

SOMMERVILLE YOUNG ADULT COMMUNITY

Cleveland, Texas
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(Sommerville Young Adult Community is a part of Solacium Holdings LLC)

Sommerville Young Adult Community is an Asperger's and Fetal Alcohol Spectrum Disorder (FASD) community for young men and women ages 18 and over. The clinical model, based on current research and best practices for people with Asperger's and Fetal Alcohol Spectrum Disorders, multiple diagnoses and neurobehavioral characteristics, includes helping those, who have struggled at home, school and in other services and programs.

Key staff includes Director Terrence Mullaney who had been the Director of the San Cristobal Ranch Academy and Director of Admissions for Fulshear Ranch Academy, Treatment Director Sarah Seipel MSW and Director of Admissions Shay Butts.

Sommerville emphasizes working and living together, life and social skills development and healthy relationships and mentoring. Daily activities strengthen time management skills; teach residents to create and maintain a budget, change a tire, plan and cook nutritious and balanced meals, create résumés and understand how to conduct oneself in an interview. Together, the Life and Living component enhances growth toward independence and self-reliance.

Residents work daily with horses, and participates in equine therapy with certified instructors. There are kennels on the ranch where dogs and cats are bred, and the young adults care for rescued animals. AA and NA are part of the community and group discussions, to expand on the overall goal of teaching and supporting young adults to understand addictions and build relationships that help to develop new and more effective ways to solve problems. The adults learn impulse control, anger management and participate in relaxation therapy.

Sommerville residents also participate in daily exercise in the gym and pool, have access to the outdoors with activities such as hiking, backpacking, camping, canoeing, rock climbing, fishing, and basic survival skills, and may participate in yoga and meditation, as well as "communal creation" of arts and crafts, recreational activities and personal reflection and development.

SecondNature Wilderness Programs

Second Nature is a licensed treatment program that uses the wilderness setting in a clinically focused intervention to teach students accountability, communication skills and healthy emotional and behavioral habits. Treatment plans are individualized for each student and include flexible lengths of stay, single gender treatment, daily groups and individualized therapy sessions with doctorate level therapists weekly.

Second Nature works with students 13 to 17 with a range of emotional and behavioral issues including: Depression, Learning Differences, Oppositional Defiance, Attention Deficit, Attachment and Substance Abuse Disorders. Typical students fail to respond to limits and rules, act entitled, choose the wrong friends, underachieve, have low self-esteem, experience a decline in performance and may be experiencing parent-child conflict.

For Additional Information
Contact us at:

801-947-1338
www.snwp.com



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