

Lava Heights Academy provides a welcoming and affirming environment for young females (assigned at birth) who are struggling with mental health and behavioral issues.

We serve individuals aged 12–17 whose difficulties have made it tough for them to remain at home, in school, or within the community. Licensed by the State of Utah and accredited by CARF, we are a residential treatment center offering comprehensive creative arts programming covering four artistic modalities—music, drama, art, and dance/movement.

At Lava Heights Academy, we employ passionate specialists, clinicians, and arts professionals to work with students and help them reach a point of self-acceptance, personal understanding, and healthy growth within the context of the creative process. The campus provides a safe and structured environment where each youth can focus on her individual treatment goals, creating new possibilities and opportunities for success.



## Resident Referral

### Lava Heights Academy Contact Info:

#### Address

730 Spring Drive  
Toquerville, UT 84774

#### Phone

435.635.0300

#### Email

[lava-admissions@rop.com](mailto:lava-admissions@rop.com)

[lavaheightsacademy.com](http://lavaheightsacademy.com)

[riteofpassage.com](http://riteofpassage.com)



Lava Heights Academy is located in Toquerville, Utah at the gateway to Zion National Park.



*Lava Heights Academy is a Rite of Passage program*

**RITE OF PASSAGE**  
IMPROVING THE LIVES OF YOUTH



## Residential Treatment for Adolescent Girls

*A place for hope and courageous journeys*





## Resident Profile

We work with female youth, ages 12–17, who may exhibit the following behaviors that prevent them from thriving in their home environment:

- Trauma, abuse, post-traumatic stress disorder (PTSD)
- Emotional and behavioral issues
- Poor self-esteem
- Lack of emotional regulation skills
- Depression and anxiety
- Eating disorders
- Self-harm
- History of drug or alcohol abuse
- History of poor school performance
- Obsessive compulsive disorder (OCD)
- Body image disorders
- Developing parent/child conflict issues

## Clinical Services

At Lava Heights Academy, we strive for a multi-faceted, holistic, and integrated approach to treatment. This means that evaluations, decisions, and plans about each youth's treatment are made by a team of professionals from all aspects of the program, along with the youth and her parents/guardians.

Our treatment team is comprised of the student, executive director, department directors, therapist, nurses, psychiatrist, care coordinator, and the parents/guardians.

At Lava Heights, our main focus is helping our students heal from past traumas, learn healthy coping skills, and build healthy relationships.

## Expressive Therapy

### Visual Arts

We use integrated art programs as a powerful, strength-based, therapeutic approach to helping youth build self-confidence and an authentic self-identity. We meet the students where they are and give them another means of self-expression using a visual language to help in the quest for self-understanding, fulfillment, personal growth, empowerment, and healing. Creating art is an activity that can generate self-esteem, encourage healthy risk taking and experimentation, teach new skills, and enrich one's life. Art is a potent form of communication, which can be used to express perceptions, needs, and emotions.

### Music

Music therapy provides avenues for appropriate self-expression that can be helpful to those who find it difficult to communicate. Research shows that many areas of life are supported and enhanced through music; benefits include emotional growth, increased motivation, improved self-image, and improved self-identity. Essentially, music therapy programs provide an outlet for expressing feelings and emotions that translate into holistic healing.

### Drama

Lava Heights Academy offers a drama program that is designed to allow students to experiment with various aspects of themselves and explore potential outcomes within a safe and emotionally supportive environment. Students try on different roles, examine relationships, and re-write past experiences through creative play and developmental acting. Enactment, improvisation, rehearsal, and performance all serve as opportunities to address treatment issues and work through difficult to access emotional content.

### Dance/Movement

At Lava Heights Academy, we use dance and expressive movement as a powerful therapeutic tool in treating our youth. Dance, yoga, and expressive movement are used by our specialists to assist youth in addressing issues of self-identity and social dysfunction. The therapeutic process of using dance and motion allows youth to better understand their feelings and regulate their emotions. Thus, youth learn to express their emotions appropriately through new creative outlets.

## Education

Our highly-trained, empathic, nurturing, and talented team of professionals use creative arts therapy in addition to rigorous academics to help our students discover who they truly are. Our academics program is designed to help each individual student excel on her own level and at her own pace.

- Accredited through Cognia and the Utah State Board of Education
- California Department of Education (CDE) approved school
- USBE Special Education certified program
- Year-round schooling
- Small class sizes, more individual time with the teachers
- Individual Education Planning (IEP)
- Credit recovery and personalized courses
- College and/or GED preparation
- Life skills courses
- Accelerated and remedial classes
- SAT/ACT preparation and testing

## Our Campus

Lava Heights Academy is nestled among the black lava rock bluffs at the gateway to Zion National Park. Our campus has beautiful views of the red, white, and blue rock formations of the Pine Valley Mountains to the west, and the red dunes and sandstone ledges of Sand Hollow to the south. Each year people from all over the world come to southern Utah to experience the scenic wonders we enjoy daily.

The mild climate of southern Utah provides many opportunities to be outdoors—on campus as well as visiting the surrounding areas on field trips, hikes, and other engaging activities.

Our facilities are designed to be comfortable as well as functional—constructed from the ground up as a therapeutic environment for healing through the arts.

