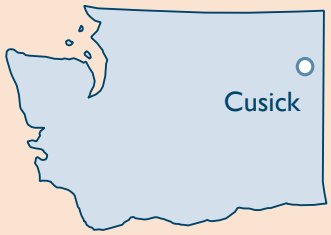
Life Designs, Inc.
(Young Adult Program)

CONTACT	PROGRAM OUTLINE
Executive Contact: Vince Barranco **Admissions Contact:** Jonathan Gross **Email:** lifedesignsvince@gmail.com **Phone:** (509) 671-2487 **Fax:** (509) 931-1714 **Address:** 10302 LeClerc Road North Cusick, WA 99119 **Website:** www.lifedesignsinc.com	**Gender:** Coeducational **Ages:** 18 to 30 **Grades:** N/A **Enrollment:** 10 **Duration:** 6 months **Founded:** 1997
NATSAP Member **Since:** 2000	**Airport**: Spokane



Life Designs prepares young people for responsible adulthood, in an age when many young adults are struggling with the challenges and choices in the "real world". We specialize in leadership training and the transition into adulthood, where the foundation for recovery and autonomy is addressed and created.

Life Designs offers a safe but challenging "homelike" environment where this important introspective journey can take place. Life Designs works to empower young adults to explore who they are: their values, talents and passions. Students learn to take action toward their personal goals, confronting their fears and former ways of self-sabotage. Our experiential learning style uses the home environment and daily work around the 30-acre property to teach "transferable skills" that will apply to any relationship, living situation, or job. Art, music, animal therapy and nature are also used as teaching tools.

The curriculum is self-empowerment in recovery: personal identity, leadership, finance, work ethic, psychology, home management, family-living, problem-solving, friendships, personal fitness, recreation and leisure. Students graduate with a well-defined future plan. Parent growth parallels student progress through educational workshops and bi-weekly communication that fosters post-adolescent parenting. Our staff is excellent at creating an ideal learning climate and "real life" situations where students create new thought patterns and actions for positive self-empowerment.

Life Designs is a 6 month, residential program for young adults who need a smaller, more structured environment and are not yet ready for a transitional living program. We believe in the principles that create long term recovery and successful, independent lives for our graduates.

Individual Psychotherapy Available: *Yes*
Professional Affiliations: *NATSAP-Young Adult Affiliate Member, IECA*