



Learn More



Referral Form

This seamless system allows us to capitalize on the short-term stabilization that treatment offers and expand it into the life-changing foundation of recovery—one that makes their futures limitless.

### Youth SUD Treatment

#### Discovering You.

#### Your Healing. Your Growth. Your Future

Everyone's Recovery Journey is different. Our Clinical services provide therapy, assessments, and **personalized care to support your healing**. We're here to help.

##### We Provide:

- Individual and Group Therapy
  - Work with a licensed clinician to explore challenges and build resilience
- Clinical Peer Support and Mentorship
  - Using lived experience to help participants successfully navigate their treatment experience
- Behavioral Health Assessments
- Mental Health Services
- Family Therapy

### Recovery Support Services

#### Stronger Together.

#### Peer Support. Community. Real Connection

Recovery isn't just about quitting something  
**It's about building something new.**

At 4D, you'll find community, mentorship and a space where you can grow, have fun, and build a future that you're excited about.

##### We Provide:

- Sober Social Events – Fun activities designed by youth where you can connect & find belonging
- Peer Mentorship – Learn from others who have been in your shoes
- Leadership Opportunities – Step up, lead, and make a difference in your community.
- One-On-One Support – Talk with someone who understands
- Community and Connection – A Space where you never have to be alone.

#### A Place to Belong. A Place to Grow.

4D Recovery is a space where young people come together to grow, heal, and thrive. Whether you need peer support, mentorship, or professional clinical services, we offer a community that understands you.

#### No judgment—just support.

"4D will forever be my first home. When I had nowhere to go, 4D was there"

"4D has given me a second chance at life, guiding me through my recovery journey with constant support and understanding"

"Without 4D, I would have never recovered. Today is my two years sober, Adolescents need community and safety —somewhere to belong"