



EMBER RECOVERY OF NORTH IOWA FOR YOUNG ADULT MALES (AGES 18-24)

Ember Recovery is offering the first and only addiction treatment program in Iowa specifically for young adult males (ages 18-24). Providing effective treatment for this age demographic is critical, as many addiction treatment centers are focused on older adults. In a recovery-focused environment, clients have the opportunity to assess the impact of their substance use and addiction on themselves and loved ones. They will also explore other frequent co-occurring concerns, including mental health, physical health, relationship difficulties, and employment issues.

OUR VISION

The primary goal for this treatment program is to promote recovery from substance use disorders and support lifelong wellness and recovery. Additionally, the treatment program addresses personal and family problems to enable the recovering client to return as rapidly as possible to their home or other suitable living arrangement. This treatment program often serves as an alternative to institutional care.

Our program goals include:

- + **Treatment that is gender responsive, trauma informed, culturally appropriate, and considers the individual's skills and needs.**
- + **Education to develop insight and skills necessary to maintain recovery and prevent relapse.**
- + **Opportunities to strengthen family relationships and other healthy supports.**
- + **Connections to additional resources, such as 12-step programs, mentoring, and on-going counseling, to promote the recovery long term.**

WHY OUR PROGRAM?

1 FORGE BONDS WITH YOUR PEERS
Begin your recovery journey alongside same-age young adults facing similar challenges and needs.

2 TRANSFORM YOUR MENTAL HEALTH
Counseling and life skills are incorporated — therapists will help in individual, group, and family settings.

3 EMPOWER YOUR FUTURE
We offer skill building, educational opportunities, and connect our clients to housing resources.

1 OUT OF 6 INDIVIDUALS WILL STRUGGLE WITH SUBSTANCE USE IN THEIR LIFETIME.

90%

of these people start as teenagers and continue into their **young adult** lives.



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“I learned a lot about how to confront my problems instead of running away from them.”

– Former Client

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“There were some great tools and knowledge that I appreciate, and always will, that helped me during that journey. Overall, it was good experience.”

– Former Client

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“I liked the environment; it felt comfortable and homey. The staff showed interest in my hobbies, and I felt like each person really cared about me.”

– Former Client

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

www.yss.org/program/youngadult



HELPING YOU GROW

Utilizing curriculum from Life Skills Reimagined, young adults will have the opportunity to learn more about personal finance, resiliency, communication skills, how to get and keep a job, and finding a place to live. Assessments such as life skills and career interest inventories will be completed to determine what areas of education and job training would be helpful for clients to become more self-sufficient. Collaboration with area Hi-Set programs may be available as needed.

As the average length of stay is approximately 30 to 45 days, there will be referrals to services in the client's home community to continue their development.

A LIFETIME OF SUPPORT

Our connections don't end when individuals 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:

- + **Check-ins from Ember Recovery advocate**
- + **Scholarships to pursue higher education**

TREATMENT LOCATION:

Ember Recovery of North Iowa

50 N Eisenhower Ave

Mason City, IA



GET STARTED

CONTACT US TODAY:

admissions@emberrecovery.org or (515) 461-8556.

