



WayPoint Academy

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Huntsville, UT 84137

Treatment Providers:
Michael Bulloch, LCSW
Bryan Wilde, LCSW

Payment Options:
Private Insurance
Self-Pay

Populations Served:
Adolescents

Treatment Strategies Offered:
Acceptance and Commitment Therapy (ACT)
Cognitive Behavioral Therapy (CBT)
Exposure and Response Prevention (ERP)
Family Therapy
Group Therapy
Habit Reversal
Home Visits
Prescribe Medication
Skills Training
Treatment for Co-occurring Conditions

Areas of Specialty (in addition to OCD in general):
Autism Spectrum Disorders (ASD)
Body Dysmorphic Disorder (BDD)
PANDAS/PANS
Perfectionism
Scrupulosity
Skin Picking (Excoriation Disorder)
Tics/Tourettes
Trichotillomania (Hair Pulling Disorder)

Summary of Services:

WayPoint Academy is a specialized boarding school of 44 students and is dually-licensed as an independent school and residential treatment center. We provide clinical treatment and academic support to young men ages 13-18 who struggle with the debilitating effects of anxiety and OCD. Our Mindful Completion Model is a unique and innovative approach designed to address anxiety, mood, executive functioning, learning, and healthy identity development. WayPoint's holistic model increases students' distress tolerance and resiliency by identifying and addressing factors that fuel anxiety. We provide the necessary skills, tools, and practice for lifestyles no longer driven by fear and avoidance.

WayPoint's multi-disciplinary team understands that the entire family is affected by a suffering child. Thus, strategic family involvement is paramount in returning students to healthy and productive lives.

Our students benefit from a fully-accredited high school curriculum, and our certified teachers are specifically trained to motivate each student in completing tasks and in reaching academic potential. The campus is located in one of Utah's most picturesque settings and offers skiing, snowboarding, boating, kayaking, paddle boarding, fly fishing, hiking, mountain biking, and additional recreational opportunities.

We treat adolescents who have a primary diagnosis of anxiety/OCD and treat the following co-occurring disorders: social phobia, specific phobias, depression, PTSD. Our treatment structure includes ERP, CBT, Skills Training and transitional living.

Treatment Planning Process

Therapeutic goals for completion are strategically designed by the treatment team to address individual needs. For instance, a young man with social anxiety may have (as one of his therapeutic objectives) the opportunity to visit a crowded mall and practice relaxation techniques, while having lunch with his therapist and fellow students. Therapeutic goals are individualized; however, certain life skills apply to all students, like personal etiquette, study habits, and cooperative group dynamics.

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Core Treatment Components

Our core treatment components include individual, family and group therapy, use of medication, ERP, CBT, skill development, mindfulness and skill development.

Parents, Family Members, Friends, Teachers, etc. Involvement

WayPoint's multi-disciplinary team understands that the entire family is affected by a suffering child. Thus, strategic family involvement is paramount in returning students to healthy and productive lives. Many parents recognize the symptoms of anxiety and the accompanying avoidant behaviors, yet feel powerless in bringing about positive changes. Parents often become

overwhelmed by their child's disorder, and develop patterns that enable his avoidance in order to further avoid significant family conflicts. As a result, the environment frequently adapts to the needs of the teen, at the expense of the youth learning to adapt to the demands of the world.

Family participation is essential in the healing process. Through family therapy, parent visits, and seminars, WayPoint Academy directs families toward making adjustments and changes to support their student's progress.

Treatment of Co-Morbid Disorders

We treat adolescents who have a primary diagnosis of anxiety/OCD and treat the following co-occurring disorders: social phobia, specific phobias, depression, PTSD. Our treatment structure includes ERP, CBT, Skills Training and transitional living.

Emphasis on OCD

We specialize in all forms of anxiety, including OCD which is treated in a larger program of anxiety disorders.

Length of Stay

Our program is based on a 12 month stay which varies based on a student's progress and the opportunities available to him that will allow for a successful transition.

"Census" (i.e., the maximum number of clients seen at any given time)

We maintain a census of 44 total students. Our main campus has 36 students and our transitional living home has 8 students.

Other Resources for Outpatients

We are an adolescent residential program specializing in all forms of anxiety, including OCD which is treated in a larger program of anxiety disorders. We do not offer any outpatient programs. Our inpatient program includes weekly individual, family, and group therapy.

Diversity Information

WayPoint Academy is Joint Commission accredited and meets the cultural diversity stand for the Joint Commission. All clinicians are licensed and fulfill the 40 hours of continuing education requires every two years of which cultural diversity training is part and parcel of the training.