



SHEPHERD'S HILL
ACADEMY

How Your Teen Can Benefit from

A Wilderness Component

Why Choose Wilderness?

For many parents, the thought of sending a child to a wilderness-style program seems daunting (if not terrifying). Will my child be safe? Is this component effective? Do they really need to live outside? All of these are excellent questions asked by parents seeking hope and healing for their teen.

When you think of a wilderness program, do you think of hiking? Maybe a long adventure in nature comes to mind.

At Shepherd's Hill Academy (SHA), our wilderness component is just that -- a component, or part, of our whole program. While students live in a safe and secure wilderness setting, they also go to school, enjoy meals, and go to chapel on our main campus. Main campus includes modern conveniences: electricity, running water, technology in the classrooms, a cafeteria, etc.

At SHA, our Wilderness Program is unique because it offers a safe, holistic approach to healing. The wilderness setting provides an environment that is conducive, not only to healing, but also to true and lasting change.

[Learn More about Our Wilderness Component](#)

Nature-Based Authoritative Community

While a traditional wilderness program encompasses physical demands and a continuous adventure setting, the Shepherd's Hill Academy wilderness component serves as a **natural detox** for students. This holistic approach offers an environment that is natural, peaceful, and conducive to healing. Offering a "reset" of sorts, our program, by way of the environmental setting, challenges students to go back to the basics. This environment allows the student to heal, grow, and thrive without the distractions of popular culture, peers, and other outside stimuli.

Students at Shepherd's Hill Academy dwell in rustic structures during their time in the program. Rustic, cabin-like homes (which they build and maintain) allow students to truly disconnect in an unplugged environment. While the cabins do not have any electricity or running water, they do feature a wood-burning stove for warmth. A cook shelter and outhouse also accompany the cabin sites. Students spend their evenings and weekends at their shelters learning how to make a campfire, cook meals, work as a team, garden, and much more.

Nature-Based Authoritative Community

The wilderness component of Shepherd's Hill Academy is intentionally designed, and it is a proven therapeutic approach to healing. It brings troubled teens out of their comfort zones, while providing appropriate challenges in a safe and structured environment.

The wilderness component of Shepherd's Hill Academy is supervised by Residential Wilderness Counselors known as Direct Care Staff. Each counselor must go through an intensive interview process to prove he or she is a trustworthy and responsible candidate for the position. Offering 24/7 supervision, Direct Care Staff must be thoroughly trained and certified. All Direct Care Staff at Shepherd's Hill Academy undergo 40+ hours of training. The training includes, but is not limited to, CPR, First-aid, Lifeguarding, Certified Safety Intervention protocols, and more. Staff members are also required to pass a thorough background check and attend a program orientation before any time is spent on-site with Shepherd's Hill Academy students.

Our Wilderness Component Features:

- 24/7 Supervision
- Integrated Therapeutic Activities
- Evidence-Based Structure/Program
- Digital Detox
- Holistic Healing
- Hands-On, Constructive Learning
- Character & Skill Building
- Team Building



Wilderness Program Activities

- Access to Exercise & Fitness, Including Free Weights
- Basketball, Soccer, Flag Football, GaGa, Disc-Golf & Other Recreational Activities
- Walking Trails & Nature Paths
- In-Ground Swimming Pool with an Activity Pavilion
- Creative Activities
- Opportunities for Maintenance, Demolition & Construction Activities
- Pond & Dock Area for Fishing



A Letter from a Shepherd's Hill Academy Alumnus

Before coming to the program, I was living in a large city, so coming to sleep in the woods with nothing but a tarp over my head didn't seem ideal. I realized later on that staying in those cabins in the middle of nowhere was the safest I had felt in a long time. You're surrounded with such good people who love and care for you.

Almost every night we had devotions and prayer. We had hard days, especially at the beginning, but it's through those hard times that I was able to grow the most. We lived in a simple environment. We only had what we really needed, which was hard at first, but without that simple environment, I wouldn't have realized how blessed I really am.

Before coming to SHA, I viewed a lot of Christians as crazy, boring, hypocritical, and selfish. The authenticity of the people working at SHA really influenced me to give Christianity a second chance. What was so different about them was the way they handled situations, how selfless they were, how much fun they had, how much they cared for and loved others, how they treated others, and much more. I began to open my mind and heart so that when they presented the Gospel, I was able to hear it.

They never shoved the Gospel down our throats, but they did present it to those who wanted to know more. "Ask, and it will be given to you; seek, and you will find; knock and it will be opened to you." Matthew 7:7

Learn More About Shepherd's Hill Academy

Discover how Shepherd's Hill Academy can change your teen's life!

Contact us today:

Phone: 706-779-5766

Email: Office@shepherdshillacademy.org

Website: www.sheperdshillacademy.org

[Inquire Online](#)