

A photograph of a person walking a light-colored dog on a leash through a grassy field. The background is a dense forest of tall trees, with the scene illuminated by the warm, golden light of a sunset or sunrise. The sky is a pale blue with some light clouds. The overall mood is peaceful and natural.


CAPSTONE
PROFESSIONAL EXCELLENCE | CHRIST-CENTERED

*“The stone the builders rejected
has become the capstone.”*

Psalm 118.22



WELCOME TO CAPSTONE

CAPSTONE TREATMENT CENTER is a residential treatment and behavioral-care program located in the beautiful Ozark foothills just outside of Searcy, Arkansas. Professional excellence in a Christ-centered environment is what makes us unique and effective. We help families with sons, teens and young adults ages 14-26, who struggle with a wide range of hurts, struggles, compulsions, addictions and other self-destructive behaviors.

We assist parents or clinicians who are trying to help troubled teens or struggling young adults. Our purpose is to help you determine what's going on with your son by putting some of the puzzle pieces



together into a picture that shows his core underlying issues. If your son's situation can turn around and get on a good path with outpatient therapy, he doesn't need a residential program. But if he can't resolve it without getting out of his normal environment with the same people, places and behaviors, a residential program is the proper level of care. In other words, he needs to get to a safe place where he can't get pulled back into that hole. Then he has a chance to focus, heal his hurts and redirect his life.

Healing the past.
Embracing the present.
Redeeming the future.
Let us be your partners
in healing. 🏹



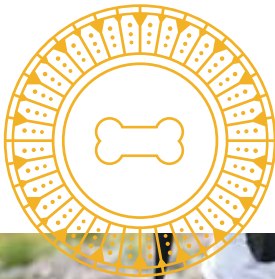
Adrian Hickmon
Adrian Hickmon, Founder

CANINE COMPANION THERAPY

CAPSTONE'S UNIQUE THERAPEUTIC APPROACH

begins with Canine Companion Therapy. Every resident receives an American Kennel Club (AKC)-registered Labrador retriever puppy upon admittance. The resident and the puppy form a special relationship full

of unconditional love, acceptance, responsibility and fun. After graduation, the puppy goes home with its boy and for many years, is a best friend, relapse prevention partner, and family member.

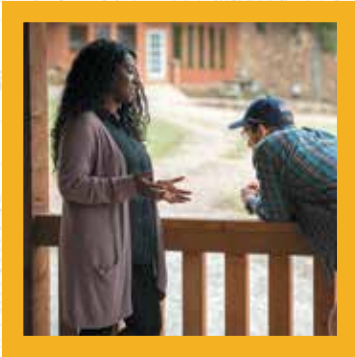


*Follow us on Facebook
@capstonetreatmentcenter
for Puppy Fridays.*



*“Came for the dog, stayed for the
therapy, left with a better life.”
Capstone Alumni*

THE CORE-SYSTEMS MODEL OF THERAPY



THE CORE-SYSTEMS MODEL is an Integrated Systems Model that incorporates Family Therapy, Interpersonal Neurobiology, and Adventure Therapy with issue-driven specialty training in trauma and multiple addictions. The Core-Systems Model focuses

on the three core systems of each resident; the self-destructive coping behaviors, the core underlying hurts-fears-issues, and the family. All three of these systems are must-win battlefronts for lasting change.



FAMILY THERAPY

FAMILY IS THE STRONGEST SUPPORT SYSTEM a person can have, and that love is crucial during the healing process. Phone consultations with their therapist during the program and in the three months of aftercare post-graduation, along with face-to-face Family Therapy during Family Week and at Family Retreat total more than 70 hours. The family's engagement in this process is the strongest factor in lasting success.



THE 12 STEPS

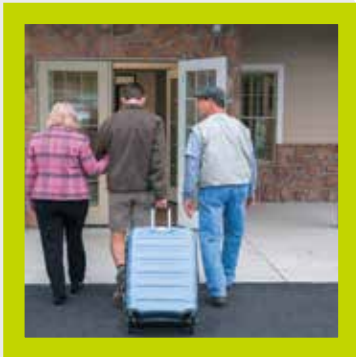
ONCE DEVELOPED, addiction is an irreversible condition of the brain. Often, young men admit to Capstone because they are compulsively doing a behavior that is causing problems like substance abuse, pornography, high risk sex, videogaming, or others. There is a continuum of

this behavior that ranges from abuse to compulsivity to addiction. For some of our graduates, working the 12 Steps will be a vital resource in aftercare so Capstone has three 12-Step meetings per week on campus to teach the steps and principles.



LENGTH OF STAY

DIFFERENT PROFESSIONAL STUDIES, as well as experts in the field of drug abuse, state that longer treatment programs are crucial to ending the relapse-rehab cycle. National Institute on Drug Abuse (NIDA) researchers referred to a well-organized and well-conducted 90-day program as “the Gold Standard” in treatment and incomparably more successful than shorter programs. Capstone’s program averages between 90 and 96 days.



PROGRAM DETAILS



INDIVIDUAL THERAPY

- Averages 1 therapist to 2 residents-ratio
- All therapists either hold PhDs or master's degrees
- Minimum 4 hours of Individual Therapy per week

CANINE THERAPY

- Each resident receives a Labrador retriever puppy upon admittance
- The Labrador serves as a recovery companion during and after treatment

ADVENTURE THERAPY

- Rope course
- Outdoor Adventures

EXERCISE THERAPY

- Workout regimen
- State-of-the-art weight room

FAMILY THERAPY

- Comprehensive family treatment plan
- Over 70 hours of Family Therapy

POST-TREATMENT

SERVICES

- Weekly phone consultation with primary therapist for three months
- Two-day Family Intensive/Relapse Prevention Tune-Up
- One weekend Family Intensive during the first 12 months



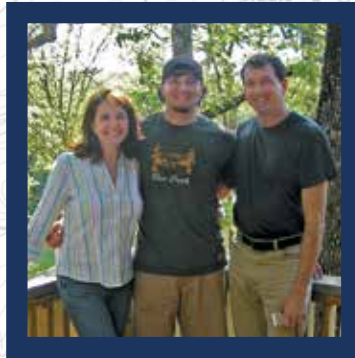
“Capstone saved our nephews life and helped him start a new one! I highly recommend Capstone if your son and your family are needing a place to find healing. A very professional staff that cares so much about the boys in their care. You will not be disappointed!”

Alumni Uncle

CHRIST-CENTERED TREATMENT ENVIRONMENT

EVERY ASPECT OF THE CAPSTONE

EXPERIENCE reflects Jesus Christ, but He is never forced on anyone. Capstone is not affiliated with a specific church, but rather simple Christianity. We accept residents of all beliefs, from atheist to devout Christian. The focus is spiritual growth toward a personal relationship with God through Jesus Christ, and cultivating truths that will stand on their own without faith, including



honesty, purity, humility, and self-control.

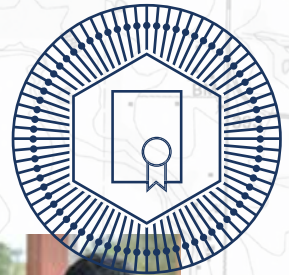
Capstone's Christ-centered focus and professional excellence form a very powerful

synergy. Each young man has been given special gifts and purposes that can be developed and used for good. It is in the crucible of struggles that God gives opportunities to grow and to develop the strengths needed to live life to the fullest. Every Capstone staff member genuinely strives to join residents and their families in this journey. That's what makes Capstone such a special place.



"I felt that Capstone served our son completely. We did not think that the main problem was his addiction to drugs. You cannot treat the outside problems without treating the inside problems. We were fighting for his life and for our lives and it was God that led us to Capstone." Alumni Dad

THE CAPSTONE THERAPY TEAM



EDUCATION

- All therapists either hold PhDs or master's degrees
- Capstone Founder Adrian Hickmon, PhD, personally taught most of our therapists in graduate school for two years prior to being hired

SPECIALTY CREDENTIALS & LICENSURE TRACKS

- Capstone therapists specialize in multiple addictive behaviors, trauma and attachment, and family therapy. Each therapist has received training certifications of Certified Sexual Addiction Therapist (CSAT), Certified Trauma Therapist (CTT), and Eye Movement Desensitization and Reprocessing (EMDR Part I & 2)
- All therapists are Licensed Professional Counselors (LPC) and/or Licensed Marriage and Family Therapists (LMFT)

TEAMWORK

- In multiple meetings per week, our therapists work as a team with the Clinical Director and Assistant Clinical Directors to provide the best and wisest therapy experience possible.





SCOPE OF TREATMENT

CO-OCCURRING DISORDERS

Depression
Anxiety
ADHD/ADD
PTSD

ADDICTIONS

Substances
Pornography
Sexual
Videogaming
Digital Media Compulsivity

TRAUMA

Sexual abuse
Physical abuse
Relinquishment
Attachment issues
Parental Divorce
Rejection/Loss/Death
Emotional abuse
Self-injury
Accidents/Surgery

BEHAVIOR & ATTITUDE

Defiance
Entitlement
Anger explosions
Irresponsibility
Apathy
School/legal problems
Low self-esteem

FAMILY THERAPY

Family Conflict
Parenting Conflict
Marital Issues



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NATIONAL ASSOCIATION
OF
ADDICTION TREATMENT PROVIDERS



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