

*Premier Alcohol and Substance Abuse Extended Care  
Recovery Program for Young Adults in Colorado*

### Program Basics – Young Adults 18-30

6 months of PHP & IOP services, housing and transportation included.

PHP: 30 hours of weekly group therapy, weekly individual sessions, service commitments, multiple daily meetings, Phoenix Multisport.

IOP: 15 hours of weekly therapy, weekly individual sessions, service commitments, multiple daily meetings, must maintain employment, Phoenix Multisport.

3 months of OP after

completion of PHP/IOP: 3 hours weekly group therapy, weekly individual sessions, must maintain employment.

\*\*\*All services are non-contractual and we don't step down level of care based on billing.

12 Step Program: Step immersion, daily meetings, service commitments, sponsorship, amends trip, weekly coffee dates, Step 11: Nightly Reflection, accountability circle.

Clinical Services Include: Group therapy, with

both psychoeducational and process groups focused on alcoholism & substance abuse, 12-Step recovery, sex and sexuality, spirituality, self-esteem, communication, love addiction, life skills, transitions, nutrition, exercise, codependency, and more. Individualized therapy for co-occurring mental health disorders: trauma and abuse (EMDR certified staff), compulsive behaviors, bi-polar (treated), depression, anxiety disorders, and MORE.



**SERENITY PEAKS  
TRIPLE PEAKS**  
— RECOVERY CENTERS —



**A CARING RECOVERY**



**SERENITY PEAKS  
TRIPLE PEAKS**  
— RECOVERY CENTERS —

**ADMISSIONS : 1.888.506.9818**

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## OUR VISION

Triple Peaks and Serenity Peaks purpose is to provide the highest level of alcohol and substance abuse therapies guided by a fully certified clinical team, specifically designed to promote long term recovery in an accountable, communal setting.

### Why Extended Care at Triple Peaks and Serenity Peaks?

Everyday millions of individuals and their families are affected by alcohol and substance abuse. Studies show that the longer young adults participate in treatment programs and stay active in their recovery, the more likely it is that they will achieve long-term sobriety & stability.

**ONE YEAR OF  
SOBRIETY ↓ 50%  
CHANCES OF RELAPSE**

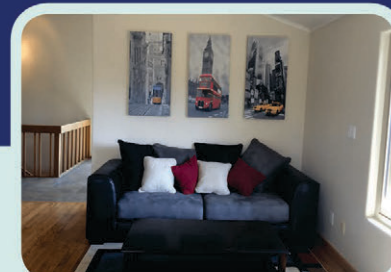


Given our extended care model we are uniquely positioned to help guide our clients toward that one-year mark of sobriety. We believe it paramount to the long-term success of young adults and their recovery that they continue with extended care treatment.

## OUR SOBER LIVING ENVIRONMENT

Triple Peaks and Serenity Peaks are gender specific facilities located in beautiful Colorado Springs, Colorado. Each program is comprised of two sober living homes staffed 24-hours a day, including an alumni home.

The purpose of our sober living homes is to create an environment of connectedness. Our homes are accountability based and provide our clients with the opportunity to share stories, hold each other up, and widen their circle of compassion to embrace all individuals, connecting with people that share both a similar experience and new found journey in recovery.



## FAMILY RECOVERY

We believe that addiction is a family disease and, for this reason, we welcome families into our extended care treatment setting. Families are invited on a monthly basis to participate in therapy with their loved one. Family members are also updated on their loved one's progress in treatment on a weekly basis. Together, both the monthly therapy sessions & weekly updates create solid boundaries between family members and their loved ones while making the family unified again.