



# RESIDENTIAL ADDICTION TREATMENT

## FOR YOUTH AND YOUNG ADULTS

**Is your teenager showing signs of substance use?** YSS is here to help. Our successful Residential Addiction Treatment program offers evidence-based services in a safe, homelike environment.

### LEADING THE WAY

YSS's proven and innovative approach to substance use disorder treatment has helped 5,000 youth across Iowa.

- + **We offer an environment focused on recovery and well-being.**
- + **Gender-specific treatment gives youth support designed to meet their specific needs.**
- + **Highly trained counselors help build coping skills, practice trauma informed care, and motivate youth to be successful.**
- + **Youth continue their education while in treatment and, in many cases, are able to catch up on high school credits they previously missed.**
- + **Our financial team works with each family to find a funding option that meets your needs, and we accept most commercial insurance.**

### IN THIS TOGETHER

We understand the importance of family on the journey to recovery. At YSS, family is integrated into treatment through visits, family therapy, and virtual parent information sessions.

Throughout the year, Strengthening Family Weekends allow current residents and their family members to come together for trainings, meals, and games. We teach parents how to support their kids through bonding, setting boundaries, and monitoring.

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“My daughter learned to love, value, and respect herself and our family. Home is home again because of the treatment she received.”

– Parent of Client

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**1 IN 6** PEOPLE STRUGGLE  
WITH SUBSTANCE USE IN  
THEIR LIFETIME.

**90%**

of these people  
start as **teenagers.**



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“At YSS I was taught how to have self-respect. I realized I had it in my control to stay clean.”

– Former Client

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“After a few weeks at YSS, I hit a turning point. I starting learning from my mistakes and wanting to do better.”

– Former Client

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“My sobriety brought me the ability to be happy again in such an indescribable way.”

– Former Client

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**TREATMENT WORKS.  
RECOVERY IS POSSIBLE.  
TAKE THE FIRST STEP.**

**[www.yss.org/recovery](http://www.yss.org/recovery)**

## A LIFETIME OF SUPPORT

Our connections don't end when youth leave our programs. We continue to support them as they return to their communities and build a brighter future. A lifetime of support for a lifetime of recovery. We offer:

- + **Weekly virtual alumni support group**
- + **Check-ins from YSS recovery advocate**
- + **Scholarships to pursue higher education**

## HOW TO GET STARTED

**Step 1:** Contact Mark Vasquez (515-233-2250, [mvasquez@yss.org](mailto:mvasquez@yss.org)) to schedule a substance abuse evaluation for your teenager. This will give you a recommendation for the kind of help they need.

**Step 2:** If outpatient is recommended, Mark can connect you with YSS counselors. Sessions are available in-person or via telehealth.

**Step 3:** If inpatient is recommended, contact Melissa Gravlin (515-451-8250, [mgravlin@yss.org](mailto:mgravlin@yss.org)) to begin the admission process for YSS Residential Addiction Treatment.

## TREATMENT LOCATIONS:

