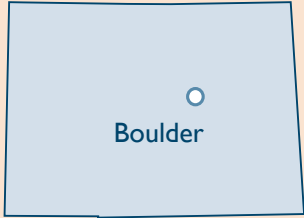


Living Well Transitions

(Transitional Independent Living Program & Young Adult Program)

CONTACT	PROGRAM OUTLINE
Executive Contact: Carl Baccellieri Admissions Contact: Marti Weiskopf Email: info@livingwelltransitions.com Phone: (303)245-1020 Fax: (303) 245-1001 Address: 1320 Pearl St. Ste. 320 Boulder, CO 80302 Website: www.livingwelltransitions.com	Gender: Coeducational Ages: 18 - 32 Grades: N/A Enrollment: 32 Duration: 12 months Founded: 2004
NATSAP Member Since: 2006	 Airport: Denver International, CO (DEN)

Living Well Transitions is a therapeutic, independent living program for young men and women ages 18-32. Our goal is to help young adults create a healthy and rewarding life of independence that is in line with their core values.

We strive to teach our clients how to reduce their current path of confusion by meeting them where they are unconditionally while clarifying and supporting their values and focusing on workability. We help our clients navigate their choices in relationship to their values as they learn to find self-direction, a sense of purpose and lasting change.

We do this by providing our clients with up to 25 hours of clinical support a week by Masters level counselors as they live their lives in the community. Most clients begin our program by moving into a "Landing Pad", a beautiful home in the community, where they live for 30-90 days prior to moving into their own apartment. They have the opportunity to practice living life without restraints and have their clinical team hold a mirror for self-evaluation and reflection.

Appropriate candidates for Living Well are those that have a desire for change. They must be open to possibilities and are able to recognize things that have gotten in their way of moving forward in their lives. Many have struggled with anxiety and/or depression. Low self esteem, ADD/ADHD, identity and relationship issues, substance use and neurological, personality and learning disorders are also areas our clients have struggled with.

Our treatment team uses ACT, DBT, Gestalt and other mindfulness-based treatment modalities. We also use SMART Recovery, a non-12 step, abstinent based recovery model to help clients dealing with behaviors they feel get in the way of their lives. Clients receive individual psychotherapy, family therapy and parent coaching, life skills, educational and vocational counseling.

Individual Psychotherapy Available: Yes
Professional Affiliations: NATSAP-Young Adult Associate Member