

BACK2BASICS OUTDOOR ADVENTURE RECOVERY

- YOUNG MEN AGES 18-30
 - 6 MONTH PROGRAM
 - 12 STEP BASED
- 3-4 DAYS/WEEK WILDERNESS ADVENTURE
 - 3-4 DAYS/WEEK RESIDENTIAL CARE
 - INDIVIDUAL AND GROUP THERAPY
- OPTIONAL 6 MONTH TRANSITION PROGRAM
 - THERAPEUTIC FAMILY WEEKEND
 - OPPORTUNITIES FOR INTERNSHIPS
 - LOCATED IN FLAGSTAFF, AZ
 - EXTENSIVE OUTDOOR ACTIVITIES
 - NORTHERN ARIZONA UNIVERSITY
 - SUPPORTIVE SOBER COMMUNITY



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Back2Basics is a six-month adventure recovery program for young adult males with substance abuse issues looking for a positive and meaningful life. In our program clients are exposed to a weekly combination of both wilderness and residential programing.

Our Outdoor program is highlighted by spending time in nature where minds are cleared and bodies are physically challenged. Through these experiences clients have an opportunity for adventures that are emotionally and physically safe but also fun and stimulating. In the outdoor program clients find a renewed sense of self and are empowered to be their best. This inherently leads to elevated self-confidence and improved life skills.

The residential component is truly about going back to the basics and practicing simple life skills.

Residential life provides clients the opportunity to participate in individual and group counseling, 12 Step meetings, Recreational Activities, Nutritional culinary classes and community integration. Each element allows clients time and space to get comfortable in their own sobriety and practice living in recovery.

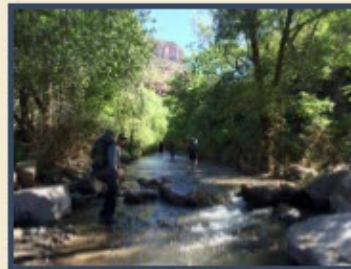
A six-month program provides the client time to become more confident, make healthy life decisions, build healthy male friendships, learn how to step out of their comfort zone and face fears while having the support necessary to stay on the road to long term recovery.

Sobriety is a journey, not a destination.



WHERE WE GO & WHAT WE LOVE DOING

- Grand Canyon – White Water Rafting and Backpacking
- Moab – White Water Rafting, Mountain Biking, and Hiking
 - Havasupai Falls – Backpacking
- Sedona – Mountain Biking, Climbing, and Hiking
- Grand Staircase Escalante National Monument – Backpacking
 - Paria Canyon / Buckskin Gulch – Backpacking
 - Aravapa Canyon – Backpacking
 - Tonto National Forest – Backpacking
- Flagstaff National Forest – Backpacking, Climbing, and Mountain Biking
- Mexico – Surfing, Community Service and Cultural Experiences
 - Colorado and Arizona - Skiing



"One thing I didn't expect to discover during my time at B2B, which turned out to be one of the cornerstones to my sobriety, was how to have real relationships, have a sincere laugh and discover joy in doing new things. I didn't realize how much I had lost until I felt how much I had gained..."

-Brad



"After years of our family being torn apart and feeling hopeless, we are grateful. Our son has completed college, has a job that he enjoys and is proud of, is independent, has a solid group of friends and most importantly has been sober for the last 4 years living one day at a time. Thank you Back2Basics"

- Parents, Jack and Lydia

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For Program and Admission
Information call 928-814-2220 or
see our website and application at
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