

Residential Treatment and other resources

updated 3-24

When teens need more than IOP treatment

Behavioral health treatment options for teens are unfortunately too few in number in Arizona. Parents may wish to contact their insurance company to see which programs are available. Parents should also visit the facility itself to investigate the quality of the program and goodness-of-fit for their teen.

Some terms to know: The term "Inpatient" means hospital treatment. This is not treatment in a typical General Hospital, but rather treatment in a specific Behavioral Health Hospital (also called a "Psychiatric" Hospital.) Examples are Aurora Tempe, Aurora Glendale, St. Luke's, Banner Scottsdale, Quail Run, and Destiny Springs. Those are the behavioral health hospitals in town that have inpatient units for teens ages 12- 18. "Inpatient" treatment in the adolescent unit of one of these behavioral health hospitals is generally about 7 days in duration and is typically for emergencies, very serious problems, detox, life-threatening behaviors, threats to harm self or others, and the like.

The term "Rehab" refers to residential treatment. This is treatment in Residential Treatment Center (RTC) facility where teens may stay 30 or 60 or 90 days-- depending typically on the severity of their symptoms and also the health insurance and financial resources of their parents. Residential treatment options for adolescents ages 12-18 are very scarce in Arizona (basically only Oasis in Chandler and Devereux in Scottsdale now that The New Foundation has closed). Arizona parents often look to out-of-state options for Residential Treatment Centers for their teen.

Residential Treatment

IN ARIZONA: Again, residential treatment options in Arizona for minors under age 18 are few in number:

1. **The New Foundation** -- after many years CLOSED as of 12/19 -- no longer open
2. **Zenith Behavioral Health** -- in Phoenix, likely your best option, call (602) 847-9887
2. **Oasis Behavioral Health** -- located in Chandler, accepts male and female adolescents
We are informed some insurance does pay for this program, as does AHCCCS
Contact the Admission Office at (480) 917-9301
NOTE: Oasis is locked and CAN require minors to stay against their will, for parents with that need
3. A third possibility might be **Devereux** Residential Treatment Center in Scottsdale.
Call (602) 283-1573 or e-mail azadmissions@devereux.org.

OUTSIDE ARIZONA: With so few residential treatment programs in Arizona, and at times a waiting list, many parents look to top-notch residential treatment programs out of state, including:

1. **Evolve Treatment Centers** -- several locations in Southern California. Males and females. Residential treatment for teen substance abuse, we are informed some insurance does pay for this Program. See the website at evolvetreatment.com or call Admissions at 1 (866) 205-0864. Evolve also has a helpful local person here in Arizona that can help facilitate admission, call Brooke Harper at (310) 923-0972.
2. **Turnabout Ranch** -- located in Escalante, Utah, a remote part of Southern Utah.
Length of stay typically about 100 days -- accepts some insurance -- accredited residential treatment Center. Remote location and working ranch makes access to drugs next to impossible.
See the website at www.turnaboutranch.com or call 1 800 214-3878. Shane is in admissions.

3. **Newport Academy.** Good treatment reputation, several locations in California, treats males and females. Call (877) 667-2185. Or best to call the Arizona rep for Newport – Kenny Flack – at (480) 640-7479
4. **Center for Discovery** -- several locations across the Los Angeles area
Residential Treatment for substance abuse – Locations for mental health and eating disorders as well
We are informed some insurance does pay for this program.
See the website at centerfordiscovery.com, and we suggest parents start by contacting the admission office at the Long Beach site at (562) 735-2056.

More Residential Treatment Programs Outside Arizona:

Again, many parents choose to look outside of Arizona for residential treatment options. We are informed that all of these facilities accept insurance.

- Sandstone Care - Colorado** -- call admissions at (720) 420-7444 or call their Arizona rep. Marina on her cell phone -- (720) 773-4574
- Ignite Teen Treatment** in Las Vegas, Nevada. Addiction treatment Center (866) 604-7273
- Willow Springs** in Reno Nevada. Boys and girls – 1-800 448-9454
- Tarzana Treatment Centers**, numerous locations in the Los Angeles area: - 1 888 777-8565
- Hazelden** in Minnesota (phone 1 800 257-7810)
- Telos Residential Treatment** – Utah -- (801) 380-7980 www.telosrtc.com

Residential Treatment/Boarding Schools for females only:

1. **Mingus Mountain Academy** -- Located in Prescott Valley, Arizona
“Mingus Mountain Academy is a Joint Commission accredited residential treatment center for emotionally and behaviorally at-risk adolescent girls.”
See the website at www.mmaaz.com or call 928-216-3938
2. **Sedona Sky Academy** -- Located in Sedona, Arizona
“A Private Therapeutic Boarding School for Adolescent Girls ages 13-17.” Call (928) 567-1322 or see the website at www.sedonasky.org or call admissions at (855) 879-4786

Boys Ranch-style Programs and Wilderness Treatment Programs

Arivaca Boys Ranch 1 877 886-9766 Arivaca, Arizona -- Therapeutic boarding school and boys ranch for struggling teen boys from Arizona, Texas, California and all over the U.S. A real working ranch that operates a 10-month program for boys age 13-17 in Arivaca, Arizona

Canyon State Academy -- used to be called Arizona Boys Ranch. Canyon State Academy is a “A private residential school serving male youth between the ages of 11-17 with a history of delinquent behaviors, dependent/neglectful backgrounds, mild mental and emotional health issues, and special education needs.” Located in Queen Creek, AZ , admissions call **(480) 987-2024 or (602) 738-4749.**

Wilderness Treatment Programs can be described as this way: "Outdoor education, also known as wilderness therapy, is a unique alternative to longer term residential schools and treatment programs. These programs have been designed to deal with issues such as oppositional defiant disorder, ADHD-related behavioral struggles, and substance abuse problems."

Here is a link to a list of many other wilderness treatment programs and similar programs nationwide:
<http://www.school-placement.com/wildernesslist.html>

Two wilderness programs in particular may deserve consideration:

Anasazi Foundation (Arizona) (480) 892-7403 www.anasazi.org/
Second Nature substance abuse program – Utah -- (877) 701-7600 www.snwp.com

Treatment Locator Service:

For a more extensive search of all available inpatient and residential treatment programs, the federal government maintains a Treatment Locator Service. Go to: <http://findtreatment.samhsa.gov/>

Inpatient Treatment:

While residential treatment (see above) is typically several weeks or longer in duration, inpatient care generally refers to a shorter stay in a behavioral health specialty hospital (perhaps 3 to 7 days) and generally is conducted to achieve stabilization, or detoxification, or ensure the shorter term safety of teens. Emergencies often end up in inpatient care rather than residential care. Any teen faced with a life-threatening or truly dangerous situation may well need inpatient care rather than residential treatment. Again, parents should always check first with their insurance company to see which behavioral health hospitals are contracted or preferred. Some of the local behavioral health hospitals are:

Aurora Glendale (480) 345-5420
Aurora Tempe (480) 345-5420
Banner Scottsdale (480) 448-7500
Quail Run Behavioral Health NW Phoenix (602) 455-5694
St Luke's Behavioral Health (Phoenix) (602) 251-8535
Destiny Springs Hospital (Surprise) (623) 233-3000

Detoxification and Treatment Options for Opiate Use

Teens that have been using opiates (such as heroin, oxycontin, fentanyl) will often need to complete medically supervised detoxification. Here are some of the options for medical detoxification:

Banner Addiction Recovery Center - 1300 N. 12th Street #608, Phoenix, and
Located in central Phoenix. Phone: (602) 521-5700 or (602) 839-4567.
See Dr. C. Luke Peterson.

Community Bridges "Unscript for Adolescents" program --
- Scottsdale and Mesa locations – call (877) 931-9142 or (480) 502-7000

Terros Health. In 2021 Terros has informed us that they now offer MAT (Medically Assisted Treatment) for teens 16 and older. Call Terros at (602) 685-6000 or online at terroshealth.org. "Medically Assisted Treatment," or MAT as it is sometimes called, can help in severe circumstances where opioid abuse is severe.

Educational Consultants

An educational consultant can help a parent locate a therapeutic boarding school or other educational or treatment experience. There is generally a fee for a consultant's services. Many of these consultants have first-hand experience of the many treatment and school options available across the country. Parents can contact the IECA – Independent Educational Consultants Association – to locate an educational consultant that is a good match for them: IECA -- <http://www.iecaonline.com/>

And two Arizona Educational Consultants that may be considered:

Gail Curran 602 904-1282 www.optimaleduoptions.com
Lynn Presley 480 239-4482 www.PresleyConsultingETC.com

Interventions

An intervention has been described this way: “An intervention is a deliberate process by which change is introduced into peoples' thoughts, feelings and behaviors. The overall objective of an intervention is to confront a person in a non-threatening way and allow them to see their self-destructive behavior, and how it affects themselves, family and friends. It usually involves several people who have prepared themselves to talk to a person who has been engaging in some sort of self-destructive behavior. In a clear and respectful way, they inform the person of factual information regarding his or her behavior. The immediate objective of an intervention is for the self-destructive person to listen and to accept help.”

Point your internet browser to “interventionist” to find intervention professionals across the country. One local organization that deserves consideration is:

InterventionASAP phone (888) 405-3121 www.interventionASAP.com

(Note: the name similarity is only a coincidence and this organization is not affiliated with us here at ASAP)
This organization can transport teens to treatment also.

Locating and Transporting Missing or Resistant Teens

Physically getting teens to treatment is a challenge that can be met with the assistance of this organization:

TeenTrak USA Website: www.teentrak.org

This is an organization skilled in locating missing teens (often using technology) and transporting them, when needed, to various therapeutic treatment programs. In the Phoenix area: (602) 486-3979

InterventionASAP phone (888) 405-3121 (see above)

Emergency hotlines/Crisis Services:

Maricopa County Behavioral Health Crisis Line (602) 222-9444

La Frontera EMPACT Crisis Services (480) 784-1500

Arizona Teen Crisis Solutions (623) 879-9600

AZ Dept of Child Safety 1 888-767-2445

Teen Life Line -- peer counselors – (602) 248-8336

National Suicide Prevention Lifeline 1 800 273-8255

Suicide Prevention call 988

NOTES:

1. ASAP is an outpatient counseling program only. ASAP is not a Treatment Locator Service or a referral service, we are simply providing this information to help parents find help.
2. This information is subject to rapid and frequent change. We do not guarantee the current accuracy of this information, and do not recommend the organizations appearing here—this document is for information only. Again, this is a list – not a recommendation or an endorsement. As always, it is each parent's responsibility to carefully and thoroughly investigate the best option for their teen. Each family's situation is different.
3. We promise there is not another list of really tremendous resources that we are hiding from folks. The present list is what we know. It should be sufficient for you to find help for your teen if you work at it. It has always been true that resources for adolescents are scarce in Arizona, unfortunately.
4. We are sometimes asked what parents can do that have no health insurance or financial resources. Frankly, we are not aware of any good free inpatient treatment or detox programs or facilities. Unfortunately treatment is generally quite expensive. But a call to your particular AHCCCS plan might help—as the gatekeeper for AHCCCS services your AHCCCS Plan directs care for many thousands of low-income patients and may be aware of lower-cost treatment options.
5. If you contact any of the above organizations and they are unable to help you for any reason (they may be full, they may be not accepting new patients, not covered by your insurance, not the right match for your teen/situation, or etc.) **please be sure to ask them for a referral.** That is a reasonable request and a reasonable expectation of each organization—if they cannot help you they can and should refer you to someone who can.

Information provided by:

Adolescent Substance Abuse Program

2530 S. Alma School Road, Mesa, 85210

8607 N. 59th Avenue, Suite #C-6, Glendale, 85302

3839 E. Shea Boulevard, Phoenix, 85028

Phone (602) 434-0249 for all locations

fax (480) 704-5550

see us online at www.asapaz.com
