

Meet the Team



Greg Ostler

MSW, LCSW, LCAS

Executive Director

Greg has experience working in residential treatment, wilderness therapy, and inpatient and outpatient mental health settings.



Jennifer Negrón

MA, LCMHC, NCC

Clinical Director

Jennifer's clinical experience includes school counseling, extended day treatment, intensive in-home services, school-based outpatient services, and with youth in therapeutic boarding schools.



Sue Crowell

Founder, Owner

With more than 30 years in wilderness therapy, Sue cultivated her passion for wilderness therapy at the School of Urban Wilderness Survival and quickly became an industry leader.



Emma Mooney

Program Director

Emma's background includes extensive training in direct care staff protocols, procedures, communication therapy skills and more from wilderness therapy.



Elyssa Patillo

RDN, BS, MHS

Lead Dietitian

Elyssa's experience includes working with individuals battling eating disorders and many complex disease states in a hospital setting.



Gina Erbacci

Fitness and Recreation Specialist

NASM Certified Personal Trainer, Gina has experience in fitness management and specializes in guiding individuals through movement.



Woody Crowell

Director of Business Development

Woody has worked in, started, and led many companies in the wilderness therapy industry, with experience in field support to admissions and marketing to program direction.



Stephanie Lewis

Admissions and Outreach

Stephanie is an experienced admissions professional who spent 11 years in wilderness therapy and began her career as a wilderness field instructor.

Would you like more information? We would love to hear from you.

Visit:

skyterraembrace.com

Email us at:

info@skyterraembrace.com

Skyterra Embrace Program Overview

Individualized Therapeutic Program

Skyterra Embrace is an individualized therapeutic program that uses a wellness model to guide young adult women toward a more positive relationship with themselves.

Embrace empowers young women to thrive in their independence through a consistent routine, private and group therapy, coaching, and mind, body and spirit wellness.

Serves women ages 18 to 29
Mountain-top, private campus in Brevard, N.C.
Near Asheville and surrounded by the Blue Ridge Mountains



FAQs about Skyterra Embrace

- **Working with young adult women since 2017:** Embrace moved to its new campus February 2021
- **Embrace is a therapeutic wellness program:** Embrace students prioritize mental health through regular individual and group therapy. Students are guided by two full-time therapists including our Clinical Director, Dietitian, Fitness/Recreation Specialist and a core of highly qualified outdoor professionals.
- **Embrace has helped many different types of young adult women:**
 - Those who need help transitioning to adulthood
 - Those who need a bridge back home after a wilderness-type program, a primary treatment program, or a long-term treatment program
 - Those committed to making a change who may not need an intensive intervention.



Founded on a legacy of excellence

While located on its own campus, Embrace is part of Skyterra Wellness, a nationally recognized retreat, ranked as one of *USA Today's* top three wellness retreats in the country every year since 2017.

Wellness is the center of the Skyterra philosophy and the foundation of Embrace, and includes five pillars: Self-Care and Stress Management, Fitness and Mobility, Culinary Education, Recreation and Adventure, and Mindfulness and Yoga.

