

a Meaningful **Journey Toward** *Healing*

The Journey Program at Southern Peaks Regional Treatment Center offers specialized treatment to male and female adolescents, ages 10 to 21, who have histories of substance use, often accompanied by additional presenting problems including mood and anxiety disorders, or trauma-related diagnoses.

OVERVIEW

Southern Peaks offers specialized, multilevel substance abuse programming as a primary or supplemental service for adolescents with chemical abuse and dependency issues. Service levels include Prevention, Intervention, and Treatment, and are based upon individualized clinical screening and assessments provided by our State Certified Addiction Counselors (level II, III, or LAC).

Our substance abuse programming integrates evidence-based models based on the transtheoretical model of behavioral change and cognitive behavioral therapy. Curricula include Pathways to Self-Discovery and Change, MRT[®], Adolescent Relapse Prevention, Living in Balance, Brain Power, and Biofeedback.

Individual and group counseling is core to the success of our youth. We tailor our treatment and the frequency of individual and group sessions to the needs of each child based on his or her clinical assessment.

ADDITIONAL SERVICES

- Creative role-play
- Art therapy
- Therapeutic games
- Experiential activities
- Off campus community AA meetings
- Specific Topic groups include, but are not limited to, anger management, drug specific (e.g, marijuana), emotions and feelings in recovery, and relapse prevention

The Journey Program strives to guide our youth in addressing their substance abuse issues and create opportunity for life-long success.

KEY FEATURES

Individual Therapy

Group Therapy

Biofeedback

Relapse Prevention

Off-campus
AA Meetings

At Southern Peaks,
we are implementing the
Sanctuary[®] Model
to create a
trauma-informed culture.

ABOUT SOUTHERN PEAKS

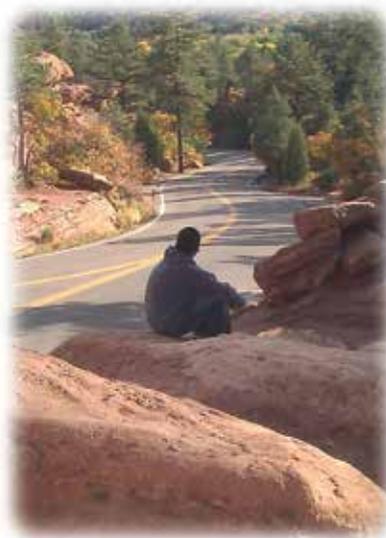
Southern Peaks Regional Treatment Center is a Joint Commission accredited, residential treatment center offering an array of specialized behavioral health programs for both male and female adolescents, ages 10 to 21, who are experiencing emotional, behavioral, psychological, social, and educational problems.

Core services include gender specific programming for youth with mental health disorders as well as separate programs for males and females with histories of sexual misconduct.

Other specialized services include the *Haven* program for sexually exploited youth and our culturally-based *Medicine Bear* program for Native American youth.

Additionally, substance abuse treatment services are available to any youth at Southern Peaks.

For more information, please visit us at:
www.SouthernPeaksRTC.com



LOCATION

The Journey Program at Southern Peaks is located at:

**700 Four Mile Parkway
Cañon City, CO 81212**

We are approximately 45 minutes from the Colorado Springs Airport (COS).



For geographically distant families and referring agencies, Southern Peaks offers:

- Admission or discharge **transportation assistance**
- Family and caseworker **visitation assistance**
- **Video-conferencing** capability

For more information
or to make a referral to
The Journey Program,
contact us at:

(719) 276-7500

or

info@SouthernPeaksRTC.com

About the Sanctuary® Model ...

- Sanctuary® is a blueprint for clinical and organizational change which, at its core, promotes safety and recovery from psychological and social traumatic experiences through the active creation of a trauma-informed community.
- Sanctuary® recommends changing the central question we ask about the people we serve from “*What’s wrong with you?*” to “*What’s happened to you?*” as the first step in recognizing the influence of the past on current behaviors and functioning.
- A recognition that trauma is pervasive in the experience of human beings forms the basis for the Sanctuary® Model’s focus not only on the people who seek services, but equally on the people and systems who provide those services.
- There is no textbook or manual for creating Sanctuary in an organization; Creating Sanctuary is individualized and organic, and involves a change process that happens over time to move an organization toward creating a trauma-informed culture.

www.thesanctuaryinstitute.org

THE JOURNEY PROGRAM is a service of the Southern Peaks Regional Treatment Center, licensed by the Colorado Department of Human Services office of Behavioral Health and Joint Commission accredited. All substance abuse services are provided by State Certified Addiction Counselors.



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