



Excellence in Young Minds





Each personalised treatment plan requires a minimum 12-week admission (US\$5000 - \$6000 per week), which can be extended if clinically appropriate.

Specialist treatment with care and sensitivity

The Wave Clinic

The Wave is one of only a handful of treatment centres worldwide dedicated to teenagers and young adults challenged by mental health disorders.

Our residential, trauma-focused programs – for young people and their families – are based in beautiful Malaysia and provide specialist treatment for:

- Eating Disorders
- Mental Health Concerns
- Behavioural Issues
- Addictions
- Family Therapy

All our young people are guaranteed the highest level of attention and quality care with a 24-hour onsite nursing team, led by our consultant psychiatrist, and a client-staff ratio of 2:1 (1:1 in high-risk cases).

Tailored to the specific needs of young people

The Wave Approach

Our innovative programs encourage a dynamic, family-oriented, activity-based approach to change and recovery. We not only help our young people medically and therapeutically but also provide them with skills for life. We pride ourselves on being forward-thinking and 'just a little bit different'.

Our approach is supportive, caring and nurturing. It is also about moving forwards with a sense of adventure, in all aspects of development, and gaining valuable life skills. We bring families back together, build trust and hope, and help young people to find real purpose through connection.

We offer the only program for young people that is dedicated to bridging treatment with education, volunteering and skills building – bringing together all the parts needed to navigate successful healing and long-term recovery.

The Wave is a safe space to transform and heal – a home from home.

At The Wave, we understand that early intervention and treatment significantly changes the life course for young people, helping them to build futures where everything is possible.

Our young people leave us having been immersed in experiences that lead to internal and external changes in confidence. They leave us believing in themselves.



Our Programs



Our experiential and creative programs are trauma-focused and designed to build a strong foundation that leads to a lifetime of wellness and recovery.

We embrace a holistic approach, with treatment plans tailored to each young person's specific needs and an equally-weighted focus on full recovery and positive growth.



The Wave programs incorporate six key areas:

1. Medical
2. Clinical
3. Education

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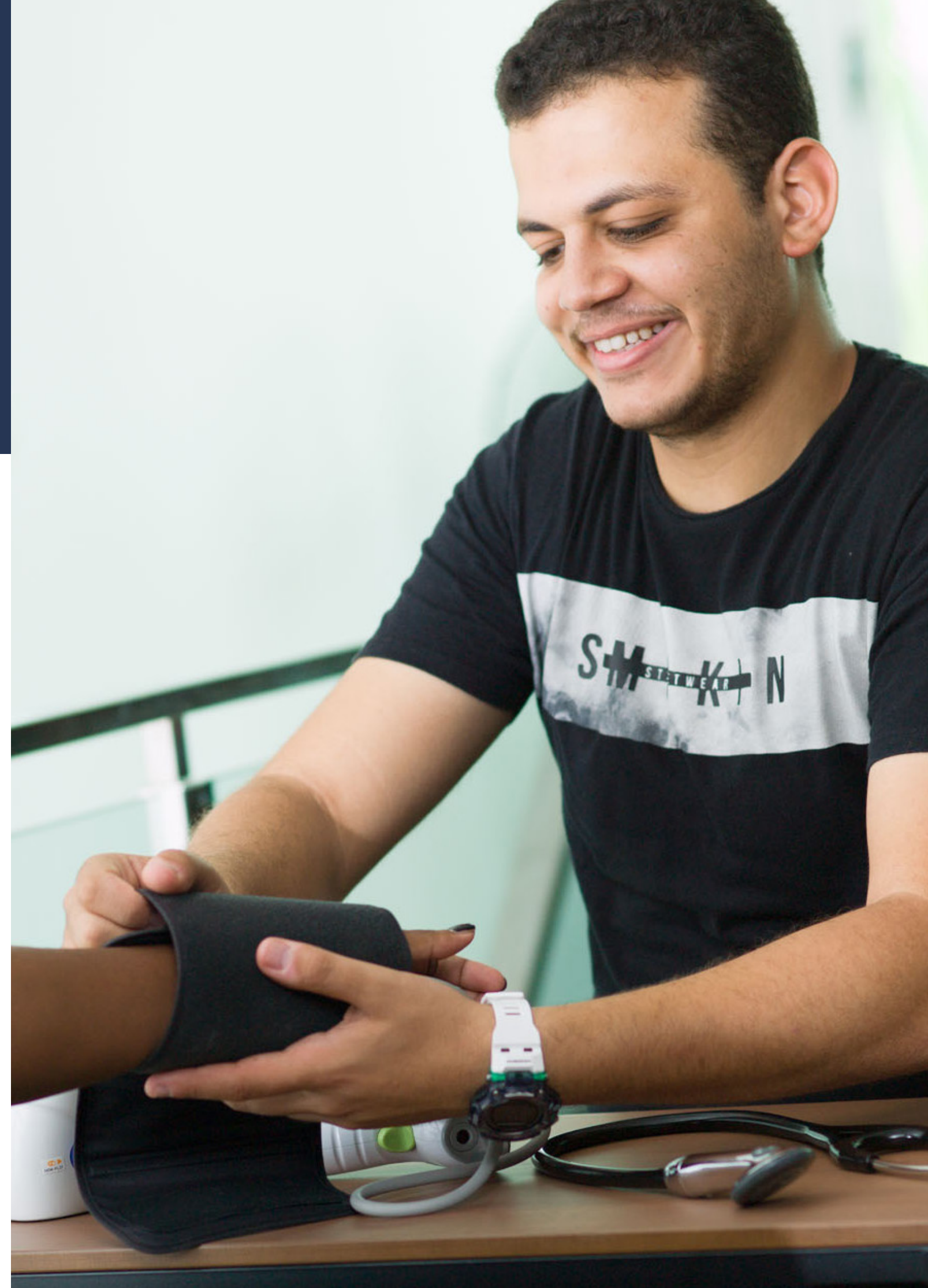
No.1



Medical

We have full medical and psychiatric teams onsite 24-hours a day. They are all registered and accredited with worldwide associations in their field of expertise. Together they support:

- General medical and psychiatric care
- Detox and stabilisation
- Higher-levels of care needs for eating disorder care
- Psychosis management
- Medication and prescriptions
- Psychiatric intensive care





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Clinical

The Wave clinical team includes psychotherapists, trauma professionals, family therapists, lived-experience leaders (LELs), and recovery coaches who work closely together to deliver our individual, group and family therapy sessions. Therapeutic interventions include:

- EMDR
- Internal Family Systems (IFS)
- MBT
- CBT-E
- DBT
- RO-DBT
- Expressive Arts Therapy
- Somatic Therapy
- Family Therapy

No.3



Education

We believe that every young person has the right to receive an education, appropriate for their needs. We believe in inclusive education, regardless of mental health or behavioural health issues.

This is why education forms a central part of our programs, including Personal Learning Plans (PLP), and why all our leavers are encouraged to continue education as part of their ongoing recovery plans.

We work in conjunction with each young person's current place of education (if appropriate), to ensure the continuation of current curriculum requirements – through one-to-one and group tuition.

Alternatively, we assist in finding new educational pathways. We have collaborated with several UK, Australian & worldwide higher education partners to provide traditional secondary, tertiary and vocational qualifications.

Global Citizenship

Our programs encourage young people to play an active part in their recovery. One aspect of this is through global citizenship, where they become more aware of and understand the wider world – and their place in it.

We provide opportunities for our young people to take responsibility for themselves, the community and the environment, through social awareness, environmental projects, and active participation in local community projects.

Through volunteering and gifting their time and resources to others, our young people understand the world in new and exciting ways. They experience feeling grounded and connected through working collaboratively and committing to helping others.

All our young people are members of The Wave Trust, which currently supports teaching at a school for displaced children. We also support over 500 dogs and cats, several orphanages and children's mental health charities.



No.5



Outside -Inside

At The Wave, we give our young people many opportunities to gain new tools, learn valuable skills and build external and internal resources – in a nurturing, positive environment. These include developing resilience, learning to balance high levels of emotional response (emotional regulation) and mindfulness.

We use a variety of holistic and creative practices that are evidence-based and work in tandem with psychotherapy in the treatment of mood disorders, eating disorders and psychiatric illness, including:

- Mindful movement
- Tension, Stress and Trauma Release (TRE®)
- Reiki
- Trauma-informed yoga
- Nutrition
- Journalling and reflective writing
- Team sports and other group challenges

Together, we build a bank of tools and skills that not only improve relationships and an understanding of the self (and others) but also significantly improve our young people's chances for success post-treatment.

Experiences

We believe that healing happens in relationship, whether that's in therapy, on the tennis court, riding whitewater rapids, camping or volunteering. We create an environment where young people can try something new, get involved, find new passions and experience new challenges as part of a supportive community.

Our programs incorporate a wide range of activities and excursions that encourage cultural appreciation, team building, collaboration with peers, and having fun, including:

- Enjoying Malaysian hospitality
- Cookery
- Local and traditional Malaysian crafts
- Pottery
- Horseback riding
- Drama and music productions
- Orienteering
- Rock climbing

This community spirit is just one of the reasons why The Wave programs are so successful in the long-term treatment of young people.

No.6







From the moment our young people walk through our doors, we begin preparing for their future.



Planning for the Future

As many of them stay with us for a considerable amount of time, the friends they make, and the skills they learn become central to the future they are creating, for themselves and those around them.

In preparation for their onward journey, we create an ongoing care plan for a sustained recovery in collaboration with each young person, their family and their preferred treatment professionals.

Moving on from residential treatment is a wonderful and positive step, but it can also be daunting, both for our young people and their families. We support them to have realistic plans and expectations as the next phase of their development begins. Our teams are on hand to support the transition and are always available to help the family or new treatment team, both during and after discharge. Our doors are always open.

Transitions House – Secondary Care

These programs offer small, structured steps towards independent living. Surrounded by the familiarity of The Wave treatment team and with the support of their mental health team, our teenagers and young adults can move through the treatment pathway, gaining stability and knowledge along the way.

At Transitions House, we provide a structured treatment plan designed to meet each young person's unique needs. This can include weekly attendance, goal setting, one-to-one sessions, food and body groups, meal support, cooking classes, budgeting, shopping assistance and personal tutors.

Our young people leave us with the confidence, connection and compassion needed to successfully take the next steps in their journey.

*Many of our young people transfer to our
secondary care programs at Transitions House.*



Our Location and Facilities

Our modern, luxurious facilities are just a 20-minute drive from the Kuala Lumpur International Airport and set in a secure location.

Housed within beautifully manicured gardens with 360° panoramic terraces, our spacious suites are single or shared occupancy, all with en-suite bathrooms. Rooms are shared, where appropriate, to provide a buddy system with a more senior peer that can give valuable support and connection.

Our facilities include a 42ft x 17ft indoor pool with a poolside yoga deck and games terrace. We have an indoor hot tub, designated art room that includes fashion and textile design, outdoor basketball court, table tennis, fully-equipped gym, tennis, futsal, badminton and more.

Our onsite chef works with our dietician to develop individual meal plans for each of our young people, taking into account both personal preferences and any health concerns. Fresh, nutritious, gourmet meals are prepared daily, and our young people regularly participate in choosing, preparing, cooking and serving lunches at weekends.





THE WAVE
CLINIC