

Benchmark Transitions

(Transitional Independent Living; Dual Diagnosis, Young Adult Program)

CONTACT		PROGRAM OUTLINE	
Phone:	Admissions: (800) 474-4848 Office: (909) 307-3973	Gender:	Coeducational
Executive Contact:	Jayne Longnecker, Executive Director/CEO	Ages:	18 to 28
Admission Contact:	Shelley Skaggs, Director of Outreach & Admissions Or Debbi James, Admissions Associate	Grades:	High School/College/ Vocational
Email:	admissions@benchmarkyas.com	Enrollment:	55
Fax:	909-793-4499	Duration:	6 months min, 12 months typical
Address:	1971 Essex Ct. Redlands, CA 92373	Founded:	1993
Website:	www.benchmarktransitions.com		
 NATSAP Member Since: 1999		Airport: Ontario	

Benchmark Transitions is a comprehensive, multi-disciplinary approach to residential transitional living for men and women, ages 18-28. Our dual-diagnosis model combines clinical treatment, behavioral health therapy, addiction recovery & aftercare, educational opportunities, job training and life skills in a structured and nurturing environment that fosters self-discovery and autonomy. Our model is peer-group and community based using a life coaching and therapeutic approach. Practical application, skills-based and cognitive behavioral treatment, allows students to learn personal responsibility and accountability through hands-on trials. The core component of our curriculum requires six months min to complete Level & Level II. The second component of the program includes on/off property independent living, average LOS 10-12 months. Extended care available.

Benchmark offers Dual Treatment options, Recovery & Aftercare students are those who have a history of substance use or abuse. Behavioral Health students have not exhibited any issues with drugs and/or alcohol. Both programs include our comprehensive curriculum of education, vocational & work skills, life skills and clinical treatment.

Facilities: The Education & Life Skills Center houses corporate & staff offices, student group rooms, three-bay teaching kitchen, library classroom/resource lab and Work Skills center, for creative arts, wood & electrical workshop. Students live with other Benchmark students on campus at our exclusive 18-unit apartment complex, featuring 24/7 awake staff. Upper level students may live in Benchmark-approved apartments in the community.

Academics: Benchmark Transitions includes an integrated, on-site high school component and the flexible curriculum allows students to obtain VASC-accredited HS diploma from Redlands Unified School District concurrently within the independent living curriculum. We offer our own HS curriculum, fully accredited by the National Private Schools Association Group (NPSAG) to facilitate a private school diploma. High school is available throughout the year with no additional charge. The on-site Education Department hosts a resource center, monitored internet access for school work, a comprehensive tutoring and study skills program, assistance with college placement and testing, curriculum guidance and career testing.

Family Involvement: Benchmark provides a five part series of complimentary parent coaching calls, to support parents & families when newly enrolled. Parents also attend a three-day Parent Workshop that provides additional insight into our curriculum and coaching philosophies, teaching new communication skills for interacting with their child while at Benchmark. Monthly progress reports family therapy phone conferences are incorporated. Parents are an integral component to the success and delivery of our program model. Visits and meetings are arranged by the student's primary life coach.

Individual Psychotherapy Available: Yes, weekly therapy Ph.D., LCSW, LMFT licensed therapists; MD Psychiatrist avail bi-monthly

Accreditation, Licensure: Fully Accredited as an Outstanding Academic Institution by the National Private Schools Association Group; CA Private School Affidavit

Professional Affiliations: NATSAP - National Association of Therapeutic Schools & Programs since inception; NAATP - National Association of Addiction Treatment Providers