At Solstice East, all students receive individual, group, family, and experiential therapies. Students receive a minimum of three (3) hours of treatment guided by their primary therapist each week dedicated to individual and family sessions. Additionally, all students participate in a minimum of six (6) therapeutic group sessions per week. Some of the focuses of the specialty groups offered include addictive processing, substance abuse, trauma recovery, grief counseling, building positive body image and self-esteem, experiential DBT, equine therapy, and more. Students are assigned to specialty groups based on their individual treatment goals and their treatment team's recommendations. On Fridays and Saturdays, students receive additional therapy blocks through experiential activities, including adventure (recreation) therapy and guided community service.

2. WHAT IS THE AVERAGE LENGTH OF STAY? HOW IS THE LENGTH OF STAY DETERMINED?

The average length of stay is unique for each student; however, students typically graduate from our program within 11-14 months. The length of stay is determined by how smoothly a student moves through our program’s Hero’s Journey phase system. Each week, a student’s progress is discussed and assessed by their dedicated treatment team. Their treatment team consists of a student’s primary therapist, their psychiatrist, an academic advisor, and a residential team manager, plus members of Solstice East staff, including the clinical director and a member of the adventure therapy team.

3. DO YOU OFFER A COMPETITIVE ACADEMIC PROGRAM? IS IT ACCREDITED?

All students attending Solstice East receive educational instruction from Timbersong, our private North Carolina certified on-campus academics academy, fully accredited by Cognia. We offer a full range of core classes year-round, from special education to honors-level courses, to accommodate all learning styles and levels in grades 9 - 12. The program is led by our on-staff Academics Director, Carol Sowers. Classes are taught by an esteemed faculty certified in specific content areas with experience working in a therapeutic setting.

11. DO STUDENTS VENTURE OFF-CAMPUS?

Students begin to engage in off-campus activities about four weeks after enrollment, depending on their progression through our phase system. Once a student enters the “Threshold” phase, they receive privileges to participate in off-campus adventure activities, recreational outings, and community service projects on Fridays and Saturdays.

12. WHAT FORMS OF COMMUNICATION ARE AVAILABLE TO MY CHILD? HOW OFTEN WILL I BE ABLE TO SPEAK WITH MY PHONE BY PHONE AND SEE THEM IN PERSON?

We encourage families to write letters to their teens, starting from the beginning of their Solstice East journey. Students love receiving mail, and we find this is a valuable and relational form of communication.

Inclusivity Statement

Solstice Programs value diversity and are committed to creating an inclusive environment for our students and staff. We do not and shall not discriminate on the basis of race, religion, color, national origin, gender, gender identity, gender expression, sexual orientation, age, disability, genetic information, marital status, or military status, or any other non-merit factor.
4. WHAT IS THE BREAKDOWN OF COSTS FOR MY CHILD TO ATTEND? ARE THERE ANY ADDITIONAL COSTS?

The Daily Rate for Private Pay is $435 per day, equivalent to $13,050 per month (based on a 30 day month).

Additional charges may include:
1. Psychiatry sessions for regulating and prescribing medications. The average cost is $275 every 4-6 weeks billed via monthly invoice.
2. A compounding pharmacy charge for packaging medications is $20 per month.
3. Prescription co-pays and medical co-pays (if applicable).
4. Additional concierge services that the treatment team may recommend or family requests. Some of these services may include neurofeedback sessions, meeting with a personal nutritionist, one-on-one tutoring, ACT/SAT prep course, private music lessons, private horseback riding lessons, etc.

Solstice East is out of network for all insurance policies. We are licensed as an RTC, have Mental Health Licensing, and are CARF Accredited, which may help families applying for reimbursement through their policies. On average, about 85% of our families see a 34-38 day reimbursement before being denied coverage. At that time, we can guide you on how to appeal for additional insurance coverage (if applicable). We will conduct the pre-authorization and continue calls as long as coverage is approved.

5. HOW ARE GRADE LEVELS AND COURSE PLACEMENTS DETERMINED? WILL HIGHER EDUCATION INSTITUTIONS RECOGNIZE YOUR COURSES?

Students receive placement in required core classes based on their school transcripts. Credits earned at our on-campus academy are recognized for university and college admissions standards both nationally and internationally. Students completing high school will receive a diploma issued by the State of North Carolina in an on-campus ceremony. Non-graduating high school students may transfer credits earned to their home high school for future graduation.

6. HOW MANY STUDENTS ARE IN EACH CLASS PER AVERAGE? HOW DO TEACHERS COMMUNICATE ACADEMIC CONCERNS WITH PARENTS?

Classes are intentionally kept small to accommodate all styles of learning. On average, a class will host 6-12 students at a time. Each student has an assigned Academic Advisor who will be a family’s primary point of contact for their teen’s academic development. Families will receive monthly academic reports on their teens and have access to an online system that tracks student grades and progress. A student’s Academic Advisor is an acting member of their Treatment Team.

7. DO YOU PROVIDE FAMILY THERAPY? WHAT IS EXPECTED OF PARENTS DURING ENROLLMENT?

Parent(s)/Guardian(s) will be expected to participate in weekly Family Therapy sessions via video conferencing (Zoom) and to complete any additional therapeutic assignments extended by their primary therapist. Additionally, families are encouraged to attend and participate in our quarterly two-and-a-half-day long on-campus family seminar events. We also request that all families attend a one-day Relationship Logic/ New Parent Workshop, which will take place within the first two months of admittance.

8. DO YOU HAVE MEDICATION MANAGEMENT PROTOCOLS IN PLACE?

Upon admittance, each entering student is assigned one of two on-staff psychiatrists to be a member of their ongoing Treatment Team. Beyond evaluating a student’s current medication regimen, our fully licensed and certified psychiatrists monitor, manage and prescribe medications throughout your teen’s stay. Psychiatrists participate in weekly treatment team meetings, meet with students monthly, and talk directly with families to ensure beneficial and collaborative medication management. Solstice East also employs two full-time Registered Nurses who oversee the daily administration of medications. All medication is stored in a double-locked infirmary and administered by trained staff. We utilize a digital medication record system that minimizes the risk of administration errors.

9. ARE THERE SAFETY MEASURES IN PLACE TO KEEP MY CHILD SAFE? ARE YOU A LOCKED FACILITY?

The physical, mental, and emotional safety of our students and staff is our top priority. All staff, regardless of their position, receive intensive training to assess, prevent, and manage safety issues and protocols. Students at Solstice East receive around-the-clock supervision in the form of trained mentorship staff. With a small 4:1 student to staff ratio during the day and an 8:1 ratio during the nighttime hours, mentors provide students support throughout the day during therapy groups, school work, meal times, and recreational activities. Mentors are the front lines of our community and guide students in building healthy, positive relationships. Our CARF Accreditation and NC State Licensure ensures that we have policies in place and are implementing all guidelines and measures for safety.

We are not a locked facility during the day, but we have a secure door lock system. A student’s freedom to move about the campus is dependent on their current phase level.

10. HOW DO YOU DEAL WITH RISK-TAKING BEHAVIORS AND RESISTANT STUDENTS?

We employ a strong relational model at Solstice East. By maintaining a high staff to student ratio of 1:4, we can dedicate individualized care and attention when necessary. For example, if a student requires increased support because of risk-taking behaviors such as attempting to run away or attempting self-harm, we are staffed and trained to provide a number of safety protocols and precautions to ensure this student’s safety. This level of care also applies to students that display resistant tendencies such as shutting down and refusing to get out of bed or disengaging from group activities. Our trained staff will meet students where they are and approach them from a place of trust that allows a student to be vulnerable. We teach, model, and encourage students to use learned therapeutic skills. At times, a staff member may use gentle verbal pressure in constructive ways to help a student shift their behavior. More information on these tactics will be explained in the New Parent Workshop.