



Rites of Passage, LLC

*18 and Over Adult Residential
Trauma Facility for Mental Health*

Not a Detox Facility

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www.ritesofpassage.co

Rites of Passage ~ Who We Are



Rites of Passage LLC is a young adult and adult residential extended care facility for clients 18 years of age and older. At our facility, located in Delta County, Colorado, we work with trauma, mental health issues, dual diagnosis, substance issues, eating disorder, failure to thrive issues.

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

What makes Rites of Passage unique is our holistic approach to everything 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 another 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 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.

We are not a Detox Facility.



Luxury Farm

Confidential and effective residential and non-residential customized programs to help you with your issues. Tucked away on a beautiful 40 acre farm in the Colorado mountains at 7000 ft. above sea level, you have the privacy you need to move through your issues in a peaceful and comfortable setting.

Semi-Private Accommodations

We have semi-private rooms available, in both men and women areas.

Our Wellness Program is an integrated, clinical/holistic/health and fitness program, designed for those needing to step back from their lives and relearn to take time to restore, rejuvenate and recharge to be at their best.



Dining

Gourmet meals are prepared five evenings a week with clients cooking on their own or in groups one night a week. We also go out one afternoon a week to eat at local restaurants.

Healthy organic breakfast and lunch ingredients are provided so clients may decide what they want and fix it at that time. Clients go to the grocery store once a week and can choose healthy foods that they desire to make for the times that they are making their own meals as part of the wellness program.

We are happy to accommodate dietary restrictions as necessary.

Programs

Rites of Passage features 9 programs which all interact with each other, yet are all customizable to each client for their particular needs. Many of the component parts are integrated ecotherapy making our program an ecotherapy program as well as other types of therapy. For a list of what ecotherapy entails, please see our website at www.ritesofpassage.co.

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 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 teach the client about that diagnosis, potential pitfalls to watch for, and increase their new skills around it so they can flourish.

Each program component engages in continual cross-training. This encourages the practice and synthesis of new tools. Cross-training continually reinforces new concepts and greatly improves each client's ability to instinctually utilize healthy coping skills when triggering situations arise.



Our Regular Program Components Include:

- 1) **Heroic Journey CORE Program:** This is an experiential program to help clients discover inner health, balance, and self-worth. By delving deeply into their core beliefs about themselves and the world, through integrating key concepts of the Hero's Journey, clients become aware of where they are in their own process and learn to better flow with life's challenges and adapt to change.
The 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 and Trauma Relapse Programs CORE Programs:** Trauma issues underlie every type of unhealthy coping mechanism that people use. While all components address trauma, this component is built to address trauma issues head-on from many different angles so 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 teaches healthy communication skills on all levels, as well as addressing codependency 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. Clients learn healthy eating practices and to participate in all the other areas of their own health and wellness so they can 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 program includes yoga, 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 gravitate to this 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 leave behind 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) **Ecotherapy, Adventure Therapy and Wilderness Therapy Program:** Ecotherapy is about



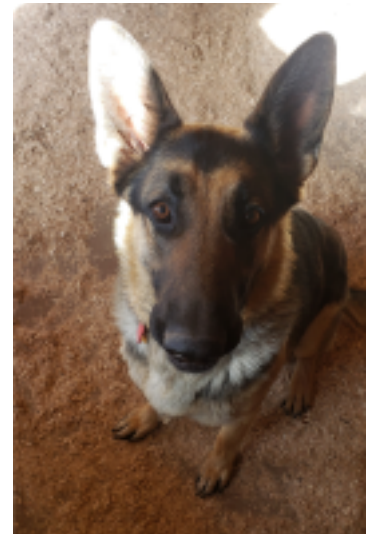
attachment to what you love in the world as well as becoming part of the world instead of outside of it, looking on. Adventure and wilderness therapy is part of ecotherapy, and clients gain skills and learn they can handle what is happening in their world in a healthy way.

Ecotherapy includes:

- Somatic ecotherapy
- Eco Art therapy
- Wilderness ecotherapy
- Animal ecotherapy
- Adventure ecotherapy
- Horticulture ecotherapy

For a full explanation of ecotherapy, see our website www.ritesofpassage.co.

9) **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 Zoom 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.



10) **Family Therapy:** This segment begins after a client has spent a month in the program. Clients have a chance to work with the unhealthy communication patterns they came into treatment with before trying out new healthy skills with family and friends. Sessions can run weekly either in person, through Zoom, or by telephone to practice new ways of interacting with the people closest to them.



Programs and Insurance Information

Young Adults and Adult Programs with Psychiatric Staff:

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. Psychiatric staff is available to

monitor and prescribe medications and run labs.



This is a 3-6 month residential program 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

At anything lower than PHP residential level of care, we recommend transferring over to Gateways Transformation Transitional Living and an IOP program.

See Gateways Transformational Living and IOP programs at www.gatewaystotransformation.com. For more information and to get an application you may call **1-303-859-7385**

Rites of Passage, LLC works in conjunction with Gateways To Transformation, LLC to provide workshops that current clients at Rites of Passage, LLC are allowed to attend for no cost or reduced rates if at this facility. Gateways holds workshops with an emphasis on growth, learning and sustainable living. We offer rich and varied opportunities for you to experience deep change both within your self and in society as a whole. These workshops are not required, they are an added benefit for clients who come in to work on their issues and also give clients potential opportunities to practice new skills with the general public who may also attend workshops.



See **upcoming events** at www.gatewaystotransformation.com

Equine Therapy

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. In addition to the mental health aspects of riding, riders 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 from 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.



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Program Pricing



Rites of Passage programs are primarily self pay.
Medicare and Medicaid is not accepted.

If insurance is requested and pre-approval is granted by the insurance company, as opposed to our cash scholarship rate payment, cash rates no longer apply. Insurance will be billed competitively at an insurance rate and all payments will be applied to the facility. Any deductible or copayment required by the insurance company policy will be due at intake.

Pricing Synopsis

Residential Extend Care Program Cash Scholarship
Rate: Adult Program

Semi Private Room (2 beds) - monthly
\$20,000.00





*We shift our perception of recovery
as we journey inward.*

*We learn to change our futures and
embrace life by living each day with
increasing presence and gratitude.*

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