burn off some energy in order to improve focus and concentration where it really matters.



OUTDOOR ADVENTURE

Experiential learning is a key part of the curriculum at Teen Challenge Adventure Ranch. We combine the therapeutic power of spending time in nature with the structure of facilitated XL's using outdoor adventure to drive engagement and layer in another angle of therapeutic treatment that breaks up the monotony of traditional talk therapy.



Camping Trips

Outdoor adventure is a key part of supplementing clinical treatment at Teen Challenge Adventure ranch.

From intake trips to hall trips, boys will experience short-duration camping trips at least once monthly during their stay.



OA On Campus

Our campus is also equipped with functional outdoor adventure training equipment, including a certified high and low ropes course with a zipline, a stocked pond for fishing and swimming, and plenty of horses.

Daily schedules incorporate structured time allocated to equine-assisted psychotherapy activities while other types of experiential learning and recreation activities take place in the evenings and on weekends.



“I was a city kid. I had never been camping or touched a horse before coming to TCAR. Quickly, those things became my favorite part of being here...after I graduated, I looked forward to coming back for the alumni canoe trips.”

Big Adventures

Hall trips and our bi-annual camp retreat week provide ample opportunities to experience rock climbing, rappelling, hiking, canoeing, and other types of outdoor adventure expeditions.

While we embrace the experience and therapeutic benefit of spending time outdoors, our program is not considered a wilderness therapy program.

Traditionally, wilderness therapy-type of programs involve spending all or most of the time in treatment participating in wilderness-survival-type of activities.

By contrast, we spend most of our time on campus participating in clinical treatment, academics, and spiritual growth.

Camp Orr

Twice per year, the entire campus participates in a week-long experiential learning retreat. We utilize a local boy scout camp on the Buffalo River for our retreat.

Camp Orr is a week of adventure, experiential learning, group therapy, and spiritual emphasis all rolled into one.

Our clinical team, including therapists and nurses join us at camp for the entire week so that we can continue to provide full services while adding a little more fun.



“Camp week is really fun. I had never been in a canoe before so that was cool. But what I remember most is the speaker that we had during chapel at camp. I probably heard those words before, but everything felt different when I heard that message. Something in me changed and I just knew, God was real.”



Christ-Centered CLINICALLY-MINDED

GROWING IN FAITH

Devotions

Each day begins and ends with intentional self-reflection from a Godly perspective. For the first period of every day, we set aside time for prayer, reflection, and committed study to being intentional about what he wants to accomplish for that day. At the end of the day, we revisit those plans and mark progress.

Chapel

At least three times per week, chapel services are provided on campus by a variety of worship teams and speakers. We have several ordained ministers on staff and invite guests from churches in surrounding communities to provide a variety of voices that broaden our Christ-centered community.

Bible Study

Studying the word of God helps boys develop a more intimate connection with their faith. Bible study is about discipline and knowledge. It's about receiving moral and ethical guidance along with encouragement and hope by learning through examples depicted in the stories of the bible. Bible studies are an intentional evening activity that happens in small groups in each residence hall.

Mentorship

Every staff member at Teen Challenge Adventure Ranch commits to a statement of faith, ensuring that even casual interactions at the dinner table or in the hall between sessions are infused with strong, Godly relationships. Often, it's our direct care team that provides the most meaningful interactions, mentoring students through individual relationships built through everyday interaction.

Discipleship & Missions

Ultimately, we believe in a holistic approach to healing that culminates in Christian discipleship. We create a variety of meaningful opportunities for the boys on our ranch to know Jesus and to feel the power of his mercy. While choosing to follow Christ is an individual decision, we provide all the tools and support needed for young men to grow in moral character and become devoted disciples for Christ, sharing Jesus with the world around them.

It's our hope that each young man will have at least one opportunity to participate in a global mission trip to serve those less fortunate and see how addiction, violence, and poverty impact the lives of others. We facilitate at least four mission trips each year to provide these opportunities.

Lives transformed by Christ.



Redemption for
Every Youth

A Little Bit of Everything Else

Car Class IOP and academy students may elect to participate in extra-curricular activities like our **Lower Shop Ministry** where they spend Saturday mornings learning routine auto maintenance skills.



Students who are excelling in behavior, discipline and leadership earn incentives like small group special interest trips off campus.

BP Outings



Mission Trips

Most students will have an opportunity to participate in a global mission trip if they choose to do so. This is an incredible discipleship activity for those who have chosen to follow Christ.

