# Foundation House

(Transitional Independent Living & Young Adult Program)

| CONTACT | PROGRAM OUTLINE |
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| **Executive Contact:** Patrick Babcock<br>**Admissions Contact:** Patrick Babcock<br>**Email:** info@foundationhouse.com<br>**Phone:** (207) 791-2002<br>**Fax:** (888) 245-3952<br>**Address:** 160 Preble Street<br>Portland, ME 04101<br>**Website:** www.foundationhouse.com | **Gender:** Boys Only<br>**Ages:** 17 - 35<br>**Grades:** GED, post-secondary<br>**Enrollment:** 60<br>**Duration:** 6+ months<br>**Founded:** 2002 |




**NATSAP Member**
**Since:** 2014

**Airport**: Portland International Jetport (PWM)

Foundation House is an extended-care, transitional sober living program for young adult men ages 17-35. Founded in 2002, Foundation House has built an enduring community of sober and active young men in one of the top cities for young people in recovery - Portland, Maine.

Our program is built to meet a cross-section of behavioral health needs ranging from co-occurring and acute clinical care to motivational and executive functioning issues. Most of our clients have attended a therapeutic wilderness program, primary treatment program or therapeutic boarding school.

At Foundation House we have created a non-punitive, peer-supported environment based on trust, and allow our residents to navigate real life - by living it. Our core belief is that growth occurs when young men find their way through experience. We teach our residents how to do everything sober - that means beginning and maintaining new relationships, finding work or continuing their education, developing practical spending habits and life skills, using technology responsibly, and learning how to have fun in sobriety. We have pioneered this dynamic approach to recovery by creating a balance of independence, structure and community.

Our residents participate in our fully licensed intensive outpatient program Monday through Friday. This program features a fully holistic approach including; weekly individual and group therapy sessions with our licensed therapists that continue throughout the entire stay, process groups, 12 Step instruction, yoga and meditation, nutrition and cooking classes, art & music, athletic leagues, wilderness adventures, money management, job placement, educational advising and alumni support groups. Our groundbreaking International Expedition Program has introduced residents to parts of the world they never imagined – including Europe, Africa and most recently India. Our aim is to use the experience of international travel to adjust our resident's perception of their reality - instead of imagining how things may be, they see them as they are.

**Individual Psychotherapy Available:** *Yes*
**Accreditation, Licensure:** *State of Maine Department of Human Services, Intensive Outpatient (IOP)*
**Professional Affiliations:** *NATSAP-Full Member; National Association of Addiction Treatment Providers (NAATP)*