

# Therapeutic Wellness at Skyterra Young Adult

## Individualized Therapeutic Program

Skyterra Young Adult is an individualized therapeutic wellness program for guests who are feeling stuck.

Skyterra empowers young adults to thrive in their independence through a consistent routine, private and group therapy, coaching, and mind, body and spirit wellness.

Serves guests ages 18 to 29  
Mountain-top, private campus in Brevard, N.C.  
Near Asheville and surrounded by the Blue Ridge Mountains



## FYIs about Skyterra Young Adult

- **Working with young adults since 2017:** We moved to our new campus in February 2021
- **Skyterra is a therapeutic wellness program:** Guests prioritize mental health through regular individual and group therapy. Guests aged 18-29 are guided by full-time staff including our Executive Director, Clinical Director, Therapists, Dietitian, Executive Chef, Fitness/Recreation Specialists and highly qualified outdoor professionals.
- **Skyterra has helped guests at all stages in their health and wellness journey:**
  - Guests who need help transitioning to adulthood
  - Guests who need a bridge back home after a wilderness-type program, a primary treatment program, or a long-term treatment program
  - Guests committed to making a change who may not need an intensive intervention.



## Founded on a legacy of excellence

While located on its own campus, Skyterra Young Adult is part of Skyterra Wellness, a nationally recognized retreat that has been ranked as one of *USA Today's* top three wellness retreats in the country every year since 2017.

Wellness is at the center of the Skyterra philosophy and is the foundation of our young adult program. Our five pillars of wellness include Self-Care and Stress Management, Fitness and Mobility, Culinary and Nutrition Education, Recreation and Adventure, and Mindfulness and Yoga.

