



# EXTENDED CARE

NeXt is Southern California's first adolescent extended care. The program is a safe, supportive, transitional living option for adolescents. Visions staff provides structured accountability to help residents implement learned skills and positive choices to support a healthy and productive lifestyle.

- All genders
- 15 to 18 years old
- Family member or legal guardian involvement
- Minimum length of stay is 90 days

Working in conjunction with:

- Local academic environments
- Local therapists & therapeutic services
- Day staff supervision & transportation provided
- Awake night staff





### **Clinical Program:**

- Psychiatric oversight & medication management
- Individual therapy & counseling
- Weekly family therapy & parent coaching
- Multi-family process groups
- Family intensive workshops
- Psycho-educational groups
- Relational & systemic group therapies
- DBT-Informed programming

### **Experiential Program:**

- EMDR
- Brainspotting
- Neurofeedback
- Somatic experiencing
- Equine therapy
- Art therapy
- Music therapy
- Yoga & Mindfulness Meditation
- Recreational therapies

### **Academic Program:**

- Individualized lesson planning
- Accelerated learning
- Credit recovery
- ACT & SAT preparation
- College planning

### **Continuing Care:**

- Collaborative aftercare planning
- Exit plans
- Peer support group
- Parent support group
- Alumni culture & fellowship

### **12-Step Program:**

- AA, NA & CA
- YPAA conferences, workshops, & unity events
- Off-site meetings
- On-site panels
- Sponsorship & step study

### **Social Programming:**

- Community support groups
- Pottery workshops
- Rock climbing
- Horseback riding
- Surf lessons
- Nature walks & hiking

**Visions  
Adolescent  
Treatment Centers**

866-889-3665

[visionsteen.com](http://visionsteen.com)