

WHO WE ARE:

Providence Pass provides a compassionate environment that nurtures the cognitive, emotional and social development of thriving yet coping adolescents within a therapeutically supportive, educational community which includes private therapy offices for individual and family counseling, an intimate but modern group therapy room, indoor and outdoor interaction spaces, state of the art technology and educational tools for an opportunity to heal and grow from past traumas.

WHO CAN BENEFIT FROM US:

Girls who can benefit from Providence Pass have typically experienced trauma, abuse, an adoption, divorce, loss of a parent or other relational loss in their lives. This trauma has caused their lives to spin out of control in their adolescent years. The disorders we work with include conduct disorders, mood disorders, mild eating disorders, attachment difficulties, depression, anxiety disorders, PTSD, and mild substance abuse.

CONTACT US:

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UpwardBound
Summer Experience
2021

PROVIDENCE PASS
PATHLIGHT PREPARATORY

OUR MOTTO:

Put these abilities to work; throw yourself into your tasks so that everyone may notice your improvement and progress. - 1 Timothy 4:15

OVERVIEW OF OUR PROGRAMS:

Academic Program

Pathlight Preparatory academic program values diversity, inclusion, and embraces life-long collaborative partnerships among students, teachers, and parents by fostering an optimal learning environment where students can access effective instructional modalities that nurture independent critical thinking and intrinsically motivate life-long learning that is both academically challenging and responsive to students' social and emotional needs, thereby promoting and reinforcing core values that prepare students to successfully meet the challenges of a changing world in the Twenty-First Century.

Equine Assisted Therapy Program

Our Equine Assisted Therapy program is an effective evidence-based modality that focuses on assisting students rebuild their confidence and self-worth, which plays a significant role in empowering them to take control over their lives by allowing each student to process and resolve deep seated internal challenges. Through structured equine therapy activities, students gain confidence, build trust, and form healthier boundaries by practicing empathy and developing authentic connections. Our horses are an active part of our student's treatment team. Horses are known for heightened sensitivity and can mirror human non-verbal communication and intention. Everyday situations and struggles are applied to Equine Assisted Therapy Groups. With interpretation, our students are then able to experience the horses' actions and then apply the scenarios to their lives, teaching them how to handle social interaction, conflict resolution, relationships, and motivation for change in order to focus on solutions. Each student is assisted to draw connections to one's life regarding behavior, motivation and growth, while our instructors manages student's safety and assists the student gain insight into equine behaviors.

Residential Program

Our residential treatment programs provide intensive guidance for girls with emotional and behavior challenges. While receiving residential treatment, our students temporarily live outside their homes in a structured residence where they can be supervised and monitored by trained staff. Our program can assist students whose health is at risk while living in their community. For example, our program assists students who may have not responded successfully to outpatient treatments, who have education needs that cannot be met in less restrictive settings at their local public or private schools, or who are in need of further intensive treatment following inpatient psychiatric care. Our Program provides: (a) a comprehensive evaluation to assess emotional, behavioral, medical, educational, and social needs, and support these needs safely; (b) an Individualized Treatment Plan that includes interventions that assists the student attain goals; (c) individual, group, and family therapy sessions; psychiatric care coordinated by an experienced psychiatrist or psychiatric prescriber; (d) regular involvement student's family support system such as, site visits, home passes, telephone calls, and other modes of communication.

Spiritual Growth Program

Our goal at Providence Pass is to nurture spiritual growth within each student. To that end, we have regularly scheduled times of sharing in God's Word as well as times throughout the day when spiritual principles are integrated within lessons and other activities.

Therapeutic Program

Our experienced-trained therapists use evidence-based therapeutic to assist our students identify their negative core thoughts and beliefs. Through skills training and practice, our students gain the knowledge and confidence to begin to reshape their views of self and the world around them to change negative and unsafe behaviors. As each student progresses through our therapeutic modalities, one becomes more confident and independent. Our therapy group assist in developing crucial interpersonal skills for future success in relationships, education, careers, and interacting with the outside world.



UPWARD BOUND SUMMER EXPERIENCE PROGRAM
Weekday Daily Summer Program Student Schedule

Start	End	Monday	Tuesday	Wednesday	Thursday	Friday
7:15:00 AM	7:45:00 AM	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up
7:45:00 AM	8:00:00 AM	Meds	Meds	Meds	Meds	Meds
8:00:00 AM	8:30:00 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:30:00 AM	9:00:00 AM	Room Chores	Room Chores	Room Chores	Room Chores	Room Chores
9:00:00 AM	11:30:00 AM	Experiential Adventure	Experiential Adventure		Experiential Group	
9:00:00 AM	11:15:00 AM			Equine Therapy		Equine Therapy
11:15:00 AM	11:45:00 AM			Lunch		Lunch
11:30:00 AM	12:00:00 PM	Lunch	Lunch		Lunch	Lunch
11:45:00 AM	1:00:00 PM			Shower		Shower
12:00:00 PM	1:00:00 PM	Phase Work	Phase Work		Phase Work	
1:00:00 PM	1:30:00 PM	Leave For Celebration	Leave For Celebration	Leave For Celebration	Leave For Celebration	Leave For Celebration
1:30:00 PM	2:00:00 PM	Spiritual Growth				Phase Work Review
1:30:00 PM	2:30:00 PM		CBT Group		CBT Group	
1:30:00 PM	3:00:00 PM			DBT Group		
2:00:00 PM	5:15:00 PM	Academic Program				Academic/Neuro/Indiv./Family
2:30:00 PM	5:15:00 PM		Academic/Neuro/Indiv./Family		Academic/Neuro/Indiv./Family	
3:00:00 PM	5:15:00 PM			Academic/Neuro/Indiv./Family		
5:15:00 PM	5:45:00 PM	Leave For The Ranch (Residence)	Leave For The Ranch (Residence)	Leave For The Ranch (Residence)	Leave For The Ranch (Residence)	Leave For The Ranch (Residence)
5:45:00 PM	6:15:00 PM	Dinner	Dinner		Dinner	Dinner
6:00:00 PM	6:45:00 PM			Dinner In Town		
6:15:00 PM	6:45:00 PM	Evening Chores	Evening Chores		Evening Chores	Evening Chores
6:45:00 PM	7:15:00 PM	Structured Leisure Time	Structured Leisure Time	Structured Leisure Time	Structured Leisure Time	Structured Leisure Time
7:15:00 PM	8:15:00 PM	Shower/Quiet Time	Shower/Quiet Time	Shower/Quiet Time	Shower/Quiet Time	Shower/Quiet Time
8:15:00 PM	8:45:00 PM	Wrap-Down Group	Wrap-Down Group	Free Time	Wrap Down Group	Free Time
8:45:00 PM	9:15:00 PM	Snack Time	Snack Time	Snack Time	Snack Time	Snack Time
9:15:00 PM	9:30:00 PM	Dismiss to Rooms	Dismiss to Rooms	Dismiss to Rooms	Dismiss to Rooms	
9:15:00 PM	11:00:00 PM					Group Movie Night
9:30:00 PM	10:00:00 PM	R&T and Journals	R&T and Journals	R&T and Journals	R&T and Journals	
10:00:00 PM		Lights Out	Lights Out	Lights Out	Lights Out	
11:00:00 PM						Lights Out



UPWARD BOUND SUMMER EXPERIENCE PROGRAM
Weekday Daily Summer Program Student Schedule

Start	End	Saturday	Sunday	Upward Bound Summer Experience Excursions
7:15:00 AM	7:30:00 AM			<i>Planned Outings</i>
7:30:00 AM	7:45:00 AM			
7:45:00 AM	8:00:00 AM			
8:00:00 AM	8:15:00 AM			
8:15:00 AM	8:30:00 AM			
8:30:00 AM	8:45:00 AM			
8:45:00 AM	9:00:00 AM			
9:00:00 AM	9:30:00 AM	Wake Up	Wake Up	
9:30:00 AM	9:45:00 AM	Get Ready	Get Ready	
9:45:00 AM	10:00:00 AM	Room Inspection	Room Inspection	
10:00:00 AM	10:30:00 AM	Breakfast	Breakfast	
10:30:00 AM	11:00:00 AM	Morning Chores/Meds	Morning Chores/Meds	
11:00:00 AM	12:00:00 PM	Community Service: Healing Touch	Prepare/Attend Church Services	
11:00:00 AM	1:30:00 PM			
12:00:00 PM	12:30:00 PM	Lunch	Lunch	
1:30:00 PM	2:00:00 PM			
12:30:00 PM	2:00:00 PM	Shower/Prepare for Outing		
2:00:00 PM	3:00:00 PM		Deep Cleaning Rooms	
2:00:00 PM	5:45:00 PM	Community Outing		
3:00:00 PM	5:45:00 PM		Free Time	
5:45:00 PM	6:15:00 PM	Dinner	Dinner	
6:15:00 PM	6:45:00 PM	Evening Chores	Evening Chores	
6:45:00 PM	7:15:00 PM	Structured Leisure Time	Structured Leisure Time	
7:15:00 PM	8:15:00 PM	Shower/Quiet Time	Shower/Quiet Time	
8:15:00 PM	8:45:00 PM	Wrap Down Group	P&W Group	
8:45:00 PM	9:15:00 PM	Snack Time	Snack Time	
9:15:00 PM	9:30:00 PM	Dismiss to Rooms	Dismiss to Rooms	
9:30:00 PM	10:00:00 PM	R&T and Journals	R&T and Journals	
10:00:00 PM		Lights Out	Lights Out	
				1. Wekiva Springs: Weekday On Change ver
				2. Icon Orlando Swings
				3. Sugar Factory
				4. Disney Springs & AMC Theatres
				5. Orlando Tree Trek & Zip Line
				6. Buena Vista Water Sports: Paddleboarding
				7. Escape Room & Cicis Pizza
				8. St Augustine: Weekday on Change Over
				9. Roller Rink: Teen Night
				10. Beach Trip: St Pete
				11. Beach Trip: Melbourne
				12. Fun Spot: Week Night
				13. Reedy Creek Springs: Kayaking