<<< Note: This list is information only, these are not recommendations >>>

**Residential Treatment and other resources** updated 5-15

**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. 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. **Horizon Recovery** -- great choice in Arizona. Call Kenny Flack at (480) 640-7479.
2. **The New Foundation** -- after many years CLOSED as of 12/19
3. **Zenith Behavioral Health** – also CLOSED as of 2024

4. **Oasis Behavioral Health -- l**ocated in Chandler, accepts male and female adolescents

     Contact the Admission Office at (480) 917-9301

5. **Devereux** Residential Treatment Center in Scottsdale might be a possibility

 Call (602) 283-1573 or e-mail azadmissions@devereux.org .

6. **Avery’s House** -- (855) 942-3851

7. **Nexus Teen Academy**  -- Cave Creek – (480) 485-3424

**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. **Muir Wood**. Excellent substance abuse-specific teen residential treatment centers, several in

 California, accepts health insurance, best to call Steve Swanson at (916) 730-2398

2. **Newport Academy.** Excellent treatment reputation, several locations in California, treats males and

 females. Call (877) 667-2185, some insurance does pay for this Program.

3. **Evolve Treatment Centers** -- several locations in Southern California. Males and females. Residential

 treatment for teens, e are informed some insurance does pay for this Program. Call 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.

4. **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](http://www.turnaboutranch.com) or call 1 800 214-3878. Shane is in admissions.

5. **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 i**n 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](http://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](http://www.sedonasky.org) or call admissions at (855) 879-4786

**Boys Ranch-style Programs and Wilderness Treatment Programs**

**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**. 738

**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/](http://www.anasazi.org/)

 **Second Nature substance abuse program – Utah -- (877) 701-7600** [www.snwp.com](http://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**

**Destiny Springs Hospital (Surprise) (623) 233-3000**

**Via Linda Hospital (Scottsdale) (480) 476-7000**

**Agave Ridge Hospital (Mesa) (480) 780-0211**

**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**](http://www.optimaleduoptions.com)

**Lynn Presley 480 239-4482** [**www.PresleyConsultingETC.com**](http://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**](http://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](http://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