New Beginnings ARC
(Residential Treatment Center)

CONTACT

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NATSAP Member
Since: 2014

PROGRAM OUTLINE

Gender: Coeducational
Ages: 13 - 18
Grades: 5 - 12
Enrollment: 42
Duration: 30 - 90 days
Founded: 1983



Airport: Lafayette Regional Airport (LFT / KLFT)

New Beginnings Adolescent Recovery Center is a 42-bed Residentail Substance Abuse program. We provide treatment for teenage boys and girls between the ages of 13 - 18 who are struggling with Substance Abuse/ Dependency and Co-Occurring disorders. New Beginnings is licensed in the state of Louisiana through the Department of Health & Hospitals and is CARF Accredited.

While our treatment is deeply rooted in the 12-step philosophy, we utilize a variety of therapeutic approaches such as Rational Emotive Behavioral Therapy, Reality Therapy, Music Therapy, Art Therapy, Sand Tray Therapy, Mindfulness, Ropes Course, EMDR, and more. We firmly believe that embracing abstinence and long term recovery is the best approach. Paricipation by the entire family is an important aspect of the recovery process.

Although the length of stay for each teenager may vary, we strive to have each one remain in our safe environment for at least 90 days. This affords the time for our young patients to identify irrational thought patterns, dysfunctional behaviors, uncomfortable and/or painful feelings, and to grasp the knowledge and tools necessary to embrace a healthier lifestyle - free of mood altering chemicals.

Teenagers are complex. Their brains are not yet fully developed, they are emotionally immature, and often make poor decisions. Those with substance abuse problems and/or co-occurring disorders are even more complex. In order to effectively motivate troubled teenagers to embrace a healthier lifestyle, a talented, multi-disciplinary team of clinicians is essential.

Our clinical team is comprised of two psychiatrists, Masters level therapists, addition counselors, behavioral health nurses, certified educators, recreation coordinator, registered dietician, and a variety of support staff. Our experienced and dedicated clinical team was recognized for excellence as the sole recipient of the National Association of Addiction Treatment Providers' **2013 James W. West Quality Improvement Award**.

Individual Psychotherapy Available: *Yes*
Accreditation, Licensure: *Department of Health and Hospitals; CARF*
Professional Affiliations: *NATSAP-Full Member; NAATAP*