



## 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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[www.skylinerecoverybend.com](http://www.skylinerecoverybend.com)



625 NW Colorado Ave  
Bend, Oregon, 97703

### 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.**