



YSS Adolescent Residential Addiction Treatment Program

What a day is like at the Male Facility

7:30 AM - Guests wake up, clean their rooms, eat breakfast and complete chores.

9:00 AM - The young men spend their morning participating in groups and activities led by the Youth Recovery Specialists and Certified Addiction Counselors/Therapist. Group topics include recovery therapy, relapse prevention, anger management through aggression replacement training (ART), developing pro social skills, independent life skills, career guidance during job education, healthy decision making through pregnancy prevention group, character building, building healthy relationships, and recognizing how substance use impacted their past and could influence their future. Wellness is a very important part of the day so the young men are able to engage in a variety of activities, including basketball, baseball, and running.

11:00 AM - After a busy morning, the young men enjoy a nutritious re-energizing lunch, complete chores and prepare for school.

12:00 PM – School time. YSS is proud to partner with the Ames Community School District to provide schooling at the facility. We have a certified teacher who is 100% committed to providing our young men with a top-notch education. Our teacher is the main point-of-contact between the home school system and the Ames School District. The teacher ensures that the young men have a smooth transition back home, into their home district, once they complete the program.

3:00 PM - After school, the young men enjoy a healthy afternoon snack, then engage in wellness, volunteer in the community and/or complete more skill development groups.

5:30 PM - It's dinner time and our young men enjoy a nutritious supper, complete chores and prepare for the evening.

6:00 PM - After a day of school and several groups, this is a great time to relax, complete treatment work, and read. Some may choose to play soccer or football outside or watch a movie or play Xbox in the positive room. Evening activities may include participation in local 12 Step Meetings, such as Alcoholics Anonymous and Narcotics Anonymous, as well as additional skill building groups.

8:00PM - As the day winds done, the young men finish the evening by processing the day, reflecting on what went well, identifying what they want to achieve tomorrow and building relationships with other teens. They can also enjoy a snack healthy evening snack before bed.

8:30PM - It's now time to get ready for bed and spend time doing treatment work, writing, or reading in their rooms before lights out.

9:30PM - Lights out!



YSS Adolescent Residential Addiction Treatment Program

What a day is like at the Female Facility

7:00 AM – Guests wake up, clean their rooms, eat breakfast and complete chores.

8:00 AM – School time. YSS is proud to partner with the Ames Community School District to provide schooling at the facility. We have a certified teacher who is 100% committed to providing our young women with a top-notch education. Our teacher is the main point-of-contact between the home school system and the Ames School District. The teacher ensures that the young women have a smooth transition back home, into their home district, once they complete the program.

11:00 AM – The young women finish up the school day and eat a nutritious lunch, complete chores and prepare for afternoon activities.

12:00 PM - The afternoon is devoted to groups and activities. Wellness is a very important part of the day so the afternoon starts with wellness and the teens engage in a variety of activities, including basketball, volleyball and cycling. The focus is on recovery therapy during groups led by Certified Addiction Counselors/Therapists. These groups use an evidenced based, female responsive curriculum called “A woman’s way through the 12 Steps” by Stephanie Covington. Additional groups include Voices, an evidence-based female responsive group, which focuses on developing healthy relationships and having an appropriate voice. Throughout the week there are several groups led by the Youth Recovery Specialists that focus on pro social skills and developmental skills building. These topics include independent life skills, career guidance during job education, healthy decision making through pregnancy prevention group, character building, building healthy relationships and empowerment, and recognizing how substance use impacted their past and could influence their future.

3:00 PM - The young women enjoy a healthy afternoon snack, then engage in wellness, volunteer in the community and/or complete more skill development groups.

5:30 PM - It’s dinner time and our young women enjoy a nutritious supper, complete chores and prepare for the evening.

6:00 PM - After a day of school and several groups, this is a great time to relax, complete treatment work, and read. Some youth may choose to play basketball on our basketball court or watch a movie or play the Wii in the positive room. Evening activities may include participation in local 12 Step Meetings, such as Alcoholics Anonymous and Narcotics Anonymous, as well as additional skill building groups.

8:00PM - As the day winds done, the young women finish the evening by processing the day, reflecting on what went well, identifying what they want to achieve tomorrow and building relationships with other teens. They can also enjoy a snack healthy evening snack before bed.

8:30PM - It’s now time to get ready for bed and spend time doing treatment work, writing, or reading in their rooms before lights out.

9:30PM - Lights out!