



# Mountain Youth Academy

Mountain Youth Academy is a trauma-based psychiatric residential treatment facility for girls and boys, ages 5-17. We offer Assessment and Diagnostic stays of 30-90 in addition to traditional 150 day treatment model. To learn more about the array of residential treatment services we offer, please visit us at [mountainyouthacademy.net](http://mountainyouthacademy.net).

***Nationally Ranked #1 or #2 in Patient Satisfaction 4 out of 5 years of all Behavioral Health Services Surveyed!***

## The program consists of the following services:

- Short and Long term Treatment Planning
- Psychiatrist visits on a regular basis
- 3 Individual Therapy Sessions Weekly
- Family Therapy Services
- Weekly Psycho-Therapy Sessions
- 3-7 Interventions for every VA child a day
- 24 Hour Medical and Nursing Services
- Ansel Casey Life Skills
- 6.5 Hour Classroom Education
- 9 Different Vocational Certifications
- Job Development Education
- Social Skills Training
- Substance Abuse Services
- CTRS Recreation Program
- Weekly Outings & Events
- Program Rewards Management System
- Equine Therapy
- Animal Husbandry
- Psycho-Drama
- Neurofeedback
- Play Therapy
- Sensory Modulation
- Yoga
- Art/Music/Drama Therapies
- E.M.D.R. (Eye Movement Desensitization Reprocessing)



Received 0 Recommendations through  
CARF accreditation in 2019!

**Mountain Youth Academy**  
332 Hospital Road  
Mountain City, TN 37683  
Phone 423-727-9898