



INDIAN HEALTH SERVICE-FUNDED

# YOUTH REGIONAL TREATMENT CENTERS

PROGRAM PROFILES





# Aberdeen Area Youth Regional Treatment Center



**AREA:** ABERDEEN

**Address:** 12451 Highway 1806  
Mobridge, SD 57601

**Phone:** (605) 845-7181

**Fax:** (605) 845-5072

**Director:** Lavon Booth

**E-mail:** lavon.booth@ihs.gov

**Web:** [http://www.ihs.gov/aberdeen/?module=ab\\_ao\\_hf\\_ayrtc](http://www.ihs.gov/aberdeen/?module=ab_ao_hf_ayrtc)

**Population:** American Indian/Alaska Native

**Age:** 13-17 at the time of admission (18 year olds on a case-by-case basis)

**Gender:** male and female

**Capacity:** 18 beds

**Admissions process:** cohort model (by gender)

**Average length of stay:** 60 days

**Evidence-based practice:** trauma-focused cognitive behavioral therapy

**Cultural treatment models:** White Bison; Takoja Niwiciyape: Giving Life to the Grandchildren; Project

Making Medicine; American Indian Life Skills; VOICES: a program of self-discovery and empowerment for girls.

**Aftercare services:** referral services; follow-up services provided 72 hours, 30 days, 6 months, and 1 year after discharge.

**Number of Tribes served:** 19

**States served:** North Dakota, South Dakota, Nebraska, Montana, and Iowa (but not limited to those states only)

**Accreditation:** Commission on the Accreditation of Rehabilitation Facilities; State of South Dakota

## OVERVIEW

The Aberdeen Area Youth Regional Treatment Center (AAYRTC) is a residential adolescent treatment center with three family suites. The AAYRTC uses a holistic, multidisciplinary team approach. Comprehensive assessments allow the staff to tailor individual treatment plans to address each resident's uniqueness. Family education is provided throughout the adolescent's stay, and families join adolescents in treatment as much as possible. Plans are underway to use telemedicine for those families who are unable to travel for various reasons. AAYRTC's philosophy is that youth need strong cultural and spiritual foundations to enhance their self-esteem and respect and to promote healthy lifestyles. Adolescents are treated with dignity and respect in an environment that honors positive personal beliefs.

## SPECIFIC SERVICES

- comprehensive assessment
- chemical dependency counseling
- group therapy
- individual treatment plans
- 12 Step program
- Alcoholics Anonymous, Narcotics Anonymous, Alateen
- family education and therapy
- health and diabetes education
- cultural enrichment and education
- individual education plan
- educational outings
- recreational outings

## OWNERSHIP OR OPERATION

The AAYRTC is owned and operated by the Indian Health Service.



# Desert Visions Youth Wellness Center



**AREA:** PHOENIX

**Address:** Post Office Box 458  
198 South Skill Center Road  
Sacaton, AZ 85147

**Phone:** (520) 562-4205

**Fax:** (520) 562-3415

**Director:** Holly Elliott

**E-mail:** [holly.elliott@ihs.gov](mailto:holly.elliott@ihs.gov)

**Web:** [http://www.ihs.gov/phoenix/?module=dsp\\_phx\\_yw\\_desertvision](http://www.ihs.gov/phoenix/?module=dsp_phx_yw_desertvision)

**Population:** American Indian/Alaska Native

**Age:** 12-18 at the time of admission

**Gender:** male and female

**Capacity:** 24 beds

**Admissions process:** open continuous enrollment

**Average length of stay:** 120 days

**Evidence-based practice:** dialectical behavior therapy

**Aftercare services:** referral services

**Number of Tribes served:** 47

**States served:** Arizona, Utah, Nevada, New Mexico, California, and Wyoming

**Accreditation:** The Joint Commission

## OVERVIEW

The Desert Visions Youth Wellness Center is a coed, residential treatment facility specializing in co-occurring substance abuse, substance dependence, and mental illness. Desert Visions emphasizes cultural and spiritual awareness as an important component of addiction recovery, and it has a spiritual counselor as a key member of our treatment team. In addition to providing culturally sensitive treatment, all of the counseling staff has been trained in dialectical behavior therapy. In addition to counseling services, Desert Visions provides comprehensive medical care, as well as educational, art therapy, and recreational services. Most importantly, Desert Visions believes that family is a critical part of addiction recovery and, consequently, incorporates family therapy and a family curriculum titled Circle of Strength into the treatment program.

## SPECIFIC SERVICES

- chemical dependency
- dual diagnosis treatment
- emotional behavior therapy
- spiritual and traditional ceremonies
- group and individual psychotherapy
- 12 Step support programs
- physical education
- individual therapy
- group therapy
- weekly recreational outings
- family therapy
- 24-hour medical and preventive care (health education)
- Narcotics Anonymous and Alcoholics Anonymous meetings
- full-time educational staff and services in addition to an online school
- recreational services to include a low- and high-ropes course and swimming pool
- art therapy

## OWNERSHIP OR OPERATION

Desert Visions is owned and operated by the Indian Health Service.



# Graf Rheeneerhaanjii



**AREA:** ALASKA

**Address:** Post Office Box 80450  
2550 Lawlor Road  
Fairbanks, AK 99708

**Phone:** (907) 455-4725

**Fax:** (907) 456-4849

**Director:** Perry Ahsogeak

**E-mail:** [pahsogeak@fairbanksnative.org](mailto:pahsogeak@fairbanksnative.org)

**Web:** <http://www.tananachiefs.org/graf.shtm>

**Population:** American Indian/Alaska Native

**Age:** 12-18 at the time of admission

**Gender:** male and female

**Capacity:** 12 beds

**Admissions process:** open continuous enrollment

**Average length of stay:** 12-14 weeks

**Cultural treatment models:** Red Road to Wellbriety

**Aftercare services:** referral services; follow-up 72 hours after discharge

**Number of Tribes served:** 224

**State served:** Alaska

**Accreditation:** Commission on the Accreditation of Rehabilitation Facilities

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## OVERVIEW

Established in 1989, Graf provides coed, residential drug and alcohol rehabilitation services to American Indian and Alaska Native adolescents. Our mission is to provide healing and education for American Indian and Alaska Native youth with substance abuse issues and to promote wellness and growth, empowering youth to reach their potential. Graf is a unique and challenging substance abuse program, designed to address not only our youths' substance abuse problems, but to assist them in identifying, and working on, other challenges that make recovery harder—such as community, family, peer, educational, legal, and medical problems. This is a voluntary program that expects a commitment of participation by the youth, their families, and community representatives.

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## SPECIFIC SERVICES

- individual psychotherapy
- group and family therapy
- mental health therapy and services
- anger management
- 12 Step work
- cultural education and sweat lodge
- academic assessment and placement
- individual assessment
- low-ropes course

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## OWNERSHIP OR OPERATION

The U.S. Department of Interior owns the land and leases it to Tanana Chiefs Conference, which holds responsibilities for the building, maintenance, etc. Fairbanks Native Association operates the Graf residential treatment program on a 638 contract with Tanana Chiefs Conference.



# The Healing Lodge of the Seven Nations



**AREA:** PORTLAND

**Address** 5600 East Eighth Avenue  
Spokane, WA 99212

**Phone:** (509) 533-6910

**Fax:** (509) 535-5749

**Director:** Martina Whelshula

**E-mail:** martinaw@healinglodge.org

**Web:** <http://www.healinglodge.org>

**Population:** American Indian/Alaska Native; youth from all ethnic backgrounds

**Age:** 13-17 at the time of admission

**Gender:** male and female

**Capacity:** 45 beds

**Admissions process:** cohort model (by gender)

**Average length of stay:** 90-20 days

**Evidence-based practice:** dialectical behavior therapy

**Aftercare services:** referral services; after-discharge follow-up services; advanced aftercare counselor

**Number of Tribes served:** 35

**States served:** Washington, Oregon, Idaho, California, Nevada, New Mexico, Arizona, Montana, and Alaska

**Accreditation:** Commission on the Accreditation of Rehabilitation Facilities; State of Washington

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## OVERVIEW

The Healing Lodge is a residential, chemical dependency treatment center funded by the Indian Health Service and the State of Washington. Services at the Healing Lodge are primarily focused for the American Indian population, but services are open to all adolescents within Washington state. Some of the services available to enhance the chemical dependency treatment program include family education, cultural programs, medical care, an alternative school, recreation program, advanced aftercare support, music and expressive arts program, and supportive mental health services.

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## SPECIFIC SERVICES

- cultural dependency education and process groups
- group and individual chemical dependency and psychotherapy
- educational activities
- life skills instruction
- recreational therapy
- culturally relevant therapy
- equine-assisted psychotherapy
- family education and counseling
- music and expressive arts activities
- rites of passage ceremony

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## OWNERSHIP OR OPERATION

The Healing Lodge is tribally owned and operated. It is funded by the Indian Health Service through a 638 contract.



# Jack Brown Center



**AREA:** OKLAHOMA CITY

**Address:** Post Office Box 948  
Tahlequah, OK 74464

**Phone:** (918) 453-5500

**Fax:** (918) 458-0499

**Director:** Darren Dry

**E-mail:** darren-dry@cherokee.org

**Web:** <http://www.cherokee.org/Services/Health/31870/Information.aspx>

**Population:** American Indian/Alaska Native

**Age:** 13-18 at the time of admission

**Gender:** male and female

**Capacity:** 20 beds

**Admissions process:** open continuous enrollment

**Average length of stay:** 95-120 days

**Evidence-based practices:** cognitive behavioral therapy; motivational interviewing; dialectical behavior therapy; teen matrix model; The Change Companies journaling; moral recognition therapy; relapse prevention therapy

**Cultural treatment models:** White Bison

**Aftercare services:** referral services; follow-up provided 72 hours, 1 month, 6 months, and 12 months after discharge

**Number of Tribes served:** 71, including IHS facilities, Oklahoma City Area Office, and outside area Tribes

**States served:** Arkansas, Arizona, California, Florida, Iowa, Kansas, Maine, Mississippi, Montana, Nebraska, Nevada, New Mexico, New York, North Carolina, Oklahoma, Texas, and Washington

**Accreditation:** Commission on the Accreditation of Rehabilitation Facilities; State of Oklahoma

## OVERVIEW

The Jack Brown Center is a residential treatment program that serves American Indian youth with substance abuse and behavioral health problems by providing opportunities for education, mental, spiritual, emotional, and physical growth through treatment. The center provides our youth a sense of cultural identity and a safe environment, while building their self-confidence and enhancing life skills. Jack Brown provides support for our communities and their efforts to prevent substance abuse in future generations.

## SPECIFIC SERVICES

- individual psychotherapy
- recreation
- group and family therapy
- support groups
- outreach services
- individual assessment
- behavioral modification
- cultural education and sweat lodge
- academic assessment and placement
- experiential therapy
- animal-assisted therapy
- equine therapy
- art therapy

## OWNERSHIP OR OPERATION

The Jack Brown Center is tribally operated by the Cherokee Nation under a bi-Indian contract.



# Klamath Youth Regional Treatment Center



AREA: PORTLAND

Address: 121 Iowa Street  
Klamath Falls, OR 97601

Phone: (541) 882-1863

Fax: (541) 882-1670

Health General Manager:  
Leroy Jackson Jr.

E-mail: [ljackson@klm.portland.ihs.gov](mailto:ljackson@klm.portland.ihs.gov)

Program Director:  
Shawna Fay Gallagher

E-mail: [shawna.gallagher@klm.portland.ihs.gov](mailto:shawna.gallagher@klm.portland.ihs.gov)

**Population:** American Indian/Alaska Native

**Age:** 12-17 at the time of admission

**Gender:** male and female

**Capacity:** 16 beds

**Admissions process:** open continuous enrollment

**Average length of stay:** 90 days

**Evidence-based practices:** dialectical behavior therapy; acceptance and commitment therapy

**Cultural treatment models:** White Bison

**Aftercare services:** referrals; outpatient treatment; after-discharge follow-up

**Number of Tribes served:** 12

**States served:** Oregon, Washington, Idaho, and California

**Accreditation:** (in process) State of Oregon

## OVERVIEW

The Klamath Youth Regional Treatment Center provides a safe, supportive atmosphere to help our youth address co-occurring alcohol, drug, and mental health issues. The center builds family and community relationships through dignity, honesty, merit, and spirituality in a culturally sensitive environment. We support our youth in healing, education, life skills, and continued aftercare support. It is our intention that through a combination of traditional, cultural, and spiritual healing approaches, as well as Western clinical interventions, our communities, families and youth will be healed and become whole.

## SPECIFIC SERVICES

- substance abuse education and counseling
- academic education
- group and individual psychotherapy
- traditional healing and cultural education
- adventure-based counseling (experiential learning)
- health, nutrition, and life skills
- behavioral change and psychosocial skills
- 12 Step study
- family counseling and education
- art therapy
- medication and health monitoring

## OWNERSHIP OR OPERATION

The center is tribally owned and operated, and it is funded by the Indian Health Service through a 638 contract.



# Navajo Regional Behavioral Health Center



**AREA:** NAVAJO

**Address:** Post Office Box 1830  
Shiprock, NM 87420

**Phone:** (505) 368-1429

**Fax:** (505) 368-1467

**Director:** Vera John

**E-mail:** vera.john@nrhbc.com

**Population:** American Indian/Alaska Native

**Age:** 13-17 at the time of admission

**Gender:** male and female

**Capacity:** 12 beds

**Admissions process:** cohort model (by gender)

**Evidence-based practice:** cognitive behavioral therapy

**Aftercare services:** referrals; outpatient treatment; after-discharge follow-up

**Number of Tribes served:** 4

**States served:** Arizona, New Mexico, Colorado, Utah, and California

**Accreditation:** (in process) Commission on the Accreditation of Rehabilitation Facilities

**Average length of stay:** 90 days

## OVERVIEW

The Navajo Regional Behavioral Health Center provides residential care for adolescents in need of a structured environment where they can address problems related to substance abuse, dependence, and co-occurring mental health conditions. Treatment services are comprehensive and are provided by licensed practitioners from the fields of psychology, counseling and therapy, substance abuse counseling, nursing, and traditional healing. Medical and psychiatric services are available at the neighboring Northern Navajo Medical Center. The treatment program has a multicultural orientation that incorporates traditional Navajo and other American Indian treatment modalities, as well as conventional clinical and educational approaches.

## SPECIFIC SERVICES

- substance abuse education and counseling
- academic education
- group and individual psychotherapy
- traditional healing and cultural education
- adventure-based counseling (experiential learning)
- health, nutrition, and life skills
- behavioral change and psychosocial skills
- 12-Step study
- family counseling and education
- art therapy
- medication and health monitoring

## OWNERSHIP OR OPERATION

The center is tribally owned and operated, and it is funded by the Indian Health Service through a 638 contract.





# Nevada Skies Youth Wellness Center



**AREA:** PHOENIX

**Address:** Post Office Box 280  
104 Big Bend Ranch Road  
Wadsworth, NV 89442

**Phone:** (775) 352-6840

**Fax:** (775) 575-3183

**CEO:** Holly Elliott

**Director:** Kay Culbertson

**E-mail:** [kay.culbertson@ihs.gov](mailto:kay.culbertson@ihs.gov)

**Web:** [http://www.ihs.gov/phoenix/?module=dsp\\_phx\\_yw\\_nevadaskies](http://www.ihs.gov/phoenix/?module=dsp_phx_yw_nevadaskies)

**Population:** American Indian/Alaska Native

**Age:** 12-18 at the time of admission

**Gender:** male and female

**Capacity:** 16 beds

**Admissions process:** open continuous enrollment

**Average length of stay:** 120 days

**Evidence-based practices:** dialectical behavior therapy

**Aftercare services:** referral services

**Number of Tribes served:** 47

**States served:** Arizona, Utah, Nevada, New Mexico, California, and Wyoming

**Accreditation:** The Joint Commission

## OVERVIEW

Nevada Skies Youth Wellness Center is a residential program for the treatment of substance abuse and dependence and their coexisting symptoms or dual diagnosis. Nevada Skies Youth Wellness Center is a part of a continuum of care and a system of service provided for the physical, emotional, mental, psychological, and spiritual health of our communities. We work closely with Tribes, communities, and Tribal health departments in providing preventive, promotional, and aftercare services to the clients.

## SPECIFIC SERVICES

- substance abuse education and counseling
- academic education
- group and individual psychotherapy
- traditional healing and cultural education
- adventure-based counseling (experiential learning)
- health, nutrition, and life skills
- behavioral change and psychosocial skills
- 12 Step study
- family counseling and education
- art therapy
- medication and health monitoring

## OWNERSHIP OR OPERATION

The center is owned and operated by the Indian Health Service.



# New Sunrise Regional Treatment Center



**AREA:** ALBUQUERQUE

**Address:** Post Office Box 219  
San Fidel, NM 87049

**Phone:** (505) 552-5509

**Fax:** (505) 552-5530

**Director:** Gregory Dobbs

**E-mail:** [gregory.dobbs@ihs.gov](mailto:gregory.dobbs@ihs.gov)

**Web:** <http://www.ihs.gov/albuquerque/newsunrise/>

**Population:** American Indian/Alaska Native

**Age:** 13-17 at the time of admission  
(Certain exceptions may apply for 12 and 18 year olds.)

**Gender:** male and female

**Capacity:** 24 beds (8 female, 16 male)

**Admissions process:** cohort model (by gender)

**Average length of stay:** 90 days

**Evidence-based practices:** cognitive behavioral therapy

**Cultural treatment models:** Project Venture National Indian Youth Leadership Project

**Aftercare services:** referral services

**Number of Tribes served:** 26

**States served:** Colorado, New Mexico, Texas, Arizona, and Utah

**Accreditation:** Commission on the Accreditation of Rehabilitation Facilities

## OVERVIEW

The New Sunrise Regional Treatment Center is a residential program for the treatment of substance abuse or dependence and co-occurring disorders. New Sunrise is a part of a continuum of care and a system of service providers within communities, Tribes, the Indian Health Service, and the state. The center is committed to the physical, emotional or mental, and spiritual health of our communities and works in partnership with the community-based and Tribal agencies in promoting and advocating for the well-being of American Indian adolescents.

## SPECIFIC SERVICES

- substance abuse education and counseling
- academic education
- group and individual psychotherapy
- traditional healing and cultural education
- adventure-based counseling (experiential learning)
- health, nutrition, and life skills
- behavioral change and psychosocial skills
- 12 Step study
- family counseling and education
- art therapy
- medication and health monitoring
- nursing health services
- psychiatric services

## OWNERSHIP OR OPERATION

The center is owned and operated by the Indian Health Service.



# Raven's Way



**AREA:** ALASKA

**Address:** 222 Tongass Drive  
Sitka, AK 99835

**Phone:** (907) 966-8719

**Fax:** (907) 966-8723

**Director:** Rebecca Howe

**E-mail:** [rebecca.howe@searhc.org](mailto:rebecca.howe@searhc.org)

**Web:** <http://www.searhc.org/ravensway>

**Population:** American Indian, Alaska Native, and youth from other ethnic backgrounds

**Age:** 13-18 at the time of admission

**Gender:** male and female

**Capacity:** 12 beds

**Admissions process:** cohort model

**Average length of stay:** 38-45 days

**Evidence-based practices:** cognitive behavioral therapy

**Cultural treatment models:** Red Road to Wellbriety

**Aftercare services:** referral services; follow-up services provided 1, 3, and 12 months after discharge

**Number of Tribes served:** 231

**States served:** Alaska

**Accreditation:** Commission on the Accreditation of Rehabilitation Facilities; State of Alaska

## OVERVIEW

Raven's Way is a residential substance abuse and dual diagnosis treatment facility serving the youth of Alaska. This nationally accredited program combines conventional substance abuse treatment, adventure-based therapy, and Native cultural activities. Raven's Way focuses on developing each youth's physical, emotional, mental, and spiritual strengths, as well as his or her communication and problem-solving skills. Graduates then have the tools to choose a healthy, substance-free lifestyle. Raven's Way strives to help its students become connected with their culture, using cultural ceremonies, talking circles, sweat lodge, drum making, traditional drumming and singing, storytelling, medicine pouch making, beading, and exposure to nature and traditional values.

## SPECIFIC SERVICES

- individual and group psychotherapy
- substance abuse assessment and education
- academic education
- "step" work and relapse prevention
- wilderness expedition (backpacking, sea kayaking, and solo experience) and ropes course activities
- activities relevant to native cultures
- peer support groups
- home-like residential living

## OWNERSHIP OR OPERATION

Raven's Way is operated by the Southeast Alaska Regional Health Consortium, an intertribal consortium.



# Unity Healing Center



**AREA:** NASHVILLE

**Address:** Post Office Box C-201  
488 Sequoyah Trail Drive  
Cherokee, NC 28719

**Phone:** (828) 497-3958

**Fax:** (828) 497-6826

**Director:** Hillane (Rebecca) Lambert

**E-mail:** rebecca.lambert@ihs.gov

**Web:** <http://www.ihs.gov/Nashville/?module=unity>

**Population:** American Indian/Alaska Native

**Age:** 13-17 at the time of admission

**Gender:** male and female

**Capacity:** 16 beds

**Admissions process:** cohort model

**Average length of stay:** 80-90 days

**Evidence-based practices:** motivational interviewing; cognitive behavioral therapy; practical adolescent dual diagnosis inventory

**Aftercare services:** referrals; after-discharge follow-up; teleconference aftercare therapy sessions

**Number of Tribes served:** 29

**States served:** Maine, Mississippi, North Carolina, New York, Florida, Louisiana, South Carolina, Rhode Island, Connecticut, Alabama, Texas, and Massachusetts

**Accreditation:** The Joint Commission

## OVERVIEW

The Unity Healing Center is an adolescent residential treatment program for American Indian youth with substance abuse or dependence disorders. The center is committed to helping American Indian youth and their families gain freedom from addiction and other life-negating problems. Unity guides its clients to healthy and sustainable lifestyle transformations, addressing their physical, emotional, and cultural needs through the philosophy of the 12 Step program and evidenced-based treatments. The center provides a safe haven to engage in activities that will allow youth to develop their individual strengths.

## SPECIFIC SERVICES

- substance abuse education and counseling
- academic education
- group and individual psychotherapy
- traditional healing and cultural education
- adventure-based counseling (experiential learning)
- health, nutrition, and life skills
- behavioral change and psychosocial skills
- 12 Step study
- family counseling and education
- art therapy
- medication and health monitoring

## OWNERSHIP OR OPERATION

The center is owned and operated by the Indian Health Service.