

Living Well Transitions

(Transitional Independent Living Program)

CONTACT		PROGRAM OUTLINE	
Phone:	(303) 245-1020	Gender:	Coeducational
Executive Contact:	Julie Randall	Ages:	18+
Admission Contact:	Marti Weiskopf	Grades:	N/A
Email:	info@livingwelltransitions.com	Enrollment:	25
Fax:	(303) 245-1001	Duration:	9 to 15 months
Address:	P.O. Box 1 Boulder, CO 80306-1356	Founded:	2004
Website:	www.livingwelltransitions.com		



NATSAP

Member Since: 2006



Boulder

Airport: Denver

Living Well Transitions is a therapeutic, independent-living program for young men and women ages 18+. Our goal is to help young adults create a happy, healthy and rewarding life of independence. We strive to teach our clients how to reduce the harm from high-risk behaviors, while creating a balance in life between opportunity and responsibility.

Appropriate candidates for our program include those aged 18+ who are admitted voluntarily and are capable of caring for themselves in an independent living environment. Our highly trained clinical teams, consisting of Masters level mental health professionals, provide both cognitive and insight-based therapeutic methodologies to assist our clients in achieving personal success. A customized transition plan is developed for each client and is modeled on the five elements of our program: Life, School, Work, Relationships, and Meaning. Services available include individual and group psychotherapy, family counseling, life-skills training, vocational support and assistance, educational support and assistance, community networking, clinical assessment and diagnosis, crisis intervention, and consultation.

Managing the responsibilities of adult life takes time, practice, and support. When these responsibilities are coupled with the challenges posed by learning disabilities, social anxiety, chronic impulsivity, or symptoms related to psychological disorders, they can seem overwhelming. However, the maintenance of these responsibilities is also fundamental to fostering self-esteem and ultimately to one's creation of a successful life.

Individual Psychotherapy Available: Yes

Professional Affiliations: NATSAP-Young Adult Affiliate Member