

News Release

Estes Park, CO
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Colorado's Longest Running Treatment Center Launches New Program to Serve Young Adults Suffering from Alcoholism and Drug Addiction

Harmony Foundation, one of the country's longest running and most respected drug and alcohol treatment centers, located in Estes Park, Colorado, is pleased to announce the launch of ***YART, Young Adult Recovery Track***. The YART program is Harmony's response to a growing epidemic of young people who are seriously addicted to drugs and alcohol and who typically do not thrive in conventional treatment programs. Young adults ages 18-23* entering Harmony's residential treatment program, will now participate in YART as a compliment to their traditional treatment experience. YART recognizes the unique needs and the learning and recovery styles of young people in treatment and focuses on the use of *technology learning* rather than traditional lecture learning. YART components include impulse control, anger and resentment, sexuality, relationships, codependency, trust, grief and loss, and life skills. YART activities include experiential art, music therapy, yoga, meditation, acupuncture, enhanced exercise, and T'ai Chi.

Harmony Admissions Director, Chris Desizlets – CAC III, said that “Clients today enter treatment both younger and sicker than ever before and we cannot treat clients in a one size fits all model. Young adults deserve a young person's treatment program that respects and speaks to them.” Harmony CEO, Dot Dorman, said that “Harmony, as a national leader in addiction treatment since 1969, is proud to offer this new and innovative program to our young adult clients and give them a chance at a lifetime of recovery.”

For more information on Harmony's Young Adult Recovery Track, contact Harmony Foundation, Inc., *Recovery in the Rockies*® 866-686-7867 / www.harmonyfoundationinc.com / info@harmonyfoundationinc.com / PO Box 1989, 1600 Fish Hatchery Road, Estes Park, CO 80517.



*Upper age threshold may vary from age 23 to age 26 depending on assessment.