

## The New Foundation

All families have strengths that get them through the tough times. We aim to help the family identify these strengths and to begin building a foundation for growth and recovery.

The New Foundation is a not-for-profit organization dedicated to improving the quality of life for youth and families since 1970.

Our therapeutic programs and services are designed to assist youth, ages 11-17, and recognize that every child and every family has different needs and distinct values.

We recognize that families define their own culture, and we aim to engage the family in their own culture and strengths to achieve their goals.

We believe that all behavior has a purpose. We strive to help the child and family understand the purpose behind the behavior and explore healthy and effective alternatives to deal with their needs.

We are creative with the interventions we use, realizing that one intervention does not always meet everyone's needs.

As a treatment team we will respect everyone's values and support the child and family without judgment.

**Facility** based programs provide services for adolescents ages 11-17. **In Home** services are provided to youth ages 3-17. **Outpatient** counseling services for all ages.

For more information on The New Foundation call 480.945.3302, email [info@thenewfoundation.org](mailto:info@thenewfoundation.org) or visit [www.thenewfoundation.org](http://www.thenewfoundation.org).



RESIDENTIAL PROGRAM



## 30-Day Intensive Substance Use Intervention for Adolescents

1200 North 77th Street  
Scottsdale, Arizona 85257  
D 480.945.3302 | F 480.945.9308  
[admissions@thenewfoundation.org](mailto:admissions@thenewfoundation.org)  
[www.thenewfoundation.org](http://www.thenewfoundation.org)



Our mission is to help children and families attain healing through recovery and growth by identifying strengths and building new foundations.



Marcus

RTC Child

"I felt safe at The New Foundation and really confident in my ability to stay sober. You showed me there were fun things to do besides getting high."

WWW.THENEWFOUNDATION.ORG

Combining our passion for strengthening families with our expertise in **substance abuse and addiction**, The New Foundation proudly offers an innovative treatment approach for substance use.

### How will I know if my child is in need of an Intensive Therapeutic Intervention?

Many parents have observed some of the following behaviors in teens who are using substances or are at risk for dependency:

- Academic decline
- Missing school (skipping secretly, or "too tired" or "sick" to go)
- Mood changes (irritable, depressed, anxious)
- Dropping out of activities once enjoyed
- Changes in physical appearance (poor hygiene)
- Friends suddenly change
- Secretive behaviors, lying
- Money or valuables missing from home
- Seems to have "lost" motivation and isolates
- Hostile, aggressive outbursts
- Forgetfulness

### 30-Day Intensive Therapeutic Intervention Program for Adolescents

The New Foundation's ITI Program offers a unique intervention experience for adolescents who are struggling with substance use and addiction issues. Applying TNF's strengths-based guiding principles, we utilize evidence-based treatment modalities such as:

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavioral Therapy (DBT)
- Motivational Interviewing (MI)

In 30 days, we aim to give youth the skills to overcome dependency by helping them develop and utilize coping skills to maintain sobriety and a happier, healthier lifestyle.

Our core curriculum is divided into five different stages including:

- Awareness and Family Phase
- Emotions Phase
- Toolbox Phase
- Relapse Prevention
- Life on Life's Terms

Once the 30 days are completed, we have different options available for youth and families who wish to continue with the treatment and recovery process. These options include our:

**Partial Care Program** providing intensive outpatient treatment.

**Outpatient Program** providing ongoing individual and family therapy.

**In-Home Services** providing interventions for youth and families within their own home.

Our clinical staff consists of licensed and professionally trained counselors, social workers and psychiatrists who specialize in providing treatment for adolescents and families struggling with:

- Chemical dependency/addiction
- Co-dependency Addiction as a family disease
- Computer/internet addiction

If you believe your child may benefit from any one of our programs, please contact our Admissions Office at 480.945.3302 x125 or email [admissions@thenewfoundation.org](mailto:admissions@thenewfoundation.org)