

Courage. Conscience. Character.



A Family Business

benchmarktransitions.com

1.800.474.4848

The Benchmark Transitions® Young Adult Program

Benchmark Transitions® is Southern California's premier residential and extended care treatment program, specifically designed to assist older teens and young adults attain sobriety, achieve emotional balance and gain independent living skills. We offer a full continuum of care, providing primary treatment, detox, day treatment (PHP), intensive outpatient treatment (IOP) and extended care with structured transitional and sober living.

Beginning with primary care and transitioning through the stepdown process, clients' needs are answered during every step of their program. Our extended care for young adults has over 23 years' experience in assisting young men and women exiting other treatment and wilderness therapy programs, hospitalization & stabilization units, and for adolescents aging out of therapeutic boarding schools.

Benchmark is also an ideal option for young men and women who are struggling with emerging adulthood. Additionally, we offer assistance through an accredited high school and provide academic support for clients who want to complete their education or pursue their career and college goals.

Regardless of the level of care needed, or whether the main issue is substance abuse or behavioral health, Benchmark will customize and individualize a program suitable for each young adult client's needs.

We'll assess your needs ... and get you where you need to be.

Our full range of treatment programs include Detoxification, Primary Residential Treatment, Extended Care, Transitional Living and Independent Living. While each young adult may have a unique entry point in our program, we strive for the same exit point – young adults with the skills to maintain their well-being and live independently!

YOUNG ADULT DETOXIFICATION

Providing a fresh start

Detoxing with Benchmark is more comfortable in our home-like and peer group supportive living environment with trained and experienced staff.

PRIMARY RESIDENTIAL

All the comforts of home

Discover our primary residential treatment for young adults and their families! **Wildwood Canyon** – young adult men's primary rehab, and **Panorama Ridge** – young adult women's primary rehab.

EXTENDED CARE

Getting on the right track

We provide a step-down transition program for clients completing our residential programs at **Wildwood Canyon** and **Panorama Ridge**, well as for young adults transferring from other primary treatment programs.

TRANSITIONAL LIVING

A bridge to the new you

Benchmark's Transitional Living program is unique in the industry, providing the comprehensive clinical support, life skills, education and vocational guidance to help gain a new foothold in life.

INDEPENDENT LIVING

Moving to independence

Benchmark provides a structured sober independent living environment for young adults as they transition out of Benchmark's Residential and Transitional Living Extended Care programs.

Our young adults gain the life skills they need to make it on their own. Call us today for an individualized assessment:
1.800.474.4848 ext.1 | admissions@benchmarkyas.com



Participant Profile

Young adult men & women, 18-28 years of age, exhibiting behavioral and clinical issues such as, but not limited to:

- Academic challenges
- Addiction
- ADD/ADHD
- Adoption/Abandonment
- Anger management
- Anxiety
- Asperger/Autism Spectrum
- Co-occurring Disorders
- Compulsive behavior
- Depression
- Distressed relationships
- Emotional & Behavioral issues
- Grief/loss
- Gaming/Internet Addiction
- Lacking confidence
- Learning differences
- Life changes
- Mood disorders
- Oppositional (ODD)
- Poor judgment
- Non-verbal learning disorder
- Shy/withdrawn
- Sneaky/underground
- Socially isolated
- Substance use/abuse
- Trauma
- Unmotivated

Purpose

The Benchmark Transitions® family is dedicated to transforming the lives of young adults and their families through the development of

COURAGE | CONSCIENCE | CHARACTER

A residential therapeutic continuum of transitional living services for older teens and young adults. Contact us to see what we can do for you.

1.800.474.4848

www.benchmarktransitions.com

Enrollment

Year round rolling admissions; revolving curriculum, clients can enroll at any point throughout the year; Programs are individualized to meet each client's unique needs. Length of stay can vary from 30 days to 2 years, depending upon need. Serving young adult men and women, ages 18-28.

Financial Information and Assistance

Benchmark Transitions® is one of the only therapeutic residential and transitional living programs that accepts insurance! We can assist with answers regarding insurance claims, insurance verification, financial eligibility and other funding arrangements.

Location

Nestled in the historic communities of of Redlands and Yucaipa, CA, approximately 60 miles East of Los Angeles (LAX), 60 miles North East of Newport Beach (SNA) and at the foot of the San Geronio Mountains, we are centrally located near the mountain resorts, deserts of Palm Springs and the Joshua Tree National Monument, as well as close to the Pacific beaches of Southern California. Our location provides multiple recreational opportunities close to educational, vocational & cultural opportunities that lend to the community-based learning situations, allowing our participants to gain a foot-hold on their own independent living.

Redlands is known as the "Big Town with a Small Town feel," and is filled with tree-lined streets, historic Victorian homes and our industry is based primarily upon its citrus growth and environmental services. The Oak Glen community of Yucaipa, where our residential programs reside, is a beautiful serene rural setting, ideal for the first steps in recovery.

Licensing, Accreditation & Professional Affiliations

- Licensed and Certified by the State of California Department of Health Care Services (DHCS) for Detox Residential Treatment, Day Treatment (PHP) and Intensive Outpatient (IOP) level of care services
- Private School Affidavit through the State of California
- Member in good standing of the National Association of Therapeutic Schools & Programs (NATSAP)
- Member of the National Association of Addiction Treatment Provider (NAATP)
- Member, California Consortium of Addiction Programs & Professionals (CCAPP)
- Founding member of Young Adult Transition Association (YATA)

Benchmark's Facilities

Wildwood Canyon - Primary Residential Treatment for Men

50 Acre working Ranch with 7000 square foot main house, stables, equine therapy arena, sustainable garden, fruit tree orchard, pastures and hiking trails.

Panorama Ridge - Primary Residential Treatment for Women

Beautifully appointed ranch-style home on 4 acres with serene vistas, tennis court, pool & spa.

Outpatient & Learning Center

- 20,000 square foot Outpatient and Learning Center
- Clinical Assessment Center & clinical offices
- 3-bay teaching kitchen; multiple group meeting rooms; Executive Conference Room
- On-site integrated Education classroom, resource center, computer lab, library
- Work Education Shop teaching basic plumbing, electrical, wood crafts, hands-on work skills
- Creative Arts with print making, pottery, stained glass, mosaic art & jewelry making

Structured Transitional Living and Independent Living Apartments

- Multiple individual apartment units, each featuring 3 bedroom / 2 bathrooms in a luxury, gated apartment dwelling
- 24/7 onsite awake supervision and monitoring by Transitional Living Advisors & Staff Supervisor support
- Gender-specific housing and programs
- Structured Apartment Living Environment & Positive Peer Culture