

P.O. Box 857
Waitsfield, Vermont 05673



ADMISSIONS (802) 560-8063
FAX (888) 711-3531

Admissions & Enrollment Procedures

INITIAL CONTACT

- Our Admissions team generally receives information from consultants prior to speaking with families. This may be in the form of email, text, or phone call.
- We review any information we receive and inform the consultant of space, therapist availability, and fit.
- The Admissions team speaks to the family.

Admissions Contact:

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kelly@truenorthwilderness.com

PREPARING FOR ENROLLMENT

- Once a family has selected True North, they complete an application on our website. If there are any clinical red flags that come up in the conversations with the family or consultant or in the application, we consult with our Clinical Director to make sure that the student is a fit for the program and vice versa.
- If there are any medical red flags such as allergies or previous injuries, we consult with our Program Director to determine whether we can make any needed adjustments.
- As families prepare for enrollment, they are asked to complete some additional documents. They sign and complete enrollment paperwork. The student needs to have our physical examination form signed by a doctor. If they have had a physical within 9 months of enrollment, the doctor can sign our form without completing a new exam. If they are unable to complete this prior to enrollment, we recommend clinics on their way to the program so they can do it on the day of admission.

DAY OF ENROLLMENT

- On the day of enrollment, most students come with at least one parent. For some young adults, it is more appropriate that they fly on their own, and we pick them up at the airport in Burlington. In cases of assisted enrollment, we still recommend, but do not require that a parent come to True North. Parents play a very active role in the program and it is important to us that both the parents and the child know from the very beginning that the parents will be participating.
- We do enrollments on Monday through Friday from 9 am to 3:30 pm. Every family meets with a therapist when they come in the door (the therapist who will be working with their child when possible, though that is not always the case). They meet for about 20 minutes to discuss the program and answer questions. Parents and students say goodbye to each other and then students are taken with field or operations staff to go through the outfitting process.
- In the case of assisted enrollments, most parents do not see their child at the office before they go out to the field. This is determined together with the interventionists, admissions team, and the therapists. Parents are informed about this as well and guided as to the best choice for their child. They still meet with the therapist as well.
- The Admissions Team informs consultants after the enrollment is completed as to how everything went and how the student and parents are doing. The consultant and parents also receive an email that day from our Office Coordinator, introducing the therapist and setting up phone calls.

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AGES 14-17 ADOLESCENT ADMISSIONS



Assessing the Need for Assisted Enrollment

- About 75% of adolescents come to True North with their parents. Our admissions team works with the consultant and the family to assess whether parents may need the assistance of intervention professionals in bringing their child to True North.
- In some situations, families are very anxious about talking to their child about True North, but with coaching they and the child are able to do it without the assistance. Other times it is clear that the resistance of the student and/or the high levels of anxiety and difficulty holding boundaries for the parents necessitate assisted enrollment.

Assisted Enrollment

- If the student needs an assisted enrollment, we work with the consultant to make recommendations of people who know True North and understand the kind of commitment to participation we are seeking in our students.
- We generally speak directly with the people doing the assisted enrollment to give them information about the family and to make logistical arrangements for enrollment.
- Whenever possible, the pickup for an assisted enrollment happens early in the morning instead of the middle of the night. The goal is acceptance, and the approach matches that goal.
- In some cases, it is important to have a Plan B in place. If this is the case, we are happy to share any application information that has been passed along to us with another program as long as we have a release from the family so that they do not have to complete it twice.

AGES 18-25 YOUNG ADULT ADMISSIONS



Working with Parents of Young Adults

- Most of the time, parents initiate the search for treatment options, even for young adults. We work together with consultants and parents to understand the level of buy-in that the young adult may have to engaging in treatment and cater the admissions process accordingly.
- In cases where young adults are more resistant to treatment, the admissions team works with parents to help coach them about what they can do to invite their child to participate. We help parents identify appropriate boundaries that they can hold in order to support getting their young adult to treatment. If the student continues to struggle to make a commitment, we continue to provide support to parents.

Working with Young Adults Directly

- With all young adults, we are looking for a commitment to completion of the program prior to enrollment. This means that all young adults are communicating with our admissions team to get as much information as they would like in order to make that commitment.
- After gathering information from the admissions team, we ask that all young adults have a video conference call with a young adult therapist. This is an opportunity for the young adult to meet and connect with the therapist, ask questions, and understand what the program is all about. It is also an opportunity for the therapist to gather some information and understand the mindset of the young adult. It is essential that the young adult commit to completion of the program during this call.
- If a young adult can't commit, then we work with the student, the consultant, and the family to consider what is keeping the student from being able to commit and can reschedule another interview.

