

## Caring and dedicated staff

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

### Other highlights of the Young Men's Adult Program:

- Diverse, research-based practices
- Incorporation of life skills, coping skills and 12 Step Recovery
- An environment that promotes discussion and education
- Behavioral Incentive Program
- Experiential therapies

---

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

---

### 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.

life's waiting®

12/13 ps

# Young Men's Adult Program

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



rosecrance  
life's waiting®

# Why Have a Young Men's 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
- Financial and emotional dependence on family

## How does the program work?

The Young Men's Adult Program takes a strength-based and cognitive behavioral therapeutic approach. Treatment is intensive and days are scheduled with a variety of activities, such as therapy, educational, recreational, experiential and social/leisure groups.

The Young Men's 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 last one hour, and facilitators work to keep patients engaged throughout the day. Average length of stay is 40 days.

A variety of approaches are used, including hands-on experiential learning and educational, discussion and therapeutic processing groups. Counselors and staff work with clients to develop individual treatment plans and promote an environment that encourages structure and discipline. Clients also have access to the agency chaplain, recreation specialist, art therapist, dietician, medical staff and psychiatric services.

## Continuum of care

We help clients establish follow up care at one of our facilities or at a location closer to their planned living area. Aftercare is often comprised of outpatient treatment, medication follow up and recovery meeting involvement. Recovery living is also frequently recommended to help young men learn/improve skills necessary for living independently. Involvement in Recovery Lifeline and our Alumni Program is strongly encouraged. While the level of recommended continuing care is based on the needs of clients and their families, outpatient counseling and recovery living are stressed to all clients.

---

## The family's role

Rosecrance addresses family related issues as a part of one's recovery. We understand that this is a difficult time for families who have been impacted by their loved one's addictive behaviors. Our Young Adult Program staff members work with the family to encourage involvement in the family program, support groups and family sessions with their loved one. Working to rebuild damaged relationships and trust, as well as establish an ongoing plan to continue rebuilding the family after residential treatment, is a key component of the Young Men's Adult Program.

---