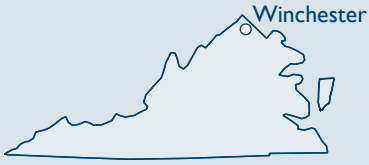
New Lifestyles

(Young Adult Program, Transitional Independent Living Program)

CONTACT		PROGRAM OUTLINE	
Phone:	(540) 722-4521	Gender:	Coeducational
Executive Contact:	Kenneth L. Cuave, PsyD.	Ages:	18 to 26
Admission Contact:	Sondra Tanner	Grades:	High School Completion and College
Email:	nladmit@newlifestyles.net	Enrollment:	22
Fax:	(540) 450-0799	Duration:	3 to 12 months
Address:	230 West Boscawen Street Winchester, VA 22601	Founded:	1985
Website:	www.newlifestyles.net		

NATSAP

Member Since: 2002



Airport: Washington Dulles

Located at the northern end of the Shenandoah Valley in Winchester, Virginia, New Lifestyles offers an intensive, therapeutically enriched, environment for emerging adults, ages 18-26.

In contrast to more traditional clinical work that is typically conducted in an office setting, New Lifestyles therapeutic milieu provides in-vivo interventions and opportunities for change throughout the day. Areas of focus for individual students are consistent with the difficulties that initially compelled the family to search for a programmatic intervention.

Creative in its approach, New Lifestyles ensures that therapeutic aspects of clinical intervention are woven into the daily experiences of each student in an individualized and therapeutically focused manner that targets clinical issues impacting a student's participation and progress. Specialty treatment tracks are available in the areas of affect regulation, executive functioning, anxiety management, and addiction recovery.

Other program components consist of health and recreational activities as well as psycho-education groups that focus on skill development in a variety of areas including social skills, interpersonal relationships, life competencies, and career and work exploration. Additionally, the New Lifestyles program requires students to learn financial skills including managing a checking account, paying bills, and creating a budget.

Those students who tend to be most successful at New Lifestyles are those with average to above average ability and who present with Axis I and/or Axis II diagnoses to include: mood disorders (depression, bipolar disorder); anxiety disorders (OCD, social phobia, generalized anxiety, PTSD); personality disorders and traits (borderline, narcissistic, dependent, avoidant); learning and attention disorders; and Aspergers disorder.

Individual Psychotherapy Available: Yes
Accreditation, Licensure: Clinical Psychologists licensed by State of Virginia
Professional Affiliations: NATSAP-Young Adult Affiliate Member; American Psychological Association (APA)