

# The Legal Torture

By: Grace Wallingford

Wilderness therapy programs are all over the world. They may also be called a Troubled Youth Industry, but no matter what they are called: they are all the same. When you look up the topic, it will tell you that they are a mental health treatment strategy for children and teens with behavioral issues. They explain it as combined therapy and an environmental outdoor experience. I have heard, seen, and read horror stories surrounding the so-called Wilderness Therapy programs and they are nothing but horrifying, gruesome stories that young children and teens had to go through. These programs lie to almost everyone they are involved with, the staff that work there, the children that are forced to go, and even the parents who send their child there. For some parents, they just want to help their child and this is the last resort or they are just simply bad people.

Wilderness Therapy is essentially a teen program where their caregiver signs them up to be taken from their beds at night, stripped of their freedom and either flown out to a different state/country or driven with strangers against their will. One program in particular is in Trails Carolina, in Lake Toxaway, N.C. The purpose of the program is to improve the lives of children and teens. It costs a lot of money, about \$30,000 per child for three months. It is a big scam for parents to pay that much for their child to not get the proper care or help that their caregiver wanted to achieve by sending their child there.

I believe that it is really hard to get the facts about Wilderness Therapy, so it must be even harder for parents to get the truth about where they are sending their kids. The staff and company of different Wilderness Therapy programs lie about how the children are being treated. They lie about the food they are eating, where they are sleeping, how much sun they are being

exposed to and much more. The food that they are forced to eat is rotten fruit or spoiled food with bugs. They have to sleep on hard surfaces and outside in as little as a sleeping bag and a tarp if it is raining or snowing. What many people don't know about is how many deaths different Wilderness Therapy programs have caused. There have been over 200 deaths in the US alone since the 1970s. There have been many different causes but some causes are: frozen to death, starvation, fires, attempted escape, drowning, and suicide.

Wilderness Therapy Camps, Troubled Teen Industry, whatever you may call them, should be illegal. No matter what reviews people have said about these places they are doing more harm than good. They have caused many deaths and trauma that will never be fixed. Help these children and teens get closer and speak out.

<https://1000placesudontwanttobe.wordpress.com/victims-of-the-troubled-teen-industry/>

<https://www.wbtv.com/2021/05/24/its-beyond-cruel-inside-nc-wilderness-therapy-program-teens/>

<https://achonaonline.com/features/2021/11/the-hidden-abuse-of-teen-wilderness-therapy/>