SUPERVISED INDEPENDENT LIVING

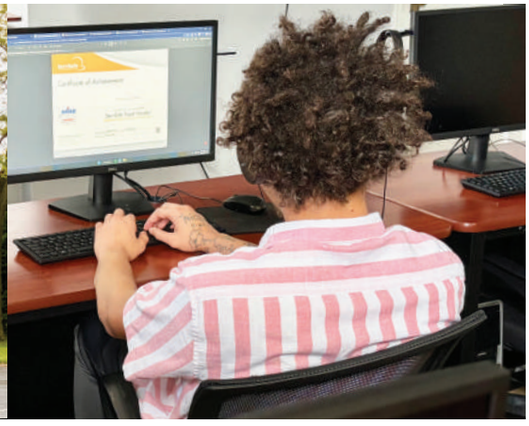
SUPERVISED INDEPENDENT LIVING (SIL) is a residential substance-use disorder treatment program for young men age 16 to 20 designed to develop life skills, physical and mental wellness, and resilience by gradually increasing independence and exposure to real-world stressors and situations.

Our **extended care** residential program supports those who have had substance abuse treatment at Manos House or a similar program but still require a safe place to heal and grow in a supportive environment. Residents receive additional drug and alcohol counseling, employment support services, and recreational, spiritual, psychological, and vocational services as needed.

> **"When I finally decided to listen and believe that everyone actually wanted what was best for me, then I began to see that I actually could be something other than a failure. It was then I began to change."** – JON C.







A HEALTHY BALANCE OF **structure and freedom.**

Our goal is to offer youth the **tools** they need to support their continued recovery, live independently, and thrive in the community.

LIFE SKILLS DEVELOPMENT | SIL provides culinary skills training, employment coaching, budgeting and banking education, and time management and communication skills training.

CLINICAL SERVICES | Our individual, family, and group therapy sessions focus on coping skills, relapse prevention, and restoring overall mental and physical well-being to develop healthy relationships and lead a healthy, goal-oriented lifestyle.

PRIVATE HIGH SCHOOL | While receiving treatment, students continue their academic journey at a private, accredited High School located on our campus.

TRANSITIONAL GUIDANCE | Young men are initially highly-supervised as they build a foundation of healthy behaviors and positive social interactions — gradually progressing towards increased independence and responsibility.

GIVING YOUNG MEN A CHANCE TO CHANGE.

SIL



FAQs

How does SIL prepare young men for the transition to a community setting?

While in treatment, youth are responsible for finding and maintaining employment, building financial stability, fulfilling community service obligations, and exploring options to further educational endeavors. Our counselors provide guidance and support as clients learn these new skills, and help them process their experiences, strengthen relationships, and develop healthy coping strategies for life ahead.

What is the typical length of stay?

The average stay in SIL is four to five months and based on individual needs and progress in treatment. Our goal is to lay the groundwork to successfully re-enter the community while residing in a supportive environment.

Can clients have visitors?

Immediate family members, and approved extended family members, may visit once per week during one of the three designated visitation days.







How much does the program cost?

Room and board, therapeutic services, and activities are all included at no cost to youth and their families. Funding is provided by private and medical assistance insurance plans, and county-funded options.

Does treatment impact legal issues and academic standing?

Students attend school daily and receive high school credits that transfer to their home school district. We collaborate with Juvenile Probation and/or Children and Youth Services to address existing legal charges, fines, and restitution.

What is the next phase of treatment?

Youth completing the SIL residential treatment program may transition home or live independently in the community. After successfully completing treatment, residents develop an aftercare plan including professional outpatient support services to help them lead a healthy, fulfilling life of sobriety, productivity, and purpose.

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