The Youth Recovery Center (YRC) provides inpatient treatment for adolescents aged 14 – 18 who are chemically dependent in a highly structured, comprehensive treatment program and environment. Treatment focuses on building an alternative lifestyle to substance use through learning social and psychological coping skills.

The YRC has a multi-disciplinary staff that consists of registered nurses, physicians and specialized Mental Health Professionals. Nursing care is provided 24 hours a day. The program is directed toward the treatment of the biopsychosocial, emotional, cultural, spiritual and family issues of chemical dependency. Therapeutic contact is provided daily and consists of individualized differential assessment, counseling (individual and group), life skills, family treatment, educational service, therapeutic recreation/leisure skills and aftercare planning and support. Total immersion of the client in the treatment milieu is accomplished by involving every discipline in the treatment process to facilitate the client’s ability to develop skills, attitudes and behaviors consistent with those of a sober lifestyle. The goal is to support continuing recovery from chemical dependency patterns and facilitate successful reintegration into the client’s community.

The treatment program is typically 42 days. Clinical evidence supports this length of stay as sufficient for most adolescents who are chemically dependent to make significant gains in their ability to cope with their emotions and life stressors. The multidisciplinary staff meets weekly to assess and review the clients’ progress in treatment, identify and update treatment goals, and plan interventions for the coming week. Progression through the program is based on a joint assessment by the treatment team and the client. The review addresses weekly interventions, client behavior, family contact, participation in the recreation and education components, and medical issues. Ongoing communication is maintained by the staff with referral sources and families. The team makes recommendations for aftercare needs and the aftercare therapist coordinates with the client, the family and professionals to insure that community services are in place upon discharge. Regular contact is maintained with clients after discharge for one year during which time support and aftercare plan adjustments are provided. YRC staff initiates contact for the first six months while the former client initiates the last six.

A rotating six-week theme is followed that addresses family, medical, denial, self-esteem, feelings and thought restructuring. The clients’ daily schedule includes school, educational groups, therapy, recreational therapy, leisure skills and self-help groups.

The focus of the YRC program is to help clients prepare for sobriety in practical ways. Many clients need help addressing past trauma. To this end, both biofeedback and neurofeedback methods are employed. To stay sober a recovering person must become healthier physically, emotionally, spiritually, and in relationships. YRC teaches these skills through rational thinking, emotional intelligence, anger control, assertive communication, cravings management and recreation. Each client develops a recovery plan to follow when they return to their home community.

Recognized standards that are followed include: Department of Human Services - Division of Behavioral Health, The Joint Commission and the Colorado Foundation for Medical Care.
YRC accepts private pay, insurance, Medicaid or a combination. Referrals are accepted from Probation Officers, Case Workers, parents, therapists, teachers, medical professionals and adolescents themselves.

**Assessment**
In order to offer individualized care, the treatment plan is based on a thorough assessment of the individual client and the family. The first week of treatment at the YRC is devoted to the completion of this assessment and to orientating the client to the program rules and therapeutic process. During the orientation period the client does not have outside contacts.

**Medical/Nursing**
The medical/nursing staff completes an extensive medical and drug use history as well as a physical examination for all clients. Identified issues are reflected in the treatment plans and dealt with on an individualized basis. To insure the continuum of care, identification of medical resources after discharge is seen as an integral part of treatment. Health related groups are facilitated every six-weeks. Topics covered are pharmacology, contraception, sexually transmitted diseases, nutrition and relaxation techniques.

**Educational/Academic Groups**
The Youth Recovery Center provides a minimum of 30 hours per week of academic and therapeutic educational activities. A topic schedule covering a six-week cycle is followed which involves discussions, films, and experiential exercises. Individualized educational experiences are provided to maintain the educational and intellectual development of the adolescents. Direction and accountability are provided by an approved outside consultant.

**Cultural Issues**
To address the cultural needs of YRC’s varied population, continuing education is provided to staff, holidays are observed, client presentations are encouraged, reading materials are available and translators are accessible via the hospital’s translation services.

**Spiritual Issues**
YRC honors the absolute rules of religious belief such as food and immunization restrictions. YRC addresses the spiritual needs of its population to the extent that the program can accommodate by providing reading materials, inspirational books (Torah, Bible) and access to a library, the chapel and the hospital chaplains. A weekly spirituality group is provided.

**Therapy Groups**
Therapy groups provide both educational and experiential opportunities to learn and practice new interpersonal and coping skills. Groups provide information in such a way that it can be heard and internalized. Addressing ambivalence and increasing motivation are integral parts of the group process. The content of therapy groups is determined by the weekly theme. Special emphasis is placed on weekly cravings groups that utilize drug look-a-likes, drug paraphernalia, and relapse scenarios. They are designed to elicit cravings to help clients recognize and manage the physical, emotional and cognitive cues involved. These groups teach cognitive and behavioral ways to manage cravings.
Recreation Therapy/Physical Education
Clients participate in recreation therapy for approximately two hours per day. Weekends provide expanded opportunities for recreation activities. Therapy includes a variety of recreational, competitive and initiative exercises to promote communication, problem solving and group cooperation. Clients have the opportunity to develop skills in trust, responsibility and leadership by participating in challenging activities. One main focus is to help clients learn how to enjoy life without using drugs.

Self-Help Groups
YRC recognizes the importance of self-help groups such as AA and NA for the recovery of the substance abuser. Clients attend community groups with staff, obtain sponsors when appropriate and plan for attendance in their home communities.

Family Therapy
Family treatment is designed to enhance the strengths and resources of the family to create a climate that will support the recovery of the adolescent. The goal is a minimum of three family sessions during treatment. Families may see the family therapist after the client’s discharge at no additional cost. Continued counseling as part of the aftercare plan is often encouraged and scheduled if possible.

Level System
A level system is based on the premise that immediate feedback from the environment is helpful for someone who is getting sober. The YRC milieu is structured to encourage healthy, pro-sobriety attitudes and behaviors. It is designed to encourage the client to become more involved in treatment.

Continuing Care Planning
The Youth and Family Advocate facilitates a multidisciplinary meeting during the fourth week of client’s treatment. At this time, necessary supports that will continue to help client in their recovery goals are identified, and a formal plan is created. A client and family centered approach is taken as much as possible. An identified staff member continues to maintain contact with client beginning the day of discharge. The staff member acts as both a recovery coach to client and family, as well as an advocate for the client within their larger community system up to six months after the client’s discharge. Staff also assists in the periodic data collection for an outcome study.

Multi-Disciplinary Staff Meeting
The staff meets weekly to review the clients’ progress in treatment, to establish treatment goals and to identify the focuses of treatment for the upcoming week. Each client is presented at the meeting and input is encouraged from all disciplines. Areas of input include addressing weekly focuses, reviewing clients’ behavior, reporting family contacts, summarizing participation in recreation and educational components and updating medical problems. A progress note summarizing the plans and discussion is recorded.
YRC BELONGINGS LIST

WHAT TO BRING TO YRC

• 6 pair of socks
• 6 pair of underwear
• 2 bras(one sports bra)
• 6 plain crew neck T-shirts (*Must be collar bone height; no crop top, no sleeveless, no drugs, bands, or gang logos. No V-neck or tight shirts.)
• 2 pairs of pants with NO holes or tears
• 2 pair of sweat pants
• 2 pairs of long gym shorts
• 2 pairs of knee length shorts(summer)
• 1 pair of pajamas
• 1 coat and/or hoodie (seasonal)
• 2 pairs of athletic shoes (street and hiking/gym)
• 1 reusable water bottle (CLEAR)
• 1 toothbrush
• 1 hairbrush/comb (hair-ties, bobby pins, or hair clips if needed)
• 1 pair of inexpensive headphones/earbuds
• 1 ball cap
• 1 pair of inexpensive sunglasses

ABSOLUTELY NOT ALLOWED:
• Yoga pants, tights, leggings, jeggings, gauges, ear and/or body jewelry, watches, slippers, sandals/flip flops.
• NO CLOTHING (OR ACCESSORIES) WITH GANG, DRUG /ALCOHOL, OR BAND RELATED LOGOS!

*You may bring your own toiletries to YRC, or YRC will provide soap, shampoo, deodorant, toothpaste, and lotion.

*You MAY NOT bring and/or wear jewelry, make-up, or slippers.

*You may bring a cell phone for aftercare planning only. Cell phones may NOT be used during treatment.

Ultimately, the appropriateness of your clothing and accessories is subject to staff discretion. Any items not included in this list will be returned with the adult who transports the client for admission. YRC is not responsible for lost or stolen items. Do NOT bring jewelry, games, or any other personal items. Jewelry or other objects in piercings are NOT allowed. Please remove all piercings prior to your arrival at YRC.
CLOTHING GUIDELINES

It is your responsibility to know and comply with the following guidelines. If your clothing does not meet these guidelines it will be placed in your luggage and if a replacement is needed one will be provided.

No exceptions will be made to the following:

• All clothing will be checked and approved by staff

• No jewelry or watches

• No hats will be worn on the unit. This includes beanies and the hood of your sweatshirt

• Sunglasses and hats will be provided when needed

• No spaghetti straps, halter, tank, muscle, or net tops

• No ripped clothing or clothing with holes

• No logos with references to drugs or alcohol, sex, violence, band names or gang related designs, associations, letters or colors

• No tight or revealing clothing

• Excessively baggy clothing may be determined inappropriate

• Pajamas are only to be worn at night for sleepwear and must cover both the upper and lower body. No slippers.

• No sharing of clothing with other clients. If clothing is shared it will be removed to your personal luggage until discharge

• Shorts must be at least knee length

• Clothing must fit in such a manner that NO skin or underwear can be seen when arms are lifted

• Shirts must be worn on all recreational outings except swimming.

• Swimsuits for females either need to be a one piece or a tankini in which no tummy is shown

STAFF WILL MAKE THE FINAL DECISION ABOUT ACCEPTABILITY.
FAMILY THERAPY & VISITATION

Family Therapy is an essential component in helping you recover from chemical dependency. Your family’s involvement in your treatment can really make a difference. This is why we expect your family to participate in weekly therapy sessions beginning the second week of treatment. These weekly sessions can occur in person or over the phone, yet we expect your family to visit you at least one time during treatment. The initial visit must be preceded by a family therapy session. These sessions are facilitated and scheduled by our family therapist, who can be reached at (970)384-7479 to arrange for family sessions and visitations.

Some important rules to remember:

- All visitations will take place on the hospital grounds which include: grounds directly around the hospital, cafeteria or courtyard. Visitation is not allowed in the parking lot, in automobiles or off the hospital grounds.

- No smoking, alcohol use, intake of caffeine or any mood-altering chemicals are allowed while on visitation.

- Visitors are limited to approved family members only. Friends, including girlfriends and boyfriends, are generally not allowed unless it is deemed therapeutically beneficial and pre-approved by the Family Therapist.

- All clients are required to return on time. If they do not, a future visitation may be shortened.

- No new clothing items or gifts may be brought back to the unit after a family visit. Clients will be searched and if any contraband is found, there will be an automatic level Drop.

- Family visitors who arrive under the influence of any mood altering drug will not be allowed to visit with clients at Youth Recovery Center.

- If family visitors arrive late, then the treatment schedule will take precedence, possibly canceling visitation for that day.

- Families are asked to leave iPods, cell phones and computers home, as these items are a distraction from the family visitation experience.

If any of the above rules are not followed there will be no family visitation for one week and the client will write a one page paper on appropriate behavior while on visitation before any future visitation.
PHONE USE GUIDELINES

Upon admission you filled out the ‘Authorization for Disclosure’ form, indicating appropriate people for your phone list. Any additions to this list must be approved by a staff member. You will typically have two phone sessions per day. When client numbers are high (8-10) it is recommended that the first session is made during morning phone hours so there is time for all phone calls.

You are responsible for monitoring your phone sessions. If you go over your time, you lose phone privileges, effective immediately and for the following day. You may not make or receive calls from former clients who attended YRC with you. Doing so may result in a loss of phone privileges.

Main phone number:
970-384-7470

Daily phone times are as follows:

MORNINGS
Daily - 7:00 – 8:00 am

EVENINGS
Daily - 6:00 – 7:00 pm

MAIL GUIDELINES

Mail will be distributed once daily, during store time, except on weekends. You must open all mail in the presence of staff. Mail to or from former YRC clients who were in treatment with you will not be permitted. The mailing address for YRC is:

Youth Recovery Center
1906 Blake Ave
Glenwood Springs, CO 81601
DIRECTIONS TO VALLEY VIEW HOSPITAL & YRC

Take exit 116 off I-70

At the STOP SIGN
Take a LEFT if you are entering from EAST BOUND
Take a RIGHT if you are entering from WEST BOUND

Make a RIGHT turn and another RIGHT which merges you onto the bridge (Grand Ave.)

Continue down GRAND AVENUE for about 10 blocks, eventually merging into the LEFT LANE.

TURN LEFT on Hyland Park Dr which is immediately after Sayre Park.

TURN RIGHT on Blake Ave

TURN LEFT on Valley View Dr.

The 2nd right is the Main Entrance and Valet Parking.

Pull into the Valet station entrance. They will park your car for free and lead you to YRC.