

# Cascade Crest Transitions

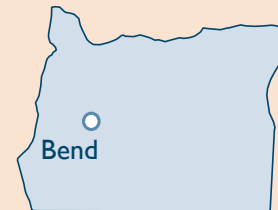
(Young Adult Program)

## CONTACT

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## PROGRAM OUTLINE

**Gender:** Coeducational  
**Ages:** 18 - 23  
**Grades:** College  
**Enrollment:** 34  
**Duration:** 9 - 12 months  
**Founded:** 2011



**NATSAP Member**  
**Since:** 2015

**Airport:** Redmond, OR (RDM)  
 Portland, OR (PDX)

Cascade Crest Transitions is a program designed specifically to work and empower young adults. Our students are ages 18-23, who are struggling in their launch to become healthy, independent adults. A typical profile of our students' challenges might be: difficulty sustaining healthy relationships, problematic mood and anxiety-related issues, mild learning disorders, and drug/alcohol use. We offer a setting in which students develop healthy, independent-living skills, while receiving support and supervision from our licensed therapists, academic advisers, and independent living staff. The Cascade Crest team utilizes Dialectical Behavioral Therapy (DBT), EMDR, and motivational interviewing with all students.

Cascade Crest is divided into three distinct phases:

**Belay Phase (3-4 months):** students participate in a more structured and supervised schedule, including: weekly individual and group therapy, bi-weekly family therapy, independent living classes, DBT, academic orientation, personal finance, and healthy living tasks.

**Ascent Phase (6 months):** students are given greater autonomy, as they attend college and/or work in the local community, participate in recovery, and engage in weekly therapy and advising. This phase is designed to provide students with more "real life" experiences of adult independence, while continuing to offer program scaffolding of support and accountability.

**Summit Phase (aftercare):** students are expected to be more or less fully independent by this stage. However, they can choose to continue to receive individual therapy, academic mentoring, and/or drug screening as they transition to life as a fully independent young adult.

During each students' residence at CCT, parents are asked to attend at least one, three-day Parent Workshop. We have found that these workshops provide opportunities for transformative work to take place between parents and their adult-children, all within the context of a safe and supportive therapeutic environment.

**About Bend:** Cascade Crest Transitions is located in beautiful Bend, Oregon. Bend offers a small and close-knit community with college opportunities and bountiful recreational activities to choose from year-round. Bend provides an ideal place for young adults to experience and deal effectively with life's challenges, while developing healthy lifestyles that will serve them for years to come.

**Individual Psychotherapy Available:** Yes

**Professional Affiliations:** NATSAP-Young Adult Associate Member; Young Adult Transitions Association; Central Oregon Program Association