

Red Mountain Sedona

(Transitional Independent Living Program)

CONTACT	PROGRAM OUTLINE
Executive Contact: Josh White, MA, LCMHC, CGP, WPA Admissions Contact: Stacey Reynolds Email: info@redmountainsedona.com Phone: (855) 998-5272 or (775) 293-0751 Fax: (928) 852-0398 Address: 90 Bell Rock Plaza, Suite 100A Sedona, AZ 86351 Website: www.redmountainsedona.com	Gender: All Genders (non-binary) Ages: 18 - 28 Grades: N/A Enrollment: 43 Duration: 8 - 10 months Founded: 2014  Sedona
NATSAP Member Since: 2016	Airport: Phoenix, AZ (PHX)

We work with young adults ages 18 and up, who are failing to gain traction in life due to behavioral and/or emotional challenges such as trauma, drug and alcohol abuse, poor life skills, emotional challenges (anxiety and depression), and compulsive behaviors. Our students may have completed previous treatment and are ready to launch into a full, rich life. Our students are willing to change from the inside out, engaging in a path of mindfulness, healthy relationships, community engagement, spiritual and emotional depth, and personal transformation.

Our students engage in a daily matrix of training the mind, body and spirit including mindfulness, martial arts, yoga, recovery work (12-Steps, SMART Recovery, etc.), life skills, therapy (individual, group, and family), and recreational activity. We help our students to find their joy, develop real-life skills to handle life on life's terms, and turn imagination into reality. We help them cease from harmful and immature behaviors, replacing these behaviors with healthier choices which instill wisdom competence, confidence, self-esteem, and determination.

Mindfulness is an ancient practice with cutting-edge connotations. Through the simple act of noticing-becoming mindful of habitual thoughts and patterns - students learn to interrupt their self-destructive patterns of thought and behavior, and re-wire the brain to pause before acting, and make better choices.

Our graduates embody our core values of Mindfulness, Safety, Compassion, Confidence, and Growth. They have established goals and are clear on how to reach them, are strong and healthy in mind, body, and spirit, have healed their interpersonal relationships, and are engaged in positive activities and choices on a daily basis.

Accreditation, Licensure: Arizona Department of Health Services, Office of Behavioral Health Licensing
Professional Affiliations: NATSAP - Full Member; Better Business Bureau (BBB)