



Spring Lake Ranch Therapeutic Community offers an individualized approach to mental wellness with long-term residential treatment in the heart of Vermont's Green Mountains. Spring Lake Ranch empowers individuals living with mental health challenges and co-occurring substance abuse to create quality lives through a combination of therapeutic work, clinical, wellness, and community.

Who We Serve

Spring Lake Ranch serves adults ages 18 and older who struggle with one or several of the following:

- Depression (with or without psychosis)
- Anxiety
- Bi-polar (with or without psychosis)
- Schizoaffective
- Schizophrenia
- Schizotypal Personality Disorder
- Post-Traumatic Stress Disorder
- Failure to Launch
- OCD
- Co-Occurring Substance Abuse
- Personality Disorders (so long as not primary)

Farm-based Work Program

Spring Lake Ranch includes a diverse farm located on 700-acres of Vermont fields and forest. Residents work five and a half hours, Monday through Friday on a Work Crew of their choice. The Work Program has four work crews: Farm, Gardens, Shop, Woods and tasks include growing vegetables, caring for farm animals, sugaring, repairing vehicles and small engines, and more.

Community

Community is the heart of the Spring Lake Program. At SLR, we focus on a resident's strengths and contributions, fostering acceptance, growth, and responsibility. Residents live



in one of seven small cottages around the farm, creating a community within the greater Ranch community. Many staff and their families live on site as well. Residents and staff share daily meals and conversations - just like a family would.

Programming

- Weekly individual therapy with a Master's-level clinician and daily group therapy
- Groups include Hearing Voices, Coping Skills, Dual Diagnosis, Open Processing, Smoking Cessation, and more
- AA/NA/MA meetings and SMART Recovery
- Wellness and recreation activities including yoga, skiing, hiking, swimming, basketball, tennis, meditation, pottery, art, music, and more

Staff

At Spring Lake Ranch, a high staff-to-client ratio means that residents are given the support they need, when they need it. Residents have the opportunity to meet with our consulting psychiatrist once a week or as needed. Awake-overnight staff provides 24/7 coverage and our Med Room is staffed with a full-time nurse.



Step Down & Extended Care

Spring Lake Ranch offers a full continuum of care through our Rutland Program, located just 20 minutes from the farm, with a personalized program ranging from minimal to extensive support. SLR has a six-bedroom transitional house and an independent-apartment living program with case management services. Clients in the Rutland Program are expected to have structured days including work, school, volunteering, and community activities. SLR offers direct admission to the Rutland Program for qualified clients.

Amenities (Cuttingsville Farm Program)

- Located on Spring Lake, one of the most secluded and pristine lakes in Vermont
- Repair and wood shop
- Sugar house
- Pottery studio
- Art room
- Gym with basketball court and fitness equipment
- Tennis court
- Hiking trails



Amenities (Rutland Program)

- Wood Shop with boat building space
- Short walk or bus ride to amenities such as:
 - Live theater performances
 - Gyms and fitness studios
 - Movie theater
 - Bowling alley
 - Restaurants and shops
 - Downhill skiing

License & Affiliations

Spring Lake Ranch is licensed by the State of Vermont as a Therapeutic Community Residence and is a founding member of the American Residential Treatment Association (ARTA).

Fees

- Private pay only (financial aid available)
- Cuttingsville Program daily rate: \$400
Average length of stay 6-12 months, 3 months minimum
- Rutland Program Transitional Home: \$295
- Independent-Apartment Living: \$100/day for first 60 days, then declining thereafter

