Rites of Passage, LLC

Residential Trauma Facility for Mental Health, Dual Diagnosis, and Co-Occurring Disorders

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www.ritesofpassage.co
Rites of Passage LLC is a residential extended care facility that works with trauma, mental health issues, dual diagnosis, substance issues, and eating disorder issues located in Delta County Colorado.

*Rites of Passage* creates customizable programs utilizing transpersonal, mindfulness, trauma, DBT, CBT, somatic, art, wilderness, ecotherapy, wellness therapies as well as our signature equine assisted psychotherapy programs (The Phoenix Rising Programs.)

*Rites of Passage* is unique because of our holistic approach to everything that we do. Clients who choose Rites of Passage will spend their time here being treated with a whole-person approach to therapy. No one is 'just a case'; each person is a unique individual and utilizing our interactive program, each client co-creates their own form of treatment using the many tools that we have available.

*Rites of Passage* is committed to creating holistic and unique programs for each client. This is what makes the difference between success and failure and creates long-term, lifelong success for each client who chooses our program.
**Programs**

*Rites of Passage* features 8 programs that all interact with each other, yet are all customizable to each client for their particular needs.

We customize our work with clients and their unique needs for their treatment. The following programs are used for each client, often in individual ways, to enhance each client’s recovery and therapy needs. Individual therapy work is inherent in this customization, and all therapists, life coaches, and other individuals who do specific sessions (i.e., yoga, meditation, companion dog program, etc.) are also engaged in this customization. Our facility is run with all therapists collaborating to make sure each client gets the help and opportunity for change and growth that they need.

The CORE programs, which all other programs and adjunct programs are centered around, form the basis for all treatment. Our CORE programs are designed to treat Trauma/PTSD as well as dual diagnosis, eating disorder issues, substance abuse, borderline personality disorder and other mental health disorders. Our therapy methodology, combination of programs, and ways of integrating this work is unique not only because it is experiential in nature, utilizing a body/mind/spirit combination, which has been proven to create faster and deeper synthesis and integration in therapy work, but also in that its adaptability is unmatched in other treatment facilities.

All programs include group therapy sessions, individual therapy sessions, CBT, DBT, mindfulness therapy, somatic therapy, experiential therapy, wilderness therapy, ecotherapy, equine assisted psychotherapy sessions, animal therapy sessions, and art therapy as well as experiential and somatic movement sessions.

If a client comes in with a mental health diagnosis, or is diagnosed while at the facility, psychoeducation is provided to educate the client about that diagnosis, potential pitfalls to watch for, and increase their new skills around it so that they can flourish.

Each program component engages in continual cross-training. This reinforces skills and encourages practice and synthesis of the new skills being learned. This greatly improves the clients’ ability to utilize their new skills in previously triggering situations once they return to their lives after treatment.

**Our regular program components include:**

1) **The Heroic Journey CORE Program**: This is an experiential program to help clients discover inner health and self-esteem and the ability to see where they are in their own process as they interact with others in the world. This program delves deeply into each client’s core beliefs about themselves and the world around them and encourages letting go of unhealthy coping mechanisms so that clients can reassess and choose new, healthier ways to interact and respond to stressful situations.
This goes hand in hand with the signature Phoenix Rising Heroic Journey equine assisted psychotherapy sessions which engage clients with horses to help clients learn and apply new ideas and options experientially without the fear of judgement that they have come to expect from other humans.

2) **Trauma CORE Program:** Trauma issues underlie every type of unhealthy coping mechanism that people use. As with all our program segments, this program is built to address trauma issues head-on from many different angles so that clients can process deeply to successfully build skills to cope with and finish the issues that they are working through so that they may find closure and experience life in a healthier way. **The Phoenix Rising Victim to Victory equine assisted psychotherapy program** is the brief therapy segment that enhances trauma renegotiation. It allows clients to practice new mindsets and try out new options they might not have considered if working with people. It directly enhances all other treatment modalities being utilized in the trauma therapy program.

3) **Communication 101 CORE Program:** Communication 101 deals with communication skills on all levels, as well as co-dependency and healthy and unhealthy relationship patterns. Communication 101 includes a segment of Love and Logic for parents working through the program. **The Phoenix Rising Communication 101 equine assisted psychotherapy program** is built around helping each client look at and practice these new skills as they let go of their old, unhealthy ways of communicating, allowing them to try new skills in a healthy nonjudgmental way until they feel safe enough to transfer the new skills to situations with other people.

4) **Health and Wellness CORE Program:** Health and Wellness includes much more than mere physical health, exercise or nutrition. It is the full integration of physical, mental, and spiritual wellbeing. This includes social, emotional, spiritual, environmental, occupational, intellectual and physical wellness. For our program, this means helping clients to move over to more holistic forms of medication and/or getting off medications entirely when appropriate. Those who must use traditional medications learn to take only what is necessary to maintain stability. All clients learn to eat in a healthy way and participate in all the other areas of health and wellness so they are able to handle the rigors of making the changes in their mental states while in treatment and to continue a healthy lifestyle after treatment is completed. Health and Wellness includes yoga, Zen meditation, hands on energy healing, nutrition and cooking, gardening, exercise, dance, and horseback riding.

5) **Eating Disorder Program:** This program cross-trains with all other CORE program components, to help each client with disordered eating issues begin to see their own unique reason why they originally, and usually unconsciously, chose this cross-addiction as a coping mechanism. This allows clients to begin to feel empowered and honoring of their body as well as teaching clients to work with new skill sets to reduce anxiety and perfectionism in order to begin to allow themselves to feel better about themselves.
and the world around them. The Phoenix Rising From Helpless to Health Program utilizes equine assisted psychotherapy sessions to engage clients in an experiential, nonjudgmental way, to allow practicing new skills successfully without falling back into human competition or human judgmental situations.

6) **Substance Relapse Program:** Our relapse program is not a 12 step based program. This program utilizes spiritual, mindfulness, somatic, and experiential aspects to create solid skills around relapse situations. The client has a chance to, again, take everything that they are successfully applying in other CORE programs and add these skills into learning to prevent relapse situations. From this stronger, more skillful base, clients can deal with this unhealthy coping mechanism that has become an addiction and a trap.

The Phoenix Rising Changing Leads equine assisted psychotherapy program helps to experientially and nonjudgmentally practice new mindfulness coping skills in a healthy way.

7) **Art Therapy Program:** Art therapy is another deeply internal process that is utilized in all programs within our facility. This helps clients to go more deeply into their psychological process around the work they are doing in all areas of therapy.

8) **Vocational Therapy Program:** The vocational program is an optional program. Clients who uncover a need or desire to change career paths utilize this program. All clients complete a Meyers-Briggs personality test, then look at career options, college programs, and practical vocational areas of study that are in alignment with their strengths. We collaborate with tutors who are able to work with clients online and through Skype to build skills for college or other vocational classes when needed. This segment is optional and not part of the base program. It is offered as a possibility and is paid for by the client individually if the client chooses to utilize tutoring services.

We provide help building vitae’s and resumes. We also help clients find opportunities to shadow successful people in the field of work they are seriously considering. This provides clients the ability to see a career in a real way so they may be sure that they want to move in that direction. This helps clients who are successfully moving forward in their lives to not fall back into old patterns when they leave the program.

9) **Adjunct Companion Dog Training Program:** A companion dog is designated as an emotional support dog which is bonded with their person and provides comfort and support in forms of affection and companionship for an individual suffering from various mental and emotional conditions. If clients choose this option, they will have additional dog training sessions and will be required to fully care for the dog they are working with. There is an adoption contract that does not come into effect until the client has successfully completed their residential program as well as the requirements for the dog program. See full page on companion dog therapy training and adoption in info kit.
Family Therapy: This segment opens up and begins its healing work after a client has spent a month in the program. Clients have a chance to work with the unhealthy communication patterns that they came into treatment with before trying out new healthy skills with family and friends. Sessions can run weekly either in person, through Skype, or by telephone to practice new ways of interacting with the people closest to them.

Insurance and Program Information

Insurance and Program Information with Pricing:

Residential Extended Care Program:
Rites of Passage provides residential extended care for individuals facing mental health challenges including Trauma/PTSD, borderline personality disorder, dual diagnosis, substance abuse, eating disorders, and other issues. This program is residential with clients living at the facility and combines the latest psychological methods with mind/body/spirit transpersonal therapy, somatic therapy, animal therapy, equine assisted psychotherapy, riding therapy, art therapy, CBT, DBT, neuroscience therapy, nutrition and healthy community modeling to create a holistic and customizable program for each person who enters the facility. Insurance accepted if PPO with out-of-network benefits.

(2) Tiers for Payment.
1). Individual Room Cash Scholarship Rate 18,000.00 (Monthly)
2). Group Room Cash Scholarship Rate 14,000.00 (Monthly)

Transitional Living Program: This is a beautiful apartment with a group bedroom and healthy food provided for meals. Those who utilize this option may also participate in making meals with and eating with clients nightly. This program is for the client who has been in the residential program and who lives outside the area, yet wants continued help, including continuing to live onsite and be monitored while doing intensive outpatient or outpatient programs. This is also for the client who wishes to do an individual program specialization for mental health issues and live onsite with access to counselors and coaches. This includes continued UA’s and BA’s weekly or as counselors feel it is needed, and individual sessions with therapist and life coach up to three times a week as well as vocational counseling as needed.

Base cost for transitional living is $5000.00 monthly, Cash Scholarship Rate. This does not include intensive outpatient or outpatient program costs. Those are separate and listed within each program detail.

Insurance is not billed for this. However, a super bill can be provided with therapist and therapy sessions for clients to file with their insurance.
**Intensive outpatient program:**

The intensive outpatient program allows for both former residential clients and clients who have not been part of our residential program to continue or do their work in an intensive program that allows clients to work alongside the residential program from nine to two pm, four days a week. This allows individuals who no longer need 24-hour care or people who have children or need to work, to do the program in a slightly less intense fashion as long as they are in a safe and supportive environment when they are not at the facility.

Insurance accepted if PPO with out-of-network benefits. Deposit required. Cash Scholarship Rate 10,000.00 (Monthly)

**Outpatient program (Adult)**

This program is convenient for those looking for evening psychoeducation and therapy regarding trauma/PTSD and substance abuse. This program meets Mondays, Wednesdays, and Fridays from 6:00 pm to 9 pm. Family sessions take place during the client’s last month of the program and are scheduled as additional time for each client.

*This program features:*
- Trauma renegotiation to eliminate trauma triggers that lead to relapse
- DBT for Anxiety
- CBT
- Relapse Prevention
- Communication and co-dependency
- Family therapy sessions for individuals and their families
- Individual testing

Insurance accepted if PPO with out-of-network benefits. Deposit required. Cash Scholarship Rate 8,000.00 (Monthly)

**Outpatient program (Teen)**

This program is convenient for those looking for evening psychoeducation and therapy regarding trauma/PTSD and substance abuse. This program meets Tuesdays, Thursdays, 6:00 pm to 9:00 pm and Saturdays from 10 am to 12 pm. Family sessions take place during the client’s last month of the program and are scheduled as additional time for each client.

*This program features:*
- Trauma renegotiation to eliminate trauma triggers that lead to relapse
- DBT for Anxiety
- CBT
- Relapse Prevention
- Communication and co-dependency
- Family therapy sessions for individuals and their families
- Equine Assisted Psychotherapy
- Individual testing

Insurance accepted if PPO with out-of-network benefits. Deposit required. Cash Scholarship Rate 8,000.00 (Monthly)
Insurance accepted if PPO with out-of-network benefits. Deposit required.

There is a loan program available to apply for on our website at www.ritesofpassage.co. If you can show need, we have a payment plan that is also available. Please contact us if you would like to pursue this option.

Medicare and Medicaid not accepted.

Pricing Synopsis:

Residential Extended Care Program:
Cash Scholarship Rate:
(2) Tiers
   Individual Room Rate Monthly 18,000.00
   Group Room Rate Monthly 14,000.00

Transitional living Cash Scholarship Rate 5,000.00 Monthly
Intensive Outpatient Cash Scholarship Rate 10,000.00 Monthly
Outpatient Cash Scholarship Rate 8,000.00 Monthly
Equine Assisted Psychotherapy

What is Equine Assisted Psychotherapy (EAP)? This term describes an emerging field in which horses are used as co-therapists for emotional growth and learning as well as for deeper psychotherapy sessions. EAP is an integral component of the therapy which changes the lives of the clients who come here.

This model can be most easily explained as an experiential approach to working with people. This means that clients learn about themselves and others by participating in activities with horses and then process feelings, behaviors, and patterns. Equine Assisted Psychotherapy has the added dynamic of utilizing animals with personalities, attitudes, and emotions as unique as those of each individual they are working with. Because of this EAP produces endless experiences and situations for discussion, analysis and therapeutic healing.

Therapeutic Horseback Riding is a form of physical and mental health therapy for people who have a range of disabilities including physical, emotional, cognitive, and social difficulties. Horses provide a tool for physical therapy, emotional growth, and cognitive improvement, in a unique format that is fun, exhilarating, and sometimes has the power to change a person’s perspective on life! Besides the physical benefits derived from therapeutic riding, the contact with the animal is a powerful experience, and the strong bond that is usually experienced has a profound, uplifting effect on people who are troubled or suffering.

Because the gait of a horse when walking is a gentle, repetitive movement, it moves the rider’s body in a way that is very similar to the human gait; riders, as well as the mental health aspects of riding, often achieve greater flexibility, muscle strength, and balance. This type of therapy can improve balance, posture, mobility, reaction time, as well as improve problems such as emotional, cognitive, behavioral, communicative, and social malfunction.

Many riders, both able-bodied and those with challenges to overcome, form a strong connection to the horse that they cannot get form most sports. For individuals with emotional problems, the unique relationship that is formed with the horse can result in increased confidence, self-esteem, and patience. The sense of wonder and independence that is experienced while riding on a horse is universally beneficial.
This is a program which allows a client to sign up to train with a facility therapy dog for a month. If they show that they can care for that animal and are doing well in the rest of their program work, they can then choose an animal that they will bond with and continue dog training sessions with for the rest of their stay. This animal will not be theirs until they successfully complete their residential stay and show that they are able to bond and be the pack leader so that both they and the animal chosen will work together the rest of the animal’s life.

Clients must prove themselves in therapy to be eligible for this segment of the program. Animals will be chosen from rescues or reputable breeders and trained by the client in a format that both bonds the animal and client and allows the client to experience successful bonding that can transfer to humans as well. This program also helps a client learn to work successfully with boundary work in their lives and how to apply this in their life to human situations.

After the client successfully finishes this program, completes their stay at Rites of Passage, they will leave with the animal they have trained. We will provide certification showing that the animal is now a licensed companion animal so they will be able to take the animal with them for support in all situations.

Clients may apply to bring in a dog of their own for training in this area if that dog is at least six months of age and socialized well with people and other animals.
Insurance accepted if PPO with out-of-network benefits. Deposit required.

There is a loan program available to apply for on our website at www.riteofpassage.co. If you can show need, we have a payment plan that is also available. Please contact us if you would like to pursue this option.

If insurance billing is requested as opposed to the Scholarship Cash Rate of payment, cash rates no longer apply. Insurance will be billed competitively at an insurance rate and all payments will be applied to the facility with the exception of the deposit that is paid upon entry to the program, if deductible and copayments have been paid.

Medicare and Medicaid not accepted.

Pricing Synopsis:

Women’s Residential Extend Care Program
Cash Scholarship Rate
Two (2) Tiers
Individual Room Rate Monthly - 18,000.00
Group Room Rate Monthly - 14,000.00

Transitional living Cash Scholarship Rate 5,000.00 Monthly
Intensive Out-Patient Cash Scholarship Rate 10,000.00 Monthly
Out-Patient Cash Scholarship Rate 8,000.00 Monthly
Recovery is Possible

*Rites of Passage LLC* is ideal for people who are:

~ Adversely affected by a family member’s addiction or co-dependent behavior

~ Suffering from low self-esteem

~ Living in fear

~ Controlled by behaviors over which they have little or no control

~ Abusing substances (food, alcohol, drugs, etc.)

~ Addicted to activities (perfectionism, gambling, spending, overeating, exercising, cleaning)

~ Addicted to thoughts or feelings

~ Addicted to unhealthy interpersonal relationships processes

~ Experiencing stressful, neglectful, painful or troubled environments in early life

~ Experiencing major childhood losses that affect current behavior

~ Experiencing emotional repression

~ In need of relief from debilitating aspects of self-doubt

~ In need of resolving recurring problems in their life that threaten their sobriety and personal well-being

~ In need of mature and healthy coping skills
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