



## The Young Adult Group (YAG) Program at Insight Counseling, LLC

**Young adults** in recovery or seeking recovery from alcohol, drug and mental health issues require specialized care from staff well-trained in dual-diagnosis along with receiving social support from peers.

This is an **evening program for young adults (age 18–25)** who have substance abuse, mood disorders and/or co-occurring problems. The YAG Program provides support for young adults and college students with mental health issues that have interfered with independent living, college life or who may be struggling remain sober while in college. This program also provides support for young people who are in transition after experiencing academic or behavioral problems in college.

### The YAG Program offers:

- ✿ Extensive evaluation services with onsite, accurate drug screening
- ✿ Group therapy two times per week 5:00PM-7:00PM
- ✿ Individual and family counseling as needed
- ✿ Referral to community based A.A. and N.A. meetings and an onsite Young people's A.A. meeting on Mondays at 7:00PM

**Young adults** may also attend YAG Program for the group sessions and substance abuse counseling while maintaining their individual relationship with referring therapists and psychiatrists.

### YAG Program Staff

**Our staff** is trained in both substance abuse and mental health counseling and each staff member has an average of 10-20 years of experience in the field. We are absolutely dedicated to the care and well-being of your young adult and family.

Elizabeth Driscoll Jorgensen, CADC, Director

Clare Gelissen, LMFT

Sarah Allen Benton, MS, LMHC, LPC

Timothy Morris, CADC

*Insurance covers most fees through Out-of-Network benefits.*

*Sliding scale fees available for families who qualify.*

Please contact us for further information about this program and additional individual and family services:

Insight Counseling, LLC

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