

Fulshear Treatment to Transition

(Transitional Independent Living Program & Young Adult Program)

CONTACT	PROGRAM OUTLINE
Executive Contact: Nikki Preece Admissions Contact: Helaine Sandler Email: nikki@fulsheartransition.com Phone: (801) 423-5324 Fax: (979) 793-3034 Address: 10514 Oberrender Road Needville, TX 77461 Website: www.fulsheartransition.com	Gender: Girls Only Ages: 18 - 24 Grades: N/A Enrollment: 40 Duration: 10 months Founded: 2004
NATSAP Member Since: 2004	 Airport: Houston, TX - Hobby (HOU) Houston, TX (IAH)

Fulshear Treatment to Transition is a therapeutic community where young women learn to become healthy, strong and influential. Fulshear accepts acute young women between the ages of 18 - 24 who have issues with trauma, attachment, personality disorders, self harm, body image, addictions and mood disorders. Our average length of stay is 8 - 10 months.

At Fulshear, clients participate in our Healthy, Strong and Influential program where they will experience progression through seven unique phases that take them on a journey of not only gaining insight into their issues but also learning and developing their individual core meanings. Our program is divided into three areas of concentration:

1. Healthy. This is a 90 day portion of our program designed for the women to focus solely on becoming healthy by taking opportunities for self discovery through values that help them learn to understand how to balance their emotional, spiritual and physical needs.

2. Strong. This is a 60 - 90 day portion of our program designed for women to learn that strong women have internal strength. They have created a foundation of healthy values that they draw upon when they feel a lack of strength. It is during this phase of the program that women learn to contribute to the world around them and integrate into new and unique situations.

3. Influential. This is a 60 day portion of our program designed for women to become influential. Influential women are a compelling force for good. They learn to not only influence their family and peers but also the community around them.

Fulshear is a relationship based and group driven program. Types of therapy provided are:

- CBT
- DBT
- EAP
- EMDR
- ETR
- Prolonged Exposure
- Experiential

Additionally, women will be able to have support and guidance with their academic and career decisions working with their transition specialists and our academic director.

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