



Young Adults in Recovery

The KeyStone Center young adult track was developed to meet the unique needs of individuals who are in recovery and between the ages of 18 and 26.

Multi-dimensional Focus

The focus is multi-dimensional and has its basis in research supported methodologies such as:

- Motivational Interviewing
- Relapse Prevention
- Dialectic Behavioral Therapy
- Trauma Informed Care

The young adult track is responsive to this population's developmental challenges including:

- Attachment to family of origin
- Establishment of career
- Balancing need for independence with dependence on family support
- Development of long-term relationships and friendships
- Development of social interests
- Financial decision making

Adjunctive Therapy

In addition, systems theory is utilized by our family therapists with a goal to change the family by changing the lives of its members. An inventory of the family system will guide the family therapist to assist the family with:

- Differentiating from family of origin
- Developing intimate peer relationships
- Establishing work and financial independence
- Launching adult children

Goals

The goal of our trauma-informed approach is to help the client recognize the way in which current problematic behaviors and patterns may have emerged as legitimate ways to cope with life stressor, but have now come to represent maladaptive schema that are blocking their ability to fully thrive as a functional adult.



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