

PARTNERS IN HEALING.



CAPSTONE IS a residential treatment center for adolescent and young adult males, ages 13 to 25. Our highly trained

therapy team partners with parents to help sons struggling with a wide range of issues, from substance abuse to trauma. —

Canine Companion Therapy is a unique and special part of Capstone's approach. Each resident receives an American Kennel Club (AKC)-registered Labrador retriever puppy upon admittance. The relationship between the resident and his puppy is the primary benefit of Canine Therapy, as the puppy offers unconditional love and acceptance. After graduation, the resident takes his Labrador home to serve as a recovery companion and constant reminder of the resident's experience at Capstone.

CAPSTONE'S SCOPE OF TREATMENT

CO-OCCURRING DISORDERS

Depression
Anxiety
ADHD/ADD
PTSD

ADDICTIONS

Substances
Pornography
Sexual
Compulsive Video Gaming
Gambling
Internet
Compulsive Behaviors

TRAUMA

Sexual Abuse
Physical Abuse
Divorce
PTSD
Rejection/Loss/Death
Neglect/
Emotional Abuse
Attachment Issues
Self-injury
Natural Disaster
Accidents/Surgery
Invasive Medical Procedures

BEHAVIOR & ATTITUDE

Defiance
Entitlement
Idleness

Anger Explosions
Irresponsibility
Apathy
Laziness
Over Indulgence
School/Legal Problems

FAMILY THERAPY

Family Conflict
Marital Issues
Parent-Child Difficulties
Sibling Problems

RELINQUISHMENT/ ADOPTION ISSUES

LOW SELF-ESTEEM

THERAPY & THERAPISTS.

Everyone on the Capstone Therapy team holds a master's degree or Ph.D.

We help young men identify, address, and heal the root causes behind their struggles so they can begin to restore relationships and live life to the fullest. Capstone's 1-2 therapist/patient ratio ensures your son will get the time, care, and attention he needs.

INTENSIVE THERAPY PROGRAM INDIVIDUAL THERAPY

Averages 1 therapist to 2 residents ratio



Each resident receives 6 and 3 hours of individual therapy every other week from their Primary Therapist, except during Family Week and Trauma Week

FAMILY THERAPY

Over 70 hours of family therapy



Comprehensive family treatment plan

Weekly phone sessions with parents during son's stay at Capstone

POST-TREATMENT SERVICES

Weekly phone consultation with Primary Therapist for 3 months

2-day Family Intensive/Relapse Prevention Tune-Up

1 weekend Family Reunion workshop

during the first 12 months post graduation



CUTTING EDGE THERAPY

The Core-Systems Model is an Integrated Systems Model that incorporates Family Therapy, Interpersonal Neurobiology, Adventure Therapy, along with specialty training in trauma and multiple addictions.