



Lake House  
Academy



INSPIRING A LIFETIME OF HOPE, RESILIENCY AND CONFIDENCE

*Inspiring a lifetime of hope,*



*resiliency, and confidence*

*Nestled in the heart of the Blue Ridge Mountains of western North Carolina, Lake House Academy is a therapeutic boarding school designed to meet the needs of young girls ages 9 – 14. Core to our philosophy is a belief that each student has gifts and talents waiting to be discovered and developed. Our highly individualized program allows both the student and her family to rekindle hope for the future. We carefully guide students to uncover their own interests, goals and passions that will carry them through the coming teenage years. With a foundation built on helping families grow together, the Lake House girls develop the resiliency and confidence to strengthen them through the rest of their lives.*

*We strive to create a healthy and home-like environment that balances Clinical, Academic and Residential Life activities. Our goal for the future is like that of every parent: develop the skills and abilities that will allow each girl to realize her dreams for the future.*



## *Clinical Expertise*

*Lake House Academy's program was developed after carefully considering the developmental needs of young girls. In our warm, nurturing and safe environment, girls address the issues that have brought them to Lake House. Each girl works with a licensed therapist, who creates a plan for growth specifically to meet her needs and those of her family. Through a strength-based approach, girls cultivate their gifts while developing self-esteem, self-expression and self-efficacy.*

*The Lake House approach is to meet each girl "where she is" and move forward from that point. Through work with her assigned therapist, she will discover and heal the roots beneath the troublesome behavior, rebuilding healthy family and peer relationships.*

## *Experiential...*

## *Relational... Individualized*



*While each girl will participate in individual and family therapy, group work remains the most powerful and developmentally appropriate approach for this age group. Our students participate in multiple groups daily, many of which are focused on activities that are shown to not only be fun and interesting, but also effective in addressing depression, anxiety, building healthy friendships and encouraging self-esteem. We also offer targeted process groups to help girls with issues such as bullying, divorce, adoption and other trauma that might bring them to Lake House Academy.*

## *Academic Excellence*

*At Lake House the ultimate purpose is for each student to develop the capacity, skills and strategies to further her own educational process. Our academic program offers course work from grades 4 – 10, meeting the needs of both the middle school as well as early high school years.*

## *Supportive . . . Challenging . . . Hands-on . . .*

*Our teachers have a love for rekindling and feeding the love of learning. Our small classes and dedicated teaching staff can meet the needs of both the student who needs to be challenged as well as those of the student who may have missed important skills and information along the way. We follow the standards of the State of North Carolina, while also keeping an eye on the Common Core standards adopted by many states.*



## Healthy Residential Living

The middle school and early high school years are typically filled with fun, friends and activities. The Residential Life department at Lake House believes these to be integral to the healthy growth and development of our students. We strive to offer students access to the same opportunities they might enjoy at home or in their next school. We take every chance to offer

girls opportunities to participate in activities such as hiking, canoeing, kayaking, camping, swimming, tubing, running or just going for a walk around the lake. Arts and crafts, music, dancing and gardening are also all incorporated into the day-to-day experience.



## Discovery... Friendship... Safe... Nurturing



We take pride in giving our girls choices throughout the day and on the weekend as well. You might see some girls participating in a "spa day" while others are watching a movie, playing a board game or just reading a good book.

If girls express an interest in any activity, our Residential Coaches will find an outlet for them to pursue that activity. Our ultimate goal is for every girl to discover a "passion" that she can take home with her following graduation.

# Connection... Respect... Communication

## Importance of Family

*We believe that the most crucial factor in determining student success is the family's willingness to remain connected, involved and supportive throughout the process. Our goal is to rebuild healthy family relationships that will set the course for the future. In that regard, the Lake House Academy families are offered many opportunities to interact with and support their daughters via SKYPE sessions, Parent Education trainings and multiple home visits that occur early in a child's stay. Siblings and other important family members are included.*



*The most powerful experience at Lake House is the home study option where the assigned therapist observes each girl in her home setting. This unique opportunity allows Lake House to closely target*

*therapeutic goals for the student and her entire family, easing transition issues once she has graduated and is ready to return home.*



## *Lily Pad Program for the younger girl*

*The Lily Pad program is specifically designed to meet the needs of our youngest students, ages 9 – 11. Developmentally, these students' needs vary from those of their older peers. Thus, Lake House utilizes interventions based on therapy principles and other evidence-based techniques, to help these students deal with the problems experienced in their young lives.*

*Nurturing...  
Structured...  
Engaging*

*We provide an extra layer of structure and staffing for the Lily Pad girls. This allows them to participate in many of the activities children love, while working to develop the language and skills to talk about the issues that bring them to Lake House.*

*They watch age appropriate movies, have bedtime stories and enjoy other age appropriate activities. The older Lake House girls act as "big sisters", taking special interest and creating activities they can all enjoy together. In school, they work with teachers who know the needs of the elementary and early middle school years, building in hands-on and experiential learning throughout the curricula.*

*Surrounded by healthy and caring adults, the Lily Pad girls learn the necessary skills to have healthy relationships with family and friends.*





### **FOOD AT LAKE HOUSE**

*The Lake House Chef plans and prepares every meal, aiming to expand students' choices while still including their favorites. The menu changes weekly, depending on the seasonal availability of locally grown foods.*

*Students enjoy a variety of healthy snacks twice daily. Special diets can be considered for those with food allergies or other dietary issues.*



### **MEDICAL SERVICES**

*Lake House Academy has the services of a full-time Nurse to oversee all medical and dental needs of the students. Each student meets monthly with a board certified child and adolescent psychiatrist who works with our staff to assure that medications are necessary and effective.*

### **ADMISSION INFORMATION:**

For more information, visit our website:

**[www.lakehouseacademy.com](http://www.lakehouseacademy.com)**

To speak with our Admission Department:

call **877-267-5888** or

email **[admissions@lakehouseacademy.com](mailto:admissions@lakehouseacademy.com)**

### **LOCATION:**

*Lake House Academy is located just outside the art towns of Asheville and Hendersonville, NC. The surrounding mountains are home to Shenandoah National Park and the Great Smokey Mountains National Park. Students experience all the splendor and serenity of nature in a supportive, loving environment. Consider the following options for a visit:*

- Asheville Regional Airport is the most convenient option, only a 20-minute drive from the LHA campus
- Greenville –Spartanburg International Airport is a 45-minute drive from the LHA campus and may offer more non-stop options
- Charlotte Douglas International Airport is about a 2 ½ hour drive, offers more options for non-stop and connecting flights to Asheville





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*For more information, please visit our website at:*  
**[www.lakehouseacademy.com](http://www.lakehouseacademy.com)**

*To schedule a visit or for any additional information,  
please call us at:*  
**877-267-5888**

*Lake House Academy is academically and therapeutically accredited by the National Independent Private Schools Association (NIPSA)  
Lake House Academy does not discriminate on the basis of race, color, creed, religion, national origin, disability or sexual orientation.*