A national center of excellence specializing in the treatment of emerging adults (ages 17-30’s) and their families. Yellowbrick addresses the complex needs of troubled emerging adults with full time, experienced and compassionate professionals dedicated to accountability and outcome.

Clinical Issues:
Across a spectrum of diagnoses and syndrome patterns of dysfunction, all of the young people coming to Yellowbrick share the common difficulty in negotiating the universal challenges of transition to adulthood:

- Identity integration and self-coherence
- Emotional and behavioral self-regulation
- Interpersonal effectiveness across a spectrum of relationships
- Maturation of executive functions and role performance competence
- Connected autonomy in a renegotiated relationship with family of origin

Common diagnoses include mood and anxiety disorders, PTSD & dissociative disorders, psychotic disorders, co-occurring substance abuse, eating disorders, borderline and avoidant personality disorders; “failure to launch”.

Program Model:
Yellowbrick’s “real time treatment” model targets these developmental processes with interventions informed by an integration of:

- Neuroscience research
- Developmental psychology
- Cognitive, skills-based, experiential and in-depth psychotherapies
- Strength-based rehabilitation and wellness approaches
- Sober peer community within a naturalistic “real time” setting

Following assessment of individual capabilities and vulnerabilities, Yellowbrick prescribes a personalized life plan combining sober supported apartments, professional services and counseling for return to school and/or work.

Services:
Assessment: Yellowbrick offers a comprehensive three-day process for complex and/or high risk cases. Assessment includes in-depth interviews, psychiatric evaluation, neurocognitive and behavioral testing, education and career analysis, family systems evaluation, as well as behavioral, motivational, social, self-psychological and neurobiological analysis. Assessment includes genotyping and prescriptive neuroimaging studies as indicated. Eligible ages from 17-30’s.

Life Strategies Program (LSP) combines science with soul. LSP is an intensive in-depth individual and group psychotherapy program focused on the clinical dimensions of access to emotional experience, self-regulation and the process of establishing and sustaining adaptive attachments. Treatment within LSP helps the emerging adult develop self-acceptance and expression, emotional and behavioral self-regulation, satisfying interpersonal relationships, educational and career skills, and life skill competence.

Core Competence Home Health:
A strengths-based neurobiological approach to helping emerging adults discover, develop, and utilize their personal strengths and competencies as they work towards an independent, productive, and meaningful life. Working towards these goals in the home environment enables treatment to occur in real time, addressing real-world needs.

Fees:
The Residence: $295/day
Life Strategies Program
Weekday Program: $695/day (Mon-Fri)
Weekend Program: $350/weekend (Sat-Sun)
Specialty Evening IOP: Trauma Recovery/Substance Abuse/Eating Disorder
$450/evening (No additional charge if enrolled in LSP that day)

Professional Services: As utilized
Minimum Financial Commitment: 10 weeks
Private pay; insurance reimbursement actively supported. Verified financial accommodations are negotiated for those relying on insurance reimbursement.

Contact:
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