

THE RIDGERTC.COM



# RIDGE

*WHERE HEALING BEGINS*

A Residential Mental Health Center  
For Teens And Emerging Adults





# About Us

Ridge RTC provides high-quality short-term, sub-acute residential treatment for teenagers 12-17 and emerging adults 18-20 at multiple campuses across two states.

✓ **TEENS (12-17)**

✓ **EMERGING ADULTS (18-20)**

✓ **MENTAL HEALTH RESIDENTIAL**



# Our Locations



**NEW HAMPSHIRE**

Set on 350 acres in Milton, New Hampshire, the campus offers trails, fields, and natural space that encourage experiential learning and healing.



**MAINE**

Located in Maine's mid-coast countryside, the quiet setting supports recovery with space for outdoor therapy and experiential activities.



# What We Offer

Our clinical programming delivers evidence-based treatment in both individual and small group settings led by licensed clinicians, ensuring each client receives personalized support tailored to their needs.

Our experiential therapy engages clients in hands-on, activity-based approaches that go beyond traditional talk therapy, helping them process emotions, build resilience, and foster meaningful personal growth.



## Clinical Programming

structured, evidence-based treatment tailored to individual needs through small groups and licensed clinicians.



## Experiential Therapy

Clients engage in hands-on, activity-based therapies that support emotional processing and personal growth beyond traditional talk therapy.




# Our Insurance Contracts



# Contact Us

*We're here to help.*

Whether you have questions about our programs, need support, or want to learn more about The Ridge, our team is ready to connect. Reach out by phone or email, and we'll guide you to the resources you need.

 **Phone: 855-642-9828**

 **Email: [admissions@altiorhealthcare.com](mailto:admissions@altiorhealthcare.com)**





# Thank You!

[THERIDGERTC.COM](https://www.theridgertc.com)

