



Milieu Therapy



EQUINOX'S MILIEU IS A SPECIAL PLACE—A THERAPEUTIC ENVIRONMENT IN WHICH CONSISTENT ROUTINES ARE MAINTAINED AND PREDICTABILITY AND TRUST ARE FOSTERED.

The word milieu is French for “middle” and in English translation refers to “surroundings or environment.” Milieu therapy is the methodical and systematic planning of an environment for therapeutic purposes. Milieu therapy intentionally organizes the environment so that all aspects of the programmatic experience are purposefully therapeutic. It allows one to learn critical skills such as problem solving, emotional regulation, effective coping, adaptive and social competencies, as well as relationship skills that are then generalized to other aspects of life. Milieu therapy is a type of psychotherapy that provides boundaries for negative behaviors while regulating the environment to ensure safety, increase the ability to learn new skills, and to encourage pro-social attitudes and actions.

The therapeutic milieu at Equinox is a safe, calm, quiet and compassionate environment. It is a safe place— emotionally, physically and psychologically. It's a place of acceptance and inclusion. Therapeutic progress is made when the body and mind are “regulated”; a state that enables clients to access important skills and information. Subsequently, Equinox milieu is intentionally designed to include a fitness studio, game room, study area and kitchen. This environment provides space for correction and repetition but is also an environment of health where youth can connect and speak openly.



BELOW ARE 10 BENEFITS OF THE EQUINOX MILIEU SPACE:

1. **The milieu is a supportive environment** in which we work with our clients to provide safety and structure, while at the same time assessing each client's relationships and behaviors.
2. The structure of the milieu is the **environment in which consistent routines are maintained** and an environment that fosters predictability and trust.
3. The milieu is a **therapeutic community** that provides a sense of civility, care, belonging, membership, and accountability.
4. The milieu **provides opportunity for youth to work with their team** to take responsibility for themselves, their peers, and the community as a whole.
5. The milieu **offers a safe, nurturing environment** in which youth can share their problems, seek support from peers, from staff, and have an opportunity to reflect on their lives, belief systems, and the effects of their behavior.
6. The **structure and boundaries within the milieu help youth contain negative behavior**, provides opportunity to remedy situation through staff and peer feedback, and allows the staff to model constructive behavior.
7. The therapeutic community within the milieu **provides a set of values and norms** for behaviors with the expectation that community members will participate in activities, value one another as individuals, and to learn to care for themselves and their peers.
8. The milieu **provides an environment that promotes self-assessment and self-monitoring on a regular basis**.
9. The milieu is a **therapeutic environment where youth can practice new skills**, experience the benefits of correct repetition, and reassess themselves within the context of peer relationships.
10. The milieu embodies the **importance of activity, transition, and process**.

"Our son is impressed with Equinox so far. Nice work. He's really praising how connected he feels to everyone and how nice it feels that everyone knows who he is."

– Equinox Mom

FAMILY LEVEL HEALING

Family level healing is the foundation of Equinox Counseling & Wellness Center. Our unparalleled commitment to delivering clinically sophisticated programs has created a new step in the continuum of mental health care. We have taken the best components of residential treatment, wilderness therapy, and holistic milieu services—providing youth and families a safe, healing, compassionate treatment experience.

Our multi-disciplinary team of clinicians, evaluators, and parent coaches help youth, young adults and families who are experiencing complex psychiatric, emotional, and behavioral health issues. These issues are often related to anxiety, depression, suicidality, and mood disorders in combination with Autism Spectrum Disorder, ADD/ADHD, and Executive Function Disorder. In addition, as Colorado's premier transition and aftercare program, we're passionate about delivering results to families seeking therapeutic intervention. For over 10 years, Equinox has been serving clients both regionally and nationally.

equinox
Counseling & Wellness Center

Family Level Healing

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