Foundation House

(Transitional Independent Living & Young Adult Program)

CONTACT	PROGRAM OUTLINE
Executive Contact: Patrick Babcock **Admissions Contact:** Patrick Babcock **Email:** info@foundationhouse.com **Phone:** (207) 791-2002 **Fax:** (207) 771-0236 **Address:** 38 Deering Street Portland, ME 04101 **Website:** www.foundationhouse.com	**Gender:** Boys Only **Ages:** 17 - 35 **Grades:** GED, post-secondary **Enrollment:** 60 **Duration:** 6+ months **Founded:** 2002



NATSAP Member
Since: 2014

Airport: Portland International Jetport (PWM)

Foundation House is the industry leading, young adult male (ages 17-35), extended care-sober living program. Founded in 2002, Foundation House has brought an entirely new success rate to the question "What happens after treatment?" Our six month minimum program is fully comprehensive, featuring a first month, "9 to 5", Twelve-Step immersion curriculum. The staff is made up of licensed drug and alcohol therapists, wilderness therapists, a psychiatric nurse practitioner, a holistic doctor, weight trainers, a fully staffed music studio, an art department, an athletic league, a masters level teacher who runs our education department and a fully licensed IOP for our residents and alumni alike. We are well known for our activities. Daily, weekly, monthly, and annually, our residents can expect to engage in anything that Portland, Maine, New England, America, and the globe has to offer. Our residents can meet with their therapist - or any staff member for that matter - not just once a week, but as often as necessary. Our weekly calendar features 12-Step immersion therapy; all forms of clinical therapy modalities; a family program; yoga; cooking classes; individualized advanced nutrition sessions; music and art therapy; personal training sessions; memberships to two gyms; meditation groups; experiential groups; study halls; financial management classes; medication management; job placement assistance; alumni led recovery meetings; athletic leagues featuring 100+ current residents, alumni and staff and countless other activities offered over a seven day period. Every month, we take current residents and alumni on a multi-day wilderness trip, with wilderness therapists. Annually we feature our signature international trip. No other extended care facility has even dreamed to do this. In 2016…our plan is to reach the North Pole. In 2015, we will follow the path of the Buddha's enlightenment across India. In 2014 we successfully summited Mt. Kilimanjaro in Tanzania, Africa, after first working on a coffee farm, and before a three day safari. In 2013 we covered Europe (England, France, Germany and Austria) as we followed the footsteps of "The Band of Brothers" and their well-documented WWII journey across the European theatre.

Individual Psychotherapy Available: *Yes*
Accreditation, Licensure: *CSW-NASW; DOPL UT; LMHCC - DoPL UT; Licensed Substance Use Disorder Counselor - DoPL UT; Licensed Professional Counseling Association; National Association of Social Workers*
Professional Affiliations: *NATSAP-Young Adult Member; NASW; LPCC; AEE; SMART; Recovery; NADACC*