

RIDGE PROGRAM DESCRIPTION

Policy Number:	APR-002
Effective Date:	01/01/2026



Altior Healthcare, LLC provides residential mental health treatment across more than 15 locations. With a team of approximately 500 staff, we support over 300 clients daily in programs located throughout California, Idaho, Maine, New Hampshire, and Texas. Our goal is to offer structured, supportive care environments tailored to the needs of each individual and community we serve.

The Ridge RTC provides high-quality, individualized mental and behavioral health care services in residential settings in the state of Maine and New Hampshire.

Our Maine Location Services youth (ages 12-17) and adults (ages 18-21).

Our New Hampshire Location Services youth (ages 12-17) and adults (ages 18-20).

Utilizing multiple modalities, the program comprehensively addresses the behavioral, social, and emotional challenges arising from mental health conditions and co-occurring disorders. As a co-ed program designed to mirror real-life experiences, Ridge maintains one of the highest staff-to-client ratios in the industry, with a minimum ratio of 1:4 and the capacity to provide 1:1 care when necessary.

PROGRAM HIGHLIGHTS AND SERVICES

Comprehensive Therapeutic Modalities:

Clients participate in a variety of therapeutic approaches, including traditional interventions like individual, family, group, psycho-educational groups, and crisis intervention. Ridge also offers progressive therapies such as art and music therapy, creative expressive arts, and recreational activities to complement traditional talk therapy. Physical exercise and recreational programming are integral components, as research supports their significant impact on mental health.

Pre-Admission Process:

Before admission, the admissions team gathers previous treatment records and connects clients or families with a clinician for a comprehensive intake assessment via phone or HIPAA-compliant video. This ensures clinical appropriateness and begins the treatment process. Upon admission, clients receive a bio-psycho-social assessment, clinical testing, and a psychiatric evaluation within 24 hours. Nutritional assessments and additional evaluations are provided as needed.

Length of Stay:

The initial length of stay is determined by assessed needs and/or state requirements. Treatment is typically 45 days unless treatment progress or circumstances warrant a discharge or extension. The average stay ranges from 45 to 60 days (6-8 weeks). *Some licenses require specific clients to have extensions outlined if they are to remain in the program more than 30 days.*

Rates:

Ridge is pleased to work with a variety of insurance providers to help secure the best possible coverage for families.

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Basic Services:

- Lodging
- Three nutritious meals daily, with accommodations for medical or religious requirements.
- Laundry services and weekly linen changes (or more frequently as needed).
- Transportation for medical/dental appointments and community outings.
- Communication with families or authorized parties about client needs.

Therapeutic Services Include:

- Individual therapy (3-5 sessions/week), group therapy (2-3 sessions/day), and family therapy (1-2 sessions/week).
- Expressive arts therapies, academic/vocational counseling, and recreational activities.
- Psychiatric assessments and weekly follow-ups.
- Crisis intervention and psychosocial education.
- Social and interpersonal skills training tailored to individual needs.
- Exposure to community support systems, including 12-step meetings and cultural resources.
- Multi-family groups and family effectiveness training.
- *Many locations also offer one or more of the following; Equine Therapy, Yoga, Horticultural Therapy, Art Therapy, Writing Therapy, and more.*

Educational Support:

Clients receive at least three hours a day of onsite educational support Monday through Friday. Education staff coordinate with home schools to ensure an adjusted workload that supports treatment goals without significant academic disruption.

Medication Management:

Clients receive psychiatric assessments, weekly medication management, and education on medication use. Medications are centrally stored. Clients may decline medical screenings or medications, with refusals documented in their records.

Life Skills Development:

Ridge fosters self-efficacy and life skills through client involvement in household operations, such as menu planning, meal preparation, chores, and activity planning.

Family Engagement:

Maintaining family connections is a priority. Clients are encouraged to engage with family via phone and mail, guided by therapeutic goals. Communication is reviewed to ensure alignment with treatment objectives, and family members participate in therapy as indicated.

TREATMENT MODALITIES AND SPECIALIZED APPROACHES

- Cognitive Behavioral Therapy (CBT)

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- Dialectical Behavioral Therapy (DBT)
- Acceptance and Commitment Therapy (ACT)
- Family Systems Therapy
- Eye Movement Desensitization and Reprocessing (EMDR)
- Trauma-Informed Care and Trauma-Focused CBT

MULTIDISCIPLINARY TEAM

The team includes:

- Licensed and associate therapists (available 7 days a week).
- Clinical assistants for skills training and supervision.
- Registered nurses (7 days a week).
- Psychiatrists and medical doctors.
- Clinical and Program directors.
- Educational Coordinators providing educational support Monday through Friday.

ACCREDITATIONS AND ADDITIONAL SERVICES

- Accredited by the Joint Commission and licensed by the state of operating, ensuring the highest standards of safety and program quality.
- Free alumni groups for clients and parents to foster long-term success and community support.

Ridge is committed to delivering exceptional care in a safe, inclusive environment. By combining evidence-based interventions, progressive therapies, and family collaboration, we empower clients to achieve sustainable progress and long-term well-being.

MISSION STATEMENT

To Cultivate Personal Growth and Positive Change.

Our mission is to provide healing, relief, and hope for all the young people and families we serve. We provide quality, individualized, supportive, and compassionate care in a safe environment where health, wellness, learning, growth, and connections are integrated into our comprehensive clinical program.

STATEMENT OF PURPOSE:

Serving as an industry leader in state of the art, trauma informed, evidence and strength based, residential treatment for young people struggling with mental health.