

EMOTIONAL TRAUMA, ADDICTION, AND CO-OCCURRING TREATMENT DESIGNED EXCLUSIVELY FOR YOUNG ADULTS (18-20S)

The Claudia Black Young Adult Center honors and accepts young adults right where they are in life and provides for them a peer-based community that enhances accountability and commitment to recovery.

ABOUT US

We provide two distinct gender-specific programs: **The Lotus Program for women and The Dakota Program for men.** Each program features dedicated housing, primary therapists, tailored meal and dining schedules, and a comprehensive range of supportive services. Gender-specific programming amplifies the therapeutic advantages of group therapy by fostering a safe and supportive community where young adults can delve into sensitive matters related to their gender identity and personal experiences.

WHAT WE OFFER

- Detox
- Psychological assessment
- On-site, 24-hour nursing staff
- Nutrition consultation
- Integrated trauma services
- Weekly psychiatry consult
- Peer-based community
- Phase-based programming
- 12-Step approach
- Brain Center with neurofeedback
- Treatment-specific breakout groups
- Complete gender specific program
- Individual weekly sessions
- Family programming
- Aftercare planning

WHAT WE TREAT

- Substance use disorders
- Emotional trauma
- Abandonment
- Adoption
- Bullying
- Codependency
- Grief and loss
- PTSD
- Relational issues
- Sexual and physical abuse
- ADHD
- Bipolar disorder
- Process addictions
- Mood disorders
- Self-harm
- Co-occurring conditions
- Sexual trauma

PROGRAMMING

Our program is insight-oriented and treatment-focused. We have created a community culture that allows patients to mentor and engage with their peers, practicing active participation in their recovery. We support patients in making discoveries independently, with help from our treatment team and peer process, rather than just “talking to” them. In utilizing this approach patients gain insight through experiential therapies and modalities, which help them examine their behavior and relationship with themselves and others.

EXPERIENTIAL ACTIVITIES

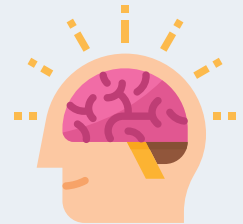
Experiential modalities create additional opportunities for learning, self-reflection, and putting new skills into practice. This helps young adults in developing awareness, lessening denial, problem solving, taking accountability, and acquiring new skills. These specialty therapies include:

- Experiential groups
- Dialectical Behavior Therapy (DBT)
- Cognitive Behavioral Therapy (CBT)
- Expressive arts therapy
- Equine-assisted therapy
- Yoga
- Acupuncture
- Spiritual development
- Ropes challenge course



BRAIN CENTER

Our Brain Center uses neurofeedback to essentially “reprogram” the brain, while biofeedback and other state-of-the-art equipment allows patients to learn to calm and self-regulate. This technology teaches patients how to improve their brain’s function, allowing it to work more efficiently, speeding up the healing process and preparing them to begin the deeper work of recovery sooner.



WHITNEY HOWZELL, PhD, LCSW, MEd, MPH, CSAT

Executive Director



Dr. Whitney Howzell is a dynamic, highly motivated, and conscientious leader with a depth of knowledge and experience in social work, sociology, and sexology. A licensed social worker, Dr. Howzell holds master’s degrees in clinical social work, public health, and education, as well as a PhD in human sexuality studies. She also has extensive experience and training in gender-related issues, attachment, sexual orientation, relationship communication, and sexual trauma.

Much of Dr. Howzell’s work has centered on treating adolescents and families with behavioral and emotional issues, sexual compulsive behavior, sexual trauma, and couples with relational issues. She is an empathic therapist who is passionate about mental health, raising awareness about sexual health, and providing excellent patient care.

