



How Muir Wood Compares to Other Adolescent Programs

PROGRAM	Muir Wood Adolescent & Family Services	So. CA Treatment Center A	So. CA Treatment Center B	So. CA Treatment Center C	So. CA Treatment Center D	No. CA Treatment Center A	National Treatment Center A	National Treatment Center B	National Treatment Center C
Gender-Specific Setting	✓		✓				✓	✓	✓
Full Day Family Program Once Per Week	✓	✓	✓		✓		4 day intensive at end of program	Two 3.5 day intensives during program	
Psychological Testing	✓				✓		✓	✓	
Master's Level Multi-Subject Credentialed Teachers	✓	✓	✓	✓	✓				
Adventure-Based Therapeutic Program With Licensed Therapist	✓								✓
Daily 12-Step Meetings in Community	✓	✓	✓	✓	2-4 meetings per week	1-2 meetings per week	1-2 meetings per week as an earned privilege	1-2 meetings per week as an earned privilege	1-2 meetings per week
Weekly Follow-Up By Board-Certified Psychiatrist	✓	✓	✓	✓	✓		✓	✓	✓
Equine-Assisted Psychotherapy	✓	✓	✓	✓	✓				

Note: This guide is intended to serve as a general reference to help parents identify various types of adolescent, residential treatment facilities. The information in this guide was gathered by contacting the various admission departments of the treatment centers listed. Parents should use this as a reference only and contact each of the facilities on their own.



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Accreditation by CARF or JCAHO	✓		✓	✓	✓	✓	✓	✓	✓
Weekly Follow-Up By Registered Nurse	✓	✓	✓	✓	✓	✓	✓	✓	✓
Individual Personal Training at Gym in Community Three Times Per Week	✓			✓	✓		✓		
Weekly Yoga With Certified Yoga Teacher	✓	✓	✓	✓	✓	✓	✓		✓
Daily Individual Therapy with Masters Level Therapist	✓	✓	✓	✓	✓		✓		✓
Guided Meditation	✓			✓	✓	✓	✓		✓
Weekly Group Therapy with Board- Certified Psychiatrist and Licensed Therapist	✓								
90-Day Aftercare & Parent Coaching with Licensed Therapist	✓								

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