



Welcome!

Welcome to Antelope Recovery! We are really looking forward to working with you over the next few months.

In this welcome packet, you will find information about our program, how it works, and what you can expect during your time with us. Please take the time to read through all of this material, as it will help you understand what you can do to make the most of your treatment. If you have any questions or concerns, please don't hesitate to reach out to our team. We are here to support you every step of the way.

Program Overview

Antelope Recovery is designed to provide care to teenagers struggling with mental health and/or substance use issues.

- The program is entirely online. You can call into sessions from anywhere - home, school, outside, etc. We only ask that you are in a confidential space when you call us, and physically safe.
- The program is typically 3 to 5 days per week, with a weekly time commitment of 3 to 15 hours. We will make a schedule together after meeting with you and your family.
- The length of treatment is typically 4 to 12 weeks, depending on what your goals are and how fast we are meeting them.
- Participating in an IOP means you will have a care team who are all there to support you in working towards your individual goals. This can look like having two to five professionals on your team you meet with weekly.
- Your parents are likely meeting with us as well. We believe that if someone in a family is struggling, everyone is affected and

Our approach

Our approach is transdiagnostic and holistic, meaning we see our clients as whole persons and don't categorize or isolate them by any one symptom or behavior. We use a strengths-based approach. We see our clients as resilient individuals with unique talents and abilities that we can build on to overcome current difficulties. Lastly, we believe we are on a healing journey together with our clients and their families, and collaborating as a team will lead to the best outcomes.



At Antelope, our treatment will likely be different than other programs you have tried. We have a few unique things about us.

1. We are online!
2. Everyone in the program has a different schedule.
3. We like to involve family, friends, school, and others to help make treatment work best.

What is an IOP?

Antelope Recovery is an Intensive Outpatient Program or an IOP. An IOP is a program that includes various types of therapies. At Antelope, we have all of these therapies available in our IOP:

- Individual Therapy
- Wellness and physical health sessions
- Casework sessions
- Family therapy
- Peer mentor sessions
- Parent groups
- Animal-assisted therapy groups
- Nature therapy groups
- Mindfulness groups
- CBT / DBT groups
- Parent Coaching

IOP can help you with a range of challenges, such as anxiety, depression, self-esteem issues, stress management, or substance use. It's particularly useful when you're finding it tough to cope and could use a bit more guidance and support. It's designed just for you, to help you make any changes you need to make in your life.

The program consists of a few hours of therapeutic activities per day for three to five days per week. In total, the program lasts for 4-12 weeks, depending on your unique situation.

IOP can help teens...

- Create better friendships
- Increase self-awareness
- Understand their emotions
- Develop healthy habits
- Raise self-esteem
- Improve communication skills
- Rebuild relationships with family
- Enjoy life more



A Day in IOP

Antelope's IOP is different almost every day. Many programs are just after school for three hours a few times a week - at Antelope, we design a schedule that is unique to you. We factor in your unique needs and try to schedule things you'll actually enjoy doing. When you first sign up, you will have an intake call, where you and your therapist will design your schedule.

A typical day for you might look like first logging into your portal and meeting with your therapist for an hour. You'll share about different parts of your life and make steps towards achieving the therapeutic goals. This time with your therapist could look like exercises such as art, going on a walk, or deep breathing. Or, it could look like sharing about your life. It depends on you and what you're going through. After therapy, you might join a process group where you and other teens your age share thoughts, feelings, and experiences related to your mental health. There will be a mix of teens dealing with similar as well as different issues than you so that everyone can learn from each other and have each other's back. Finally, maybe you'll have an animal therapy group, where you and your pet will do different therapeutic activities together. No matter what activities you do, each day at IOP will help you to get where you want to be in friendships, family, and in relationships with yourself.

Why attend therapy?

Anyone can benefit from therapy regardless of where they are in life. In **individual therapy**, you can talk about your problems in an accepting and nonjudgmental place with someone who isn't part of your daily life. Talking about what's been bothering you and processing your thoughts and feelings can help you gain greater self-awareness and think of new solutions. It can also help you make sense of past events and how to move forward.

Who we are

We are a team of therapists and professionals dedicated to supporting you in becoming healthier and happier. We are here for you. Your team will include licensed therapists, case managers, group facilitators, and others who all have one common goal: your well-being.

At Antelope Recovery, we understand that not all teens want to go to therapy, but we also know that what you are currently doing isn't working and how frustrating that is. We also specialize in helping teens who have tried other types of treatment but didn't experience significant benefits.



Healing and recovery often involves important people in your life. During this program, we will encourage you to involve your family and friends, as their support will really help you make the changes you want to make in your life. We'll help you figure out how to have conversations with them and find support in those relationships, whether it's talking to your parents about your mental health, rebuilding trust, figuring out what to do during a divorce, or what to do if you are struggling with school. And, if you're struggling to communicate and utilize support, your parents probably are, too. That's why family therapy and outside support are built into the program so that everyone can learn and grow together.

What to expect from us:

You can expect that we will collaborate with you to design a program that we believe will work for you. We are not here to get you in trouble. This is not school. This is designed to support you in having a meaningful, fulfilling, and beautiful life.

Individual Therapy Sessions

- You will meet one-on-one with your therapist one to three times a week to work towards your goals.
- This is a safe, non-judgmental, and accepting space to share what's been going on for you. Our goal is not to change you but to help you get where you want to be.
- We want to know when things are not working so we can problem-solve together! Your clinical team is eager to hear your concerns to make sure your treatment is effective.
- Information you share with your therapist is confidential and will not be shared with anyone, including your caregivers, except in emergency situations.

Family Therapy Sessions

- You and your parents or caregivers will have sessions with your therapist to enhance mutual understanding and communication.
- Your therapist will not share what you have said in your individual sessions, but will help facilitate the sharing of information that you choose.

Therapeutic Group Sessions

- You will have the opportunity to participate in a variety of group activities that will help you work towards your goals and learn new skills, such as new ways of dealing with your feelings and ways of interacting with others.
- Group sessions provide support and social resources that can help you cope. Connecting with others who share similar struggles can help us feel less alone and more hopeful about overcoming current difficulties.
- Group leaders will help facilitate an environment where each member is respected and valued.



Wellness Sessions

- You may meet with a caseworker when you first start your treatment with Antelope Recovery to discuss your physical health and wellness goals.
- You and the caseworker may decide to meet ongoingly if health and wellness is something you really want support with. You may focus on:
 - Sleep schedule
 - Exercise schedule
 - Diet/nutrition

Casework Sessions

- You may meet with a caseworker during Antelope to discuss your relationship with other organizations. Caseworkers help you if you have issues with any of the following things:
 - School
 - Sports/hobbies / getting involved in activities
 - The court system
 - Finding a job or volunteering

What we expect from you

As a participant in our program, you have a critical role to play in your own treatment and recovery. IOP is about more than just talking or coming to sessions; it's about learning skills so you can live your best life and being supported every step of the way. The more you put into the program, the more you get out. Don't be afraid to ask questions, share in groups, and engage with the process. Embrace the opportunity to connect and grow.

- We encourage you to be an active participant in your treatment, including attending therapy sessions and completing any tasks or assignments as directed by your therapist.
- Set intentions about what you want out of treatment. Think about how you can make this meaningful for yourself.
- Ask questions when you don't understand something. This will help us to help you.
- We encourage you to be open and honest in therapy sessions and actively work on your treatment plan goals and objectives.
- Between sessions, think about what your therapist or other clients have said, what you learned, and try to apply it in your life.
- We encourage you to make healthy lifestyle choices, such as eating well, getting enough sleep, and avoiding substances.



Setting up your space for IOP

Because the program is fully virtual, there are a few things to remember that will help ensure a good session. Having a space you feel comfortable in is so important!

Make sure you have these things when you get started for sessions:

- Have battery and/or a charger for your device nearby.
- Are not using your wi-fi or cellular service for other things that will degrade the connection.
- Have headphones for privacy.
- Go to the bathroom before the session.
- Have any materials needed for a given session prepped and ready.

If you don't have access to a private space, please tell your therapist right away! We will work with you and your family to design a set-up so that you can have privacy. There are a lot of different ways we have done this in the past and we can help get creative.

Some additional tips for sessions are...

- Make sure your space is ready for each session. This can look like having tea, pillows, tissues, your pet, or whatever else you may need nearby.
- Take deep breaths. Breathing can be an easy way to relax yourself when things get intense.

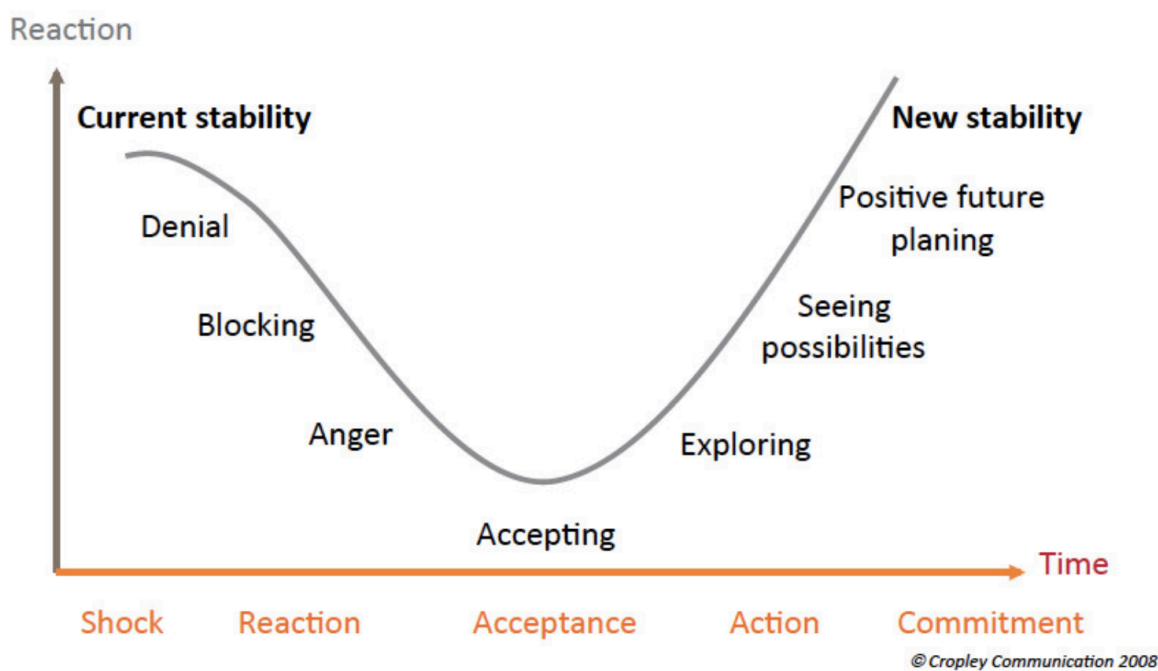
Finally, don't feel pressured to tell your parents or guardians about what happened in each session. This is your time for your own journey, and if you need alone time before sharing your experiences, please take it.



What is IOP like?

IOP can be an emotional process full of twists and turns for many teens. No matter what specific emotions you feel throughout the process, you'll likely experience something similar to the chart below. Even if the individual emotions are different, entering into IOP is usually an impactful experience filled with all kinds of intense emotions.

If it seems scary or like something you can't do, remember that our job is to help you get through it.



What Do Other Teens Who've Been Through IOP Have to Say?

"I learned that people actually like me and that I could make friends. Nothing is better than that feeling."

"I was so anxious but they make you do a bunch of stuff with other kids that actually help you bond. It's not that bad."

"Just stay with it. I know it sucks but it's actually worth it."



Program rules

- You will be asked to complete a drug test when you start the program, and you may be asked to participate in random drug testing throughout your time at Antelope Recovery, depending on your treatment needs.
- You must be sober from all substances during all treatment programs. We encourage you to abstain from substance use for the duration of your treatment at Antelope Recovery to maximize the benefits of treatment.
- Attend every individual, family, and group session on time.
- You must be alone! Before each group, we all share the room we're in. This is so that everyone knows we are in a confidential space.
- Cameras must be on at all times. If your camera is off, we will have you leave the session.
- Do not leave the session without communicating why you need to and agreeing on a return time.
- Confidentiality is a must. Do not share information about other group members outside of group sessions.
- Listen carefully and respectfully to others, be supportive of other group members.
- Be conscious of language, including consideration for who is around and how you use it.
- Be conscious of inappropriate jokes in group sessions.
- No cross-talk during group sessions.
- No yelling or raising your voice.
- No reading or other activities during groups.
- No glorifying substances or self-harm.
- Wear appropriate clothes.



What happens if I hate it and don't want to do it?

This is a Voluntary Program

Every teen admitted into our program has some reaction when they begin IOP. Some teens look forward to getting healthier, some are so anxious they're unable to sleep before a group session, and some are so enraged at their parents that they can hardly stand it.

All that is to say, if you don't want to come, we get it. And ultimately, this is a voluntary program. That means if you don't want to come, you don't have to. We can't and will not force you to do anything you don't want to do.

However, we recommend trying it for at least a week before writing it off. We've helped lots of teens create a more meaningful and hopeful life, and believe that you deserve that, too. If after one week you're still not interested, we will set up a time to discuss other options for your family.

We are not here to solve your problems. We are here to support you as you do the work! And showing up is a huge step to take toward healing. We look forward to working with you as you begin your journey towards recovery. Thank you for choosing Antelope Recovery.

Contact information

- Our team is available to answer any questions you may have about the program or your treatment.
- You can reach us by phone at (303) 578-2391 or by email at info@anteloperecovery.com.
- We are available to support you Monday-Friday from 9 am to 9 pm.

Crisis resources

- If you are needing after-hours support, please use the following mental health crisis resources:
 - National Suicide Prevention Line: 988
 - Colorado Crisis Services: call 1-844-493-8255 or text "TALK" to 38255
 - 2-1-1 Crisis & Emergency Services: call 211 or 1-866-760-6489 or text your zip code to 898-211



Client Rights

Every teen has the right to enjoy freedom of thought, conscience, cultural and ethnic practice, and religion.

Every teen has the right to have their opinions heard and considered, to the greatest extent possible, for any decisions affecting their life.

Every teen has the right to receive appropriate and reasonable adult guidance, support, and supervision.

Every teen has the right to be free from physical abuse, neglect, and inhumane treatment. Every teen has the right to be protected from all forms of sexual exploitation.

Every teen has the right to receive adequate and appropriate medical, mental health, and psychiatric care in the least restrictive setting possible, suited to meet their individual needs.

Every teen has the right to the same consideration for care and treatment as anyone else, regardless of race, color, national origin, religion, age, sex, political affiliation, sexual orientation, financial status, or disability.

Every teen has the right to be given the names and professional status of the staff members responsible for their care.

Every teen 15 years of age and older has the right to consent to receive behavioral health services, to release their information, to be voluntarily hospitalized or to object to hospitalization, which the court will review without parental consent.

Every teen 12 years of age and older has the right to consent to outpatient psychotherapy services that are clinically indicated and provided by a licensed mental health professional without parental consent.

Antelope Recovery prohibits all cruel and aversive treatment or therapy and any treatment not in compliance with Colorado State laws and regulations.

Your Safety

Your safety is one of our top priorities. Everything you share within Antelope is confidential, following the rules of medical privacy. We also respect your rights and autonomy. You are allowed to ask questions, voice concerns, and decide what you're comfortable with in terms of therapy and involvement. You have a right to be heard and respected, and we uphold that diligently.

Some of your rights include, but are not limited to...



- You may access a copy of your stored health information
- If you feel that any information is incorrect you may request it be changed
- You may request records of anyone that your information was shared with
- You may request that certain information be withheld when shared with other parties
- You may request that communications be sent elsewhere than originally requested



Grievance Procedure

Before filing a grievance, teens, family members, or other interested parties are encouraged first to attempt to resolve the situation with the Antelope Recovery employee. If the problem is not resolved or the person making the complaint does not wish to talk directly to the person receiving the complaint, the following procedure will be initiated:

1. Report a concern to info@anteloperecovery.com:
 - Provide specific details about the concern, including dates, times, locations, and all persons involved.
 - Include your name, the client's name if you are comfortable sharing it, and whether the client is still receiving services at Antelope Recovery.
 - Please provide a list of any policies, procedures, or guidelines you believe have been violated in the incident described.
 - Provide the best way for Antelope Recovery administration to contact you.
 - Please include a proposed solution for resolving the problem.
2. You will receive a response confirming the receipt of the complaint within 48 hours.
3. The administrative/executive staff will respond to your complaint within five business days.
4. If a resolution is not met and you are unsatisfied, you may file a complaint with the Colorado Behavioral Health Administration.
5. If you have a complaint but do not feel comfortable communicating with Antelope Recovery, you may file a complaint with the Colorado Behavioral Health Administration by following the instructions on their website: <https://bha.colorado.gov/contact/contact-us>
6. In addition to the grievance process, you can file a complaint with:
 - U.S. Department of Health and Human Services Office for Civil Rights, 200 Independence Avenue, S.W., Washington, D.C. 20201, 1-877-696-6775 or their website: <https://ocrportal.hhs.gov/ocr/smartscreen/main.jsf>
 - The Colorado Department of Public Health and Environment, 4300 Cherry Creek Drive South, Denver, CO 80246, 303-692-2000.

The client and/or caregivers are entitled to report any grievance and shall not be subject to any adverse action as a result of filing the grievance.



Our framework's at Antelope

There are a few different frameworks we use at Antelope that will be helpful for you to know about as you get started with us.

Animal & Nature Therapy

At our treatment program, we believe in the healing power of nature and the positive influence of animals on emotional well-being. Animal and Nature Therapy is designed to connect our teens with the natural world and the joy of bonding with animals. Through activities such as nature walks, and interactions with therapy animals, our teens have the opportunity to build trust, develop empathy, and find solace in the tranquility of the outdoors. This therapy promotes emotional growth, self-awareness, and a deeper connection to the environment.

CBT Therapy

Cognitive-behavioral therapy, or CBT, is an evidence-based therapeutic approach that helps teens identify and change negative thought patterns and behaviors. In CBT, our skilled therapists work with teens to explore the connections between their thoughts, emotions, and actions. Through practical strategies and coping techniques, teens learn to manage stress, anxiety, and challenging situations more effectively. CBT equips teens with valuable skills to navigate life's complexities and build resilience.

Relational Skill Building

Building healthy relationships is a fundamental aspect of being human. Our Relational Skill-building therapy focuses on improving communication, emotional intelligence, and conflict resolution within relationships. Through group sessions and individual counseling, teens learn how to foster positive connections with peers, family members, and authority figures. This therapy empowers teens with the tools they need to build and maintain meaningful, supportive relationships in their lives.

Harm reduction

Harm Reduction is a compassionate and practical approach to addressing substance use and risky behaviors. Our Harm Reduction approach recognizes that change is a gradual process, and we prioritize the safety and well-being of our teens. We provide education, support, and resources to help teens reduce the negative consequences associated with risky behaviors, including substance use. Our goal is to empower teens to make informed



decisions about their health and reduce harm while they work towards healthier choices and personal growth.

Worksheets we will use in future sessions

Below are different worksheets your therapist may ask you to complete. Please hold onto them!



Healing through nature

At Antelope, even though we are a virtual program, we prioritize connecting with nature as a way to heal. Whether you live in a rural, suburban, or urban place there are ways to connect with nature. Taking a walk around a lake, hiking in the mountains, going to a park, or just walking down the street, noticing nature can bring enormous benefits. So get out there! As you set out on your walk, bike ride, or hike, take a few deep breaths and think, “let it go” or “calm” as you breathe out. Intentionally begin to notice things around you:



What do you see?

- What kind of trees, bushes, and plants are around you?

What color is the sky? Are there animals or birds that you spot?

What do you hear?

- Do you hear leaves rustle in the wind? Do you hear a scurrying animal? Do you hear chirping? Do you hear your footsteps?

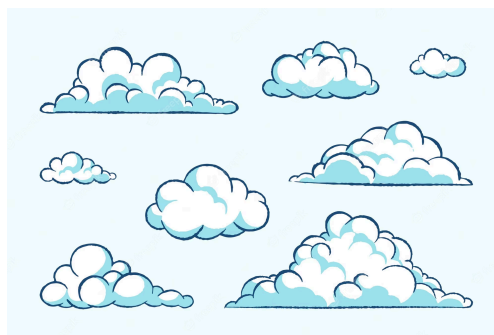
What do you feel?

- How does the sun or a breeze feel on your skin? What do the leaves feel like? What does it feel like under your feet with each step?

What do you smell?

- As you breathe in deeply, can you identify any specific scents? Are there any natural aromas, such as the earthy smell of soil or the fragrant scent of flowers?

As you proceed on your nature adventure, your mind will wander to different places. Let your thoughts come and go. Don't judge them. Don't argue with them. Don't fight them. Imagine each thought is a cloud passing by, and you are watching it appear and disappear.



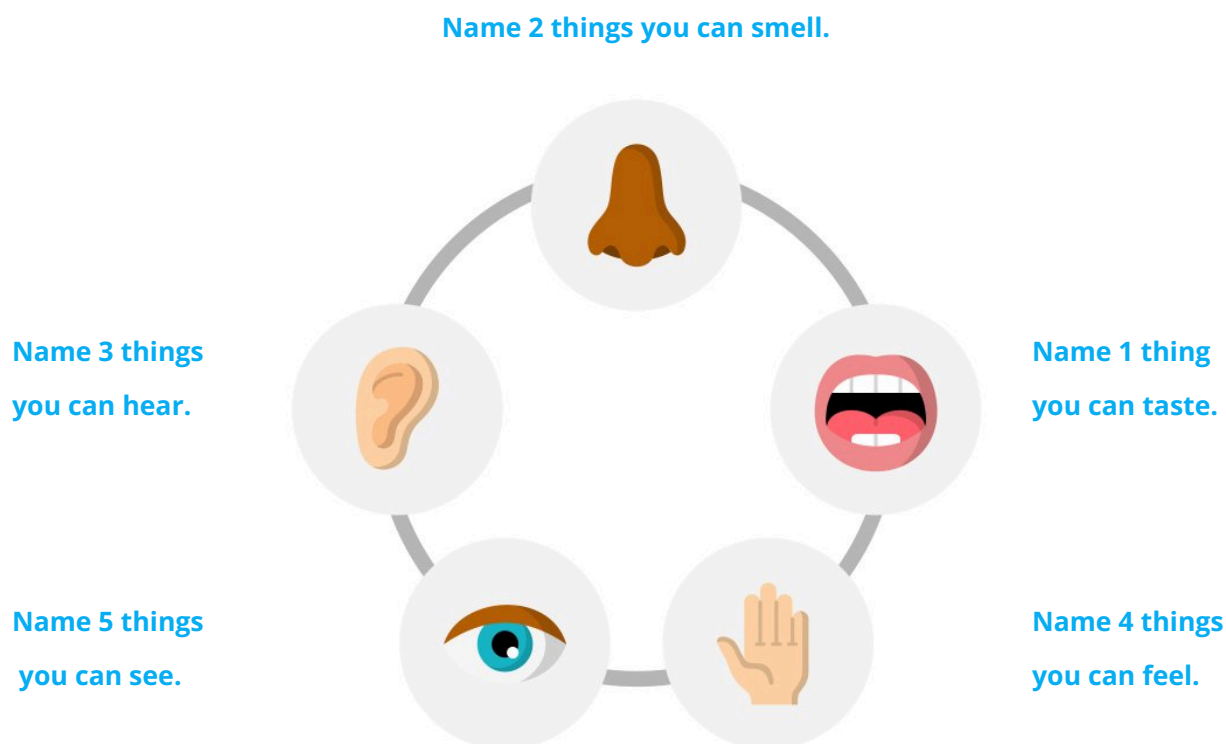
Other Ways to Engage With Nature:

- Gardening
- Adding plants to your room
- Decorate your room with paintings or photographs of nature
- Listen to soothing nature sounds on your device
- Watch a video about nature



Practicing mindfulness with your five senses

The goal is to ground yourself or connect to the present moment by noticing something you are currently experiencing with each of your five senses.





About me

Who Am I To The World

To My Parents • • •	To My Friends • • •	To My Siblings • • •
At School • • •	At Home • • •	To A Stranger • • •

Who Am I To Me

Things I Like 1. 2. 3.	Things I Hate 1. 2. 3.	Things I Want 1. 2. 3.
Things I Believe In 1. 2. 3.	Unique Things About Me 1. 2. 3.	Things I Think About 1. 2. 3.

Good Things

Good In Me _____ _____ _____	Good In School _____ _____ _____	Good In Family _____ _____ _____
Good in the World _____ _____ _____		



My values

What are values? Values are what we hold to be most important in our lives! Everyone has a unique set of values. Values are not about what you want to get or achieve; they are about how you want to behave or act on an ongoing basis. Values are how you want to treat yourself, others, and the world around you. Identifying your core values will help you focus on what is really important to you and align your behaviors with your values.

The diagram consists of four concentric circles, each representing a different social sphere. The innermost circle is labeled "Myself" and contains five horizontal lines for writing. The next circle out is labeled "Family" and contains four horizontal lines. The third circle is labeled "Friends" and contains three horizontal lines. The outermost circle is labeled "Society" and contains two horizontal lines. The circles are light blue with a darker blue outline.



Looking for the silver lining

In difficult situations, it's possible to focus on the negative, or look for the positive. Research shows that finding the silver linings of challenging situations can help you become happier and more optimistic. The more you practice finding silver linings, the better you'll get.

Step 1. Positive Mindset

List five things that make your life enjoyable. These can be as general as "my health" or as specific as "the feeling of sunshine on my skin." This will help you get into a positive mindset.

Step 2. A Moment of Frustration

Briefly describe the most recent time something didn't go your way, or you felt upset or frustrated.

Step 3. Silver Linings

Spend some time reflecting on the silver linings from the situation in Step 2. Describe three of the silver linings.