

# OUR MISSION

## The Relentless Pursuit of Successful Clinical Outcomes

Our mission is to provide an evidence-based, integrated treatment program for adolescents and young adults that is customized for the needs of each individual client. We apply today's most effective treatment methods to address the deepest physical, mental, and emotional issues in order to truly reach the core of substance use and addiction. We focus strictly on adolescents and young adults, and we've found that with a younger population, it is critical to focus on the client's entire ecosystem to achieve sustainable recovery. In addition to traditional group therapy sessions, we provide academic and vocational support prior to every group session, weekly multi-family group sessions, weekly individual sessions, and participation in community events including weekly private sessions with Phoenix Multisport and onsite 12-Step meetings.



## "Things Do Not Change. We Change."

An evidence-based, individualized treatment program for adolescents and young adults.

INSURANCE ACCEPTED  
CALL TODAY!

 (888) 850-1890

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## INDIVIDUALIZED PROGRAMS

Sandstone Care offers outpatient services for substance use and co-occurring disorders to adolescents and young adults in Denver, Colorado. Our individualized, evidence-based program takes a holistic approach, incorporating the mind, body, and the full ecosystem, in order to create a new lifestyle for each individual. Our services include:

- Multidisciplinary Team, including a Psychiatrist
- Weekly Family Involvement
- Academic and Vocational Component
- Weekly Organized Physical Activities
- Nutritional Assessment and Plan
- Cognitive Behavioral Therapy
- Dialectical Behavioral Therapy
- Acceptance and Commitment Therapy
- Mindfulness
- Somatic Symptom Assessment and Plan
- Brain & Body Trauma Assessment and Plan

In creating an individualized program, our unique CLICC framework establishes five pillars of success for both our clients and therapists. These five pillars allow our therapists to focus strictly on finding that critical breakthrough moment, or the "click," for each individual in order to help achieve sustainable recovery.

### CLICC FRAMEWORK

-  **Commitment**
-  **Life Skills**
-  **Integrity**
-  **Connection**
-  **Community**

 **Commitment.** To achieve a new sustainable lifestyle, individuals and families must accept that meaningful change is vital and necessary. We believe the development of values and beliefs is the first step in providing the foundation for this change. Our clinical team, families and the individual must work together to develop this set of values in order to drive a new lifestyle and realize sustainable change.

 **Life Skills.** For teens and young adults, it's a time of opportunity to develop, but it's also often a time of confusion and new challenges. Unfortunately, many teens turn to substance abuse to cope with new challenges and everyday stress. At Sandstone, individuals will learn coping skills and they'll continue the process of defining who they are so they can tackle life's challenges with confidence. Clinicians call this experience identity formation. In academia it's called your major! We recognize that when clients see their schoolwork and career choices as expressions of who they are, they flourish, and that's our goal.

 **Integrity.** Individuals can discover and restore the values their family holds dear while growing a sense of personal responsibility. With a stronger sense of integrity, clients can cultivate their own values, beliefs and passions for living that will continue to keep them strong in the face of temptation.

*"Things Do Not Change.  
We Change."*

 **Connection.** Through group therapy, clients can develop healthy and authentic relationships that aren't based on a desire for substance abuse. It's also an opportunity to reestablish relationships with family members and other loved ones. Establishing stable relationships in a safe community can positively reinforce the individual's commitment to change.

 **Community.** The goal of every Sandstone Care treatment plan is the implementation of a new and sustainable way of life. Clients will identify classes, hobbies and develop community support systems which will contribute to a refreshed, balanced and sober lifestyle that help sustain lasting recovery.

## OUTPATIENT CARE PROGRAMS

### ADOLESCENT INTENSIVE OUTPATIENT PROGRAM

For ages 13 to 17, Sandstone's adolescent program includes three-hour group therapy sessions for three nights a week, individual and family sessions, and academic tutoring sessions.

### YOUNG ADULT INTENSIVE OUTPATIENT PROGRAM

For ages 18 to 26, Sandstone's young adult program includes three-hour group therapy sessions for three nights a week, individual and family sessions, and mentoring and vocational sessions.

### EXTENDED CARE / DAY TREATMENT

Sandstone offers a more intensive day program for young adults which includes a minimum of six hours a day - for five days a week - of group and individual therapy, weekly family sessions, and academic and vocational sessions.



## CLINICAL FOCUS

Sandstone Care's multidisciplinary team works extensively with clients and their families to assess and treat the following issues:

- Substance Abuse/Addiction
- Co-occurring Disorders including Anxiety, Depression, Bipolar Disorder, Personality Disorder, and Trauma
- Family Conflict
- Low Self-esteem/Self-loathing
- Technology Addictions including Gaming Addiction