



RECOVERY. COMMUNITY. HEALING.

WHERE

Bend, Oregon

an intersection of **mountains, rivers, and city** in the heart of **Central Oregon**.

WHO

Young Adult Men, Ages 18–35

who are **in recovery** from addiction, **trauma, anxiety, depression, or simply** a general sense of feeling **lost in the transition from adolescence into** adulthood.

LENGTH OF STAY

7 Months on Average

structured **independence** using a **phase system** with a **minimum** length of stay of **4 months**.

WE PAIR INNOVATIVE CLINICAL WORK WITH COMPREHENSIVE LIFE SKILLS FOR AN EXPERIENTIAL RECOVERY PROGRAM. WE WORK CLOSELY WITH EACH OF OUR CLIENTS TO SET GOALS FOR TRANSITIONING BACK INTO SCHOOL OR WORK, AND ULTIMATELY LIVING AN AUTHENTIC LIFE.

ABOUT US

WE UTILIZE MULTI-FACETED APPROACHES TO RECOVERY, CUTTING EDGE CLINICAL MODALITIES, FAMILY WORK, SOBER COACHING AND CONNECTION WITH A COMMUNITY OF LIKE-MINDED PEERS TO NAVIGATE THIS TRANSITION.

EXPERTISE

- TRAUMA & ATTACHMENT FOCUSED THERAPY
- INDIVIDUALIZED ADDICTION RECOVERY PLANNING
- SOMATIC EXPERIENCING
- DIALECTAL BEHAVIORAL THERAPY
- COGNITIVE BEHAVIORAL & NARRATIVE THERAPIES
- FAMILY THERAPY
- PARENT COACHING
- MINDFULNESS, MEDITATION & YOGA
- INDIVIDUALIZED LIFE SKILLS COACHING
- WILDERNESS EXPERIENTIAL THERAPY
- RECOVERY MENTORING

push play  *on life*

CONTACT



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SKYLINE SERVICES

- 8 HOURS OF THERAPEUTIC GROUPS WEEKLY
- 90-MINUTES OF INDIVIDUAL PSYCHOTHERAPY WEEKLY
- WEEKLY LIFE SKILL COACHING SESSIONS & WORKSHOPS
- WEEKLY FAMILY THERAPY AND/OR UPDATE CALLS
- HOUSING, ALLOCATED GROCERY & SPENDING MONEY
- 6 PARENT COACHING SESSIONS
- 1-2 WILDERNESS BASED EXPERIENTIAL THERAPY GROUPS MONTHLY
- 1-2 COMMUNITY BASED ACTIVITIES WEEKLY
- WEEKLY RANDOM URINE ANALYSIS INCLUDING FULL PANEL TESTING
- ACADEMIC/CAREER ASSESSMENT SESSION
- QUARTERLY ADVENTURE TRIPS

EXPERIENTIAL OPTIONS



- Options to Finish High-School
- Central Oregon Community College
- Oregon State University - Cascades



Opportunities for Internships, Volunteering and Employment Throughout Bend- With Coaching Preparation and Support



Creating Community: Collegiate Recovery, 12- Step Meetings, ACOA Meetings, Recovery Yoga, Refuge Recovery, Rock-Climbing, Skiing/Snowboarding, Running, Skateboarding.



(WEEK)DAY IN THE LIFE



PHASE ONE

MONDAY

9:00 Check-In

SHUTTLE

10:00-1:00
Bright Sky IOP

LUNCH

**INDIVIDUALIZED
TIME**

6:30
Refuge Recovery

TUESDAY

9:00 Check-In

SHUTTLE

10:00-1:00
Bright Sky IOP

LUNCH

**INDIVIDUALIZED
TIME**

7:00
Rule 62 Meeting

WEDNESDAY

9:00 Check-In

DEEP CLEAN

10:15-12:15
Process Group

LUNCH

**INDIVIDUALIZED
TIME**

5:30
Recovery Meeting
& BBQ @ Skyline

THURSDAY

9:00 Check-In

SHUTTLE

10:00-1:00
Bright Sky IOP

LUNCH

**INDIVIDUALIZED
TIME**

7:00
NA Meeting

FRIDAY

9:00 Check-In

10:00
Grocery Run

LUNCH

1:00
Friday Activity

**INDIVIDUALIZED
TIME**

SATURDAY

10:30- 2:00
Saturday Activity

**INDIVIDUALIZED
TIME**

SUNDAY

10:00
SON Meeting

CLEAN & PREP

6:00
Community Dinner

GROUPS AND ACTIVITIES ARE REQUIRED OF CLIENTS FOR THE FIRST EIGHT WEEKS, ANY JOB OR CLASS TAKEN WILL NEED TO BE SCHEDULED IN 'INDIVIDUALIZED TIME' OR WITH CONSULTATION FROM THEIR TREATMENT TEAM.

PHASE TWO & THREE

MONDAY

9:00 Check-In

SHUTTLE

10:00
Week Prep
Goal Setting Group

LUNCH

**INDIVIDUALIZED
TIME**

6:30
Refuge Recovery

TUESDAY

9:00 Check-In

SHUTTLE

10:00
Therapeutic Group

LUNCH

**INDIVIDUALIZED
TIME**

7:00
Rule 62 Meeting

WEDNESDAY

9:00 Check-In

DEEP CLEAN

10:15
Process Group

LUNCH

**INDIVIDUALIZED
TIME**

5:30
Recovery Meeting
& BBQ @ Skyline

THURSDAY

9:00 Check-In

SHUTTLE

10:00
Recovery Yoga

LUNCH

**INDIVIDUALIZED
TIME**

7:00
NA Meeting

FRIDAY

9:00 Check-In

10:00
Grocery Run

LUNCH

1:00
Friday Activity

**INDIVIDUALIZED
TIME**

***AS CLIENTS GET JOBS OR ARE ENROLLED IN SCHOOL, THOSE WILL TAKE PRIORITY OVER GROUPS & ACTIVITIES. GENERAL RULE IS IF A CLIENT ISN'T IN OTHER RESPONSIBILITIES, THEY ARE EXPECTED TO BE IN THE GROUP OR ACTIVITY.**