We provide a safe environment where clients can:

- Develop healthy self-care and sleep hygiene
- Experience optimism and hope
- Explore and shift negative core beliefs/thinking patterns
- Find support and encouragement
- Gain insight into unhealthy relationship patterns
- Learn adaptive coping skills like mindfulness, emotion regulation and distress tolerance
- Learn to focus on self and others

We empower our young adult clients to:

- Advance their independence
- Discover how they fit into society
- Learn necessary life skills

At a glance:

- Program hours allow clients to continue their regular work and school schedule
  - Monday, Wednesday and Thursday
  - Hours: 5:30 p.m. – 9 p.m.
- Clients participate in structured groups led by a licensed social worker and a registered nurse:
  - Process-oriented psychotherapy
  - Experiential skills training
  - Weekly family group session
- Additional touchpoints:
  - Each client will meet with a psychiatrist and social worker to discuss short-term and long-term goals and to create an individualized plan of care
  - We coordinate with outpatient therapists and/or medication providers to ensure continuity in each client’s care after discharge