

*Hope Begins Here!*



*New Beginnings*

ADOLESCENT RECOVERY CENTER

*Opelousas, Louisiana*

[www.newbeginningsarc.com](http://www.newbeginningsarc.com)



### Our Home

New Beginnings is located in Opelousas, Louisiana in the heart of Cajun Country.

Ours is a safe, comfortable, rural setting ideally suited for healing.

*For your teenager,  
New Beginnings is a place  
that can help bring them  
back from destructive  
behaviors to a new way  
of life.*

New Beginnings Adolescent Recovery Center's award-winning, nationally recognized program is one of the leading adolescent substance abuse programs in the country.

*This is who we are.*

## Our Staff

The New Beginnings multi-disciplinary treatment team is led by an ASAM Certified Psychiatrist and is comprised of:

- Licensed & Masters level clinical staff
- 24/7 medical staff
- Recreation & fitness coordinator
- Registered dietician
- Certified educators



The New Beginnings multi-disciplinary treatment team is led by an ASAM Certified Psychiatrist.

*The people taking care of your teenager.*





#### Programs & Clinical Modalities

- Medically monitored detox services
- Residential program
- Extended care program
- Intensive family program

*Teenagers are complex, and those with substance abuse problems become even more complex.*

- 12-step philosophy
- Group & individual therapy
- CBT, REBT, DBT (mindfulness)
- Expressive therapy (music, art)
- Adventure-based therapy (ropes course)
- Experiential & trauma work (EMDR)
- Family therapy

During treatment, our patients have access to individual, group, family & spiritual counseling that incorporates the principles of the 12-step program. Programming is overseen by our qualified, multidisciplinary team of treatment professionals.

*This is what we do.*

#### Extended Care

- Continued 12-step work with a sponsor
- Increased education hours (college or trade school prep)
  - Deeper clinical work
  - Service component
- Senior peer mentorship
  - Therapeutic passes
- Independent living skills
- Continued work with families



Once away from their addictive environment and on our campus, teenagers go through rapid changes as they attempt to learn once again who they are and how they can begin living without use of substances.

*Teenagers are unique...so is the treatment we offer.*



### Education Program

New Beginnings provides an on-site, educational program. Our accredited school personnel work closely with each teenager's school of origin to ensure his or her education is not disrupted while they are in treatment. Each client has the opportunity to enroll in our school.

*Learning doesn't have to stop for your teenager!*

We tailor the students education to meet their needs and to incorporate individual learning styles.

*For a teen, realizing they can learn for the first time, is life changing.*



### Family Program

In the New Beginnings' family program we help each family member examine their role in the family system, expose unhealthy dynamics, begin to resolve conflicts, and rebuild trust and relationships.

We help the family develop healthy communication and boundaries. Our goal is for each family member to embrace their own personal growth and recovery, while the family as a whole moves toward healing. New Beginnings is committed to recovery in the entire family system.

Family members attend the program around the third or fourth week of treatment. Their intensive work includes interaction with the patient.



Addiction affects the entire family. Our family program helps all family members understand their teens problem and need for recovery, while engaging them in their own recovery.

*What affects one family member affects all.*



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