

R I S E

THE THERAPY AND COACHING

Dear Students and Parents,

I imagine that this has been a long journey just to get to Mountain Springs Preparatory Academy. Finding a place that fits for your son/daughter and your family as a whole can be challenging. Since 2003 I have witnessed the power of therapy in residential treatment centers, private practice, and home-based services. I have worked with countless families in similar situations therapeutically and administratively. In these roles, I have also had the opportunity to build relationships with wilderness and other treatment program therapists. As you research therapist options please contact me via phone or email in order to set up a time to determine fit.

Over the years I have become an expert in working with at-risk teens and young adults dealing with issues of anxiety, depression, addiction, adoption/attachment, school refusal, self-harm, suicidality, oppositional behavior, transitions to college, and failure to launch. I also specialize in the challenges facing individuals with personality disorders (or personality traits).

It is important that therapy be flexible and not constrained to the office. Other activities woven into a session can assist in not only connection but engaging the whole person. I enjoy walking alongside my clients and creating a safe place to expand what is comfortable and known without pushing to a place of panic or self-sabotage. This is the area of growth that can only occur through a trusting relationship.

I look forward to meeting you and can be reached by phone at (801) 380-4390 or email matt@risetherapyandcoaching.com to answer any questions you may have.

Matthew Bartlett, M.Ed, LMFT





Matthew C. Bartlett

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Education

Masters of Education, Specialization in Marriage & Family Therapy

University of Oregon, Eugene, Oregon. The program is accredited by COAMFTE (Commission on Accreditation for Marriage and Family Therapy). The curriculum emphasizes theoretical foundations in family dynamics, family development, ecological considerations that influence individual and family function, systemic assessment and treatment, research methods and professional ethics. June 2003

Bachelor of Arts in Social Work with Business Minor

Boise State University, Boise, Idaho. May 2000

Work Experience

Therapist/Owner. RISE Therapy and Coaching, LLC

Providing individual, couple, group, and family therapy services. I have become an expert in working with at-risk teens and young adults dealing with issues of addiction, school refusal, self-harm, suicidality, oppositional behavior, transitions to college, and failure to launch. I also specialize in working with couples struggling with marital conflict, divorce, spiritual discord, blended families, and the stress surrounding infertility treatment. Coaching services are focused on applying systemic principles in independently and/or family-run businesses looking to improve culture, relationships, and overall business success. January 2020 - Present

Founding Partner/Executive Director. Monuments RTC

Developed, branded and marketed a cutting edge adolescent treatment center for young men and their families. Provide oversight for a multi-disciplinary team that includes clinical, residential, nursing, progressive education, and academic departments. Recruit and employ quality individuals in all areas, implement ongoing training, and ensure fidelity to the company mission. In addition to providing clinical services, focus on being fiscally sound, maintaining appropriate licensure and accreditations. March 2018 – December 2019

Executive Director. New Haven RTC

Oversee clinical, residential, nursing, and academic departments. Responsible for the quality of care for adolescent girls and their families, across multiple campuses. Ensure that the company is fiscally sound, maintain licensure and associated accreditations. Involved in the day to day operations as well as providing clinical services. September 2015 – March 2018

Director of Transition Services. InnerChange, Provo, Utah.

Worked with InnerChange programs to implement transition services at the program level. Specific responsibilities to train, support, direct and provide accountability to service delivery. Ongoing management of budgets and meeting financial and quality goals. December 2014 – September 2015

Transition Director. New Haven RTC, Spanish Fork, Utah.

Developed and implemented the transition services program for New Haven RTC and Sunrise. Provide and supervise the ongoing support of families transitioning from New Haven to their home and other environments. Specific responsibilities include ongoing training of therapists, providing groups specific to transition, development of marketing plan and supervising the ongoing delivery of services. March 2010 – January 2015

Clinical Director. New Haven RTC, Spanish Fork & Saratoga Springs, Utah.

Providing treatment to adolescent girls and their families. Providing weekly supervision for therapists and the treatment team as a whole. Individual and family therapy, groups, Family Weekends, and intern supervision. Responsible for the ongoing management of budgets and implementing the vision of both New Haven and home office. September 2008 – September 2015

Owner/Success Coach. Relationship Dynamics. Lehi, Utah

Provided services to individuals, couples, families, and organizations. Focus on principle-based education and skill training. Strength-based, practical skill-oriented, ongoing assessment and feedback, as well as customized programs based on individual or organizational needs. Provided supervision for interns seeking licensure. Primarily responsible for the ongoing development, marketing, business planning, and implementation of all material. March 2008 – March 2009

Clinical Director. Homeward Bound, Lehi, Utah.

In addition to providing the services of a Transition Specialist, responsibilities included ongoing quality and consistency in the delivery of services through weekly meetings and direct observance of performance. Provided ongoing review of developed material and supervised implementation. Additional responsibilities included case assignment, direct feedback of performance, and direct handling of escalated issues. September 2007 – March 2008

Transition Specialist. Homeward Bound, Lehi, Utah.

Providing intervention and aftercare services to families locally and across the nation. Specializing in coaching teens and their families during crisis and upon their return home from residential treatment centers and wilderness programs. In-home services include; intensive coaching involving communication skills training, parenting skills, multi-systemic contact, and forming boundaries, limits, and consequences. Additional contact occurs via telephone and the internet utilizing video coaching and other technologies. Additional responsibilities include ongoing program development, training and certification program for new specialists and development of our intervention model. September 2005 – September 2007.

Marriage and Family Therapist. Cedar Ridge RTC, Roosevelt, Utah.

Worked in an environment providing long-term inpatient care to a co-ed population of adolescents and their families. Worked with presenting issues such as; depression, oppositional behavior, parent-child relational problems, grief and loss, and school-related problems. Provided individual, family, and group work. Additional responsibilities included organizing, developing and participating in parent workshops as well as maintaining relationships with referring partners. September 2003 – September 2005.

Professional Presentations

Bartlett, M.C., Harris, M., Reedy, B. (2016). Providing possibilities for struggling families, teens and young adults. Lunch Panel Event, New York City, New York

Bartlett, M.C. (2015). The voice of the troubled child: The ultimate motivator to heal. A presentation at the Kidsaid The Voice of the Child Conference, Althorp House, Northampton, United Kingdom

Bartlett, M.C., Beckett, S. and Wolke, D. (2015). Panel Discussion & Debate: "Hearing the voice of the Children facing Adversity" Moderator: Her Honour Judge Cathy Gargan. Kidsaid The Voice of the Child Conference, Althorp House, Northampton, United Kingdom

Bartlett, M.C., Burnham, G. (2011) Using a systemic approach to treatment team. A presentation at the NATSAP Utah Regional Conference, Provo, Utah.

Whiting, Shane and Bartlett, M.C. (2005). Non-confrontive use of video playback to promote change in family therapy. A presentation at the NATSAP Utah Regional Conference, Salt Lake City, Utah.