



RECOVERY. COMMUNITY. HEALING.

WHERE

Bend, Oregon

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

WHO

Young Adult Men, Ages 18-32

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

push play  *on life*

CONTACT



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625 NW Colorado Ave
Bend, Oregon, 97703

SKYLINE SERVICES

- 8 HOURS OF THERAPEUTIC GROUPS WEEKLY
- 90-MINUTES OF INDIVIDUAL PSYCHOTHERAPY WEEKLY
- 90-MINUTES OF LIFE SKILL COACHING WEEKLY
- 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

MONDAY

9:30 Check-In
10:00
Process Group @
Penn St.
2:00
Process Group @
10th
6:30
Refuge Recovery

TUESDAY

9:30 Check-In
10:00
Lifeskills Group
INDIVIDUALIZED TIME
7:00
Rule 62 Meeting

WEDNESDAY

9:30 Check-In
10:00
Therapeutic Group
INDIVIDUALIZED TIME
5:30
Recovery Meeting
& BBQ @ Skyline

THURSDAY

9:30 Check-In
10:30
Recovery Yoga
INDIVIDUALIZED TIME
7:00
NA Meeting

FRIDAY

9:30 Check-In
10:00
Grocery Run
1:00
Friday Activity
INDIVIDUALIZED TIME

INDIVIDUALIZED TIME:

- Required 5 Hours of Recovery Centered Activities
- Therapy Session
- Coaching/Lifeskills Session
- Family Session
- Work/ Internship
- School
- Wellness/Exercise

COMMUNITY RECOVERY ACTIVITIES:

- Collegiate Recovery
- 12- Step Meetings
- ACOA Meetings
- Recovery Yoga
- Saturday Activity
- Volunteering
- Refuge Recovery

(WEEK)END

SATURDAY

10:30- 2:00
Saturday Activity
INDIVIDUALIZED TIME

SUNDAY

10:00
SON Meeting
PREP FOR THE WEEK TO COME
6:00
Community Dinner



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