

## Caring and dedicated staff

The Young Adult Program is facilitated by a dedicated team of direct care staff and addictions counselors who work exclusively with younger adults to offer patients the best opportunity for lasting recovery. Participants will receive individual, group and family therapy, intensive care management and will work with a multidisciplinary team throughout their treatment stay.

### Other highlights of the Young Adult Program:

- A diverse, research-based curriculum
- Incorporation of life skills, coping skills and 12 Step recovery
- An environment that promotes discussion and education
- Behavioral Incentive Program

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To learn more about Rosecrance, visit our website at [rosecrance.org](http://rosecrance.org).

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### Program location

Rosecrance Harrison Campus  
3815 Harrison Avenue  
Rockford, IL 61108

To learn more about Rosecrance and view our facilities, visit [rosecrance.org](http://rosecrance.org).

For more information, call **815.391.1000** or **888.928.5278**



Accredited by  
The Joint Commission



A United Way  
Partner Agency

Rosecrance provides the best opportunity for lasting recovery. Rosecrance is accredited by The Joint Commission, is licensed and partially funded by the Illinois Department of Human Services/ Division of Alcoholism & Substance Abuse, is a certified Medicaid provider and is approved by most insurance companies.

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# Young Adult Program

Focusing on the needs of young adult males in substance abuse treatment



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## Why Have a Young Adult Program?

The needs and expectations of adults ages 18 to 25 have changed dramatically over the last few decades.

Research shows that young adults are waiting longer before they settle into careers, get married or have children. The result is an age group of individuals who have a unique set of challenges and problems.

These emerging adults take more risks, have less structure and, often, lack the necessary life skills to deal with daily issues. In order for these young adults to begin to recover from substance dependence, all of these areas must be addressed in an environment that promotes individuality and discussion.

### Characteristics of young adults:

- Higher levels of risk taking; less exposure to consequences
- Emergence of dual disorders; greater difficulty controlling emotions
- Greater peer involvement and influence; more significant family issues
- More difficulty focusing; greater need for structure

### How does the program work?

The Young Adult Program takes a solution-focused and cognitive behavioral therapeutic approach. Treatment is intensive and days are scheduled from the time patients wake up until the time they go to bed.

The Young Adult Program is gender-specific and focuses on the issues of the emerging adult male. Our program consists of groups that work to educate and incorporate:

- Recovery planning techniques
- Life skills
- Emotional regulation skills
- Coping skills for stress factors that are unique to the young adult male
- 12-Step orientation

Groups typically last one hour, and facilitators work to keep patients engaged throughout the day. Average length of stay is 35 days.

A variety of approaches are used, including hands-on experiential learning, educational groups, discussion groups and therapeutic processing groups. Counselors and staff work with the patients in the development of their individual treatment plans and promote an environment that encourages

structure and discipline. In addition, patients have access to the agency chaplain, recreation specialist, art therapist, dietician, medical staff and psychiatric services.

### Continuum of care

We will work with clients in the Young Adult Program to help them receive additional follow-up care at one of our facilities or at a site in their home area. This may involve halfway house placement, intensive outpatient or individual therapy. Alumni support group attendance is encouraged for residents in the Chicago and Rockford areas. The level of continuing care and the discharge plan is based on the needs of the patient and his family as well as the recommendation of the clinical staff and referral source.

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### The family's role

The Young Adult Program also addresses issues of the family. We understand that this is a difficult time for the family, which may experience stress due to the addiction and changing life roles that occur during this time. Our counselors work to address these issues, both with the family and the young adult. Families are strongly encouraged to be involved in the patient's treatment and attend the weekend family program.

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