

Desert Sage Youth Wellness Center



Culturally-Centered
Individualized
Evidence-Based

Recovery Happens



Intake

Desert Sage has a team of dedicated professionals to assist with the application and admission process.

Our intake workers are masters level social workers. Your intake/aftercare team begins working with the youth, family, and all other systems involved to begin planning for admission. At this time, they will also begin planning for discharge upon completion of the program.

It can be difficult to be away from your child or loved one. Your intake/aftercare team is here to provide updates, assist in coordinating needs, and linking with care after residential treatment.

If you are interested in additional information or have a youth to refer, please feel free to contact Desert Sage and ask to speak with one of our intake coordinators.

951-708-4019

Overview

Desert Sage Youth Wellness Center (YRTC) is a Joint Commission accredited program located south of Hemet, California. We are situated on approximately 20 acres of former dry farming and residential land. Our rural setting allows for a quiet and relaxed environment to allow healing.

Desert Sage is a residential treatment center for youth age 12-17 with substance use and co-occurring behavioral health disorders. We are part of the Indian Health Services, California Area Office.

Admission Criteria

Desert Sage recognizes that each youth in need of care is a unique and worthwhile individual. As such, our intake coordinators will serve as your liaison with our clinical team to determine if our program is appropriate for your youth.

Desert Sage provides residential treatment for American Indian and Alaskan Native youth of all genders. Youth must have a primary diagnosed substance use disorder. We are able to provide care for many youth struggling with co-occurring behavioral health concerns.

Desert Sage is an open campus; as such, we are generally not the best location of care for youth struggling with active suicidal and self injurious behaviors, or psychosis. For youth identified by Desert Sage treatment team as in need of a higher level of care, our intake coordinators will make every effort to assist in identifying an appropriate treatment program.



Cultural Programming

Cultural and spiritual activities are a foundation of our care. In addition to culturally relevant treatment groups such as Mending Broken Hearts and the Medicine Wheel and 12 Steps, our youth are encouraged to practice their own cultural and spiritual traditions to aide their healing.

Our cultural/recreational specialist works to ensure our youth are exposed to numerous activities. Our program serves youth from all over; as a result, we attempt to integrate many variations of cultural practices.

Our youth have the opportunity to participate in daily cleansing with traditional medicines. Additionally, local Tribal partners have assisted us in the creation of an on-site sweat lodge.

We participate in community cultural activities such as ceremonies, dancing, drumming, songs, pow wows, and community gatherings when available.

Medical Care

We believe that a person is comprised of four domains emotional, spiritual, mental, and physical each just as important as the others. While at Desert Sage we will address physical health concerns.

Desert Sage medical staff consists of a psychiatrist, family nurse practitioner, registered nurses, and psychiatric technicians. This team of professionals provides for and coordinates care for the youth while at Desert Sage.

Desert Sage continues to partner with local Tribal health clinics to provide for any other health concerns that a youth may experience while in treatment, such as dental and vision care.

Should you have questions with regards to current medical conditions a youth may be experiencing and the ability of Desert Sage to provide care, please speak with one of our intake coordinators.



Services Offered

- Behavioral Health Counseling
- Substance Use Counseling
- Individual and Group Counseling
- Family Therapy
- Traditional Healing Services
- Traditional Arts & Crafts
- Cultural Activities
- Field/Recreational Trips
- Educational Opportunities
- Academic and Life-Skills Education
- On-Site Recreational Spaces
- Fitness Room
- Access to Medical & Dental Care
- On-site kitchen serving meals and snacks daily

951-708-4019

Ask for an Intake Coordinator



Milieu

During treatment, the youth reside in groups based upon gender. Each housing unit has a capacity for 8 youth. Our residential areas are located in a separate building. Each wing has an area for the youth to meet and relax. They also have their own laundry facilities that they utilize.

Youth will reside with a roommate. We find that the youth enjoy having someone close by and utilize this opportunity to practice building healthy relationships.

Each wing is staffed 24/7 with Desert Sage Residential Aides who provide supervision, skills coaching, and support.

Treatment

At Desert Sage, each individual's path to wellness will be unique to their needs and we recognize and celebrate the culture of our patients.

Historical and intergenerational trauma play a key role in a disconnection from one's culture and can negatively impact a youth's sense of self, self-worth, and overall wellbeing. As an

American Indian/Alaskan Native healing center, all treatment provided is trauma informed.



At Desert Sage, we infuse cultural and traditional practices into our treatment. A focus on traditional knowledge and culture helps our youth to strengthen a positive sense of identity and purpose. This aids the youth in their overall path towards wellness.

The treatment program at Desert Sage is designed to be approximately 4 months in length. The youth, in conjunction with their family and the treatment team work to identify when a youth is ready to leave treatment. Recovery is an individual process. At Desert Sage, we meet our youth where they are and help them discover their unique path.





Therapy

Upon admission, each youth meets with the psychiatrist, is assigned an individual therapist, and substance use disorder counselor. Each youth participates in individual, group, and family therapy.

Led by our Clinical Director, our clinical team provides individualized care for each of the youth. Our clinical team consists of a psychiatrist, psychologist, clinical social workers, substance use disorder counselors, intake/aftercare coordinators, teacher, nurses, psychiatric technicians, and resident advisors.

The multi-disciplinary treatment team meets regularly to review treatment plans, discusses progress in treatment, and discharge planning/relapse prevention.

Treatment Schedule

While in treatment, the youth follow a treatment schedule. This schedule provides a foundation for the youth to adjust and feel safe in treatment. Activities include:

- School
- Substance Use Group
- DBT Group
- Cultural Activities
- Mending Broken Hearts
- Medicine Wheel and 12 Steps
- Therapeutic Outings

Mending Broken Hearts

Uses a culturally-based ways of healing from unresolved grief, loss, incomplete relationships and Inter-generational Trauma. Mending Broken Hearts develops the capacity in our youth to build healthy communities by helping them heal.

Medicine Wheel and 12 Steps

The focus of this program is to get behind the symptoms of alcohol and drug misuse and focus on the emotional, mental, physical, and spiritual foundations that cause young people to begin using alcohol and drugs, based upon teachings of the Medicine Wheel, the Cycle of Life, and the Four Laws of Change.

Dialectical Behavior Therapy (DBT)

Skill based treatment that allows the youth to manage life situations in a positive manner. Dialectics is the idea that:

- Everything is connected
- Change is constant
- Opposing forces can be brought together to find balance

Family Reunification

While youth are in care, our therapists and aftercare coordinators work with the families and referral partners to create a plan to support success of the youth upon completion of the program.

It is important for families to heal together. Desert Sage encourages families to participate in family counseling sessions. These are conducted in person, on the phone, or using tele-video capabilities when available.

Often, it can be difficult to learn to allow for the rebuilding of trust. For this reason we encourage all family members to work with local support and counseling options while the youth is in care.

Family Visits

Desert Sage encourages regular family visits. Visits provide an opportunity to continue to repair stressed relationships and create a strong recovery plan for after treatment.

Family visits can occur after the youth is able to engage in treatment, generally a few weeks after admission.

Family visits are scheduled in conjunction with a family therapy session. Our counselors facilitate the family therapy session on site before the visit.

Treatment Overview

Each youth meets with their individual therapists, substance use counselor, and teacher to determine their goals and objectives for care. The care team, led by the youth then create a treatment plan.

Through the course of treatment, the youth moves through a level system. This level system assists the youth in recognizing the positive progress they are making in treatment. Desert Sage utilizes a 5 level system. When entering treatment, each youth begins at the orientation level. This level provides the youth with an opportunity to learn and understand the treatment provided at Desert Sage.

Youth are provided a patient handbook which outlines the expectations required for each level as well as other important information. The youth, with the assistance of the staff at Desert Sage, monitor their individual progress in care.

The expectations for each level consist of varying therapeutic and behavioral accomplishments. These range from active participation in therapeutic groups and assignments, to school attendance and course completion.

Youth are encouraged to continue to accomplish their treatment goals and objectives. Weekly, our youth participate in a level group. This group is an opportunity for each youth to share where they feel they are in treatment. It also provides an opportunity for their peers to provide feedback to one another. This feedback is designed to provide another level of encouragement to the youth.

As the youth progresses through the levels, they earn additional incentives such as increased phone call time with family members, additional time using the recreational facilities, participation in off-site cultural and recreational activities, video game use, a later bed time, and over-night family reintegration visits.



Education

While at Desert Sage, each youth participates in scheduled educational credit recovery. The youth meet with our on-site certified teacher who will evaluate the academic needs of the youth.

After assessment is complete, the youth will be enrolled in public school courses. The school work is completed primarily using an on-line virtual school. This allows us to tailor a learning plan for each youth individually.

Upon completion of treatment at Desert Sage, our teacher will provide a summary of all academic credit earned. This can be used at the youth's home school to continue after treatment.



Physical Health

Physical fitness, exercise, and recreation are not only necessary for our bodies but are also an integral component of adolescent development and can be utilized as healthy options for emotion regulation.

The treatment schedule includes designated times daily for the youth to participate in a variety of physical and recreational activities.





Questions and Referrals

If you would like to refer a youth to our program or have any additional questions regarding treatment, please contact our intake department and they will be happy to assist you.

Please call our main number at 951-708-4019

and ask to speak with an intake coordinator



Recovery Happens

Desert Sage Youth Wellness Center

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Hemet, CA 9254

951.708.4019 ph
951.767.9820 fax

www.ihs.gov/california/

Application for care:
<https://db.aastec.net/YRTC/index.html#intro>

