Who we are

What we do

- Transitional living for young people (ages 14–21)
- Address mental health and substance use disorder
- 90+ days of treatment
- Therapy, life skills, career planning, GED, high school, housing
- Relapse prevention, harm reduction, coping skills
- Experiential learning, daily exercise, meditation, mindfulness
- Medication management, behavioral health services
- Structure, accountability, responsibility
- After care & Rapid-Re-housing support

Common Drugs of Choice

- **Fentanyl**
  - Aka Blues
  - Opioid that is 50x stronger than heroin
  - Extreme risk for OD and death
  - Typically sold as blue pills that are smoked on tin foil
  - Over 150 people die each day due to Fentanyl
- **Meth**
  - Aka Ice, shards, crystal
  - Stimulant, increased energy, trouble sleeping
  - Can cause violent tendencies
  - Usually white and smoked or injected
  - Often laced with Fentanyl
- **Opioid Pills**
  - Aka Percs, oxy, hydros
  - Opioids that are prescribed or bought illegally
  - Depressant that causes sleepiness, painful withdrawal
  - Success treating with MAT
  - Often sold as Oxy but is actually Fentanyl
- **Heroin**
  - Aka Chiu, dope, H, tar, black
  - Opioid, black sticky tar like substance
  - Depressant that causes nodding off
  - Usually smoked at first and then injected
  - Painful withdrawal
  - Success treating with MAT

Helping a loved one

- Have patience and understand they are battling a disease and often can’t help what they do
- They can’t “just stop” and may need medical detox, medication assisted treatment, and inpatient treatment
- Addiction is a disease and not a moral failure
- Set boundaries that you are willing and able to enforce
- Seek help for yourself – counseling, support groups, Naranon
- Don’t be embarrassed or ashamed, addiction can happen to anyone
- There are no “quick fixes” for addiction, this may be a long road so set realistic expectations
- Don’t enable your loved one but offer support and be available when they are ready for help

Mission Statement:

Transforming lives and families through compassionate, thoughtful, and individualized care and healing.

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