



CROSS  
ROADS  
YOUNG ADULT



## ✦ SOBER LIVING AND RECOVERY PROGRAM

We are pleased to announce the opening of Crossroads Young Adult Program located in Ogden, Utah. We look forward to providing quality individual drug and alcohol treatment to individuals and families. We will focus on an active and healthy lifestyle driven by individual autonomy and abundant resources. We will work closely with families integrating a dual process approach, which will involve lots of parent coaching. We will help facilitate continued education, employment and career building, money management and fiscal responsibility, health and diet, and adventure living lifestyles. Young adults will be integrated into a sober community that is driven by outside adventure and healthy living.

## + SOBER COMMUNITY LIVING

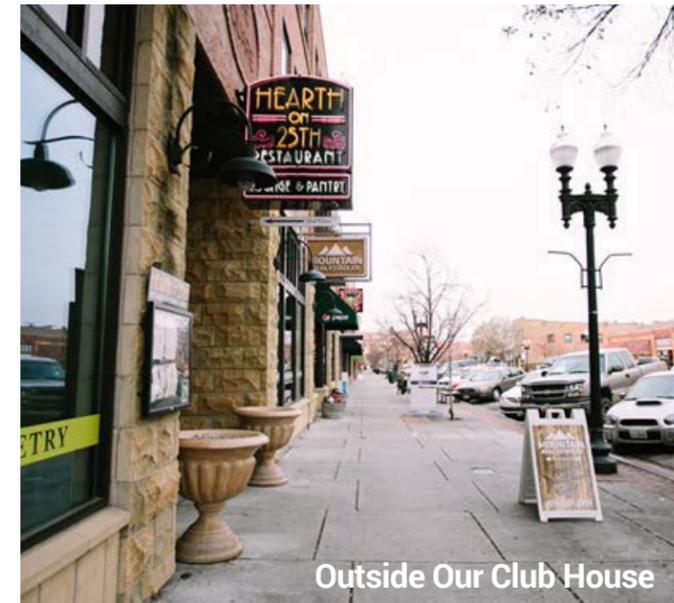
Young adults will live in 2 or 3 bedroom apartments located in the shadow of the Wasatch Mountains. Ogden is an Outdoor mecca with a vibrant outdoor community. Crossroads is located blocks from Weber State University and Weber Applied Technology Center. We will help students meet educational goals, and provide access to needed support. Career development and internships are available. Young Adults will have access to a weekly budget, and will be responsible for doing their own grocery shopping and managing daily living. Cell phones and driving are options and encouraged in our program.



Historic 25th Street



Outside of Home



Outside Our Club House



Inside Our Club House



Snowboarding



Indoor Rock Climbing



Indoor Surfing



## + RECREATION

Crossroads believes that the road to recovery leads to living a purposeful life full of adventures. It's with this ideal that we want to provide as many opportunities for daily adventures. These include, but are not limited to snowboarding, skiing, wakeboarding, skateboarding, rock climbing, bouldering, weight lifting, and much more. These adventures also include active participation in the community and effective community service. Crossroads has a Club House in the heart of Historic Ogden where students can socialize and have community AA/NA meetings.

## + TREATMENT

Crossroads Young Adult Program will emphasize the recovery program using Motivational Interviewing—starting where the young adult is in recovery. Crossroads will utilize 12 step support groups both within the program and community based meetings.

In supporting the dual process support of our Young Adult clients, Crossroads Young Adult Program will provide therapeutic support in assisting our clients in navigating their own interpersonal challenges, challenges within their family systems, struggles surrounding mood, anxiety, anger management, and learning issues. Crossroads core emphasis involves employing a collaborative approach with the Young Adult to create as much autonomy as possible while still maintaining a supportive and motivating therapeutic relationship.





## + THERAPISTS



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