CLIMBING TO THE STARS
Outpatient treatment program to support young adults ages 18 to 24 experiencing mental health and/or substance use challenges

By incorporating multiple evidenced based treatment methods, we meet your needs to the fullest potential. Participants are provided the opportunity to attend treatment groups, individual therapy, peer support services, and have access to case management through Urban Peak for housing needs.

Frequently Asked Questions:

Do I qualify for services?
Young adults ages 18-24 experiencing mental health or substance use challenges qualify.

How are services paid for?
All services covered through Medicaid or Probation Vouchers. However, we are willing to work with you no matter your situation.

Can I get access to mental and physical health services?
Participants can access services through Front Range Clinic, a service similar to a primary care physician that provides mental and physical health services treating symptoms related to anxiety, depression, and withdrawal.

What is Experiential Therapy?
Includes animal-assisted therapy, art projects such as learning how to spray paint, white water rafting, yoga, hiking, rock climbing, and many more fun, social activities.

What are some of the therapy and group sessions offered?
Cognitive Behavioral Therapy, Relationships in Recovery, Seeking Safety Therapy, Relapse Prevention: Peer Group, Dialectical Behavior Therapy

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