

A collage of five young adults smiling and laughing, overlaid with a teal color filter. The individuals are arranged in a circular pattern, with their faces and upper bodies visible. The overall mood is positive and joyful.

# Young Adult Treatment Center

**Find addiction treatment help  
today at Zelus Recovery**

**208.518.0797**

# Contents

- [Why Should I Look For An Addiction Treatment Center In Boise?](#)
- [Adolescents And Addiction](#)
- [How An Addiction Treatment Center In Boise Can Help](#)
- [Find An Exceptional Opportunity For Treatment At Our Idaho Rehab](#)
- [What Therapy Options Does An Addiction Treatment Center In Boise Offer?](#)
- [Should I Look For Dual Diagnosis Treatment?](#)
- [Don't Wait To Seek Help](#)

## YOUNG ADULT TREATMENT CENTER



The US government estimates that close to 401,000 adolescents had an alcohol use disorder



In 2018, about 695,000 people ages 12-17 misused prescription pain relievers.



Over 561,000 people ages 12-17 were addicted to stimulants in 2018.

<https://www.samhsa.gov/data/sites/default/files/cbhsq-reports/NSDUHNationalFindingsReport2018/NSDUHNationalFindingsReport2018.pdf>

It's not easy to be a teen. Between a world that seems less safe by the day and the pressure to get into a first-rate college, teens face an excessive amount of stress. Sometimes, this pressure causes the teen to crack, and they will begin to use drugs or alcohol to cope.

If a teen close to you is struggling with an addiction, it may be time to look for an [addiction treatment center in Boise](#).

## WHY SHOULD I LOOK FOR AN ADDICTION TREATMENT CENTER IN BOISE?

---

If your young loved one is in a cycle of drug abuse, seek an addiction treatment center in Boise. The longer you put off finding help, the more challenging their condition will be to treat. There are excellent rehab programs in the state of Idaho that can help them stop the abuse and learn to resist future urges. Acquiring lifelong relapse prevention tools can make all the difference in their journey towards lasting rehabilitation.



## ADOLESCENTS AND ADDICTION

---

Addiction among adolescents is such a common occurrence that many people write the problem off as “no big deal.” Unfortunately, this sentiment couldn’t be

further from the truth. In fact, addiction places young people at a far higher risk for tragedy and other significant consequences than older users. There are several reasons for this, but the bottom line is that abuse leaves lasting marks on adolescents.

Just a few possible consequences related to adolescent drug abuse include:

- Increased risk of becoming a victim of assault
- A higher tendency to abuse more potent drugs, such as cocaine or heroin
- Loss of interest in activities the user previously enjoyed
- Increased risk for legal troubles
- General digression of performance, participation, and attendance at school, work, church, and other places in the community

YOUR LOVED ONE HAS THEIR ENTIRE LIFE AHEAD OF THEM. DON'T LET THEM GIVE IT ALL UP FOR AN ADDICTION.

## HOW AN ADDICTION TREATMENT CENTER IN BOISE CAN HELP

---

Young adults who grapple with substance abuse can find relief by enrolling in a qualified [teen drug rehab](#). Moreover, they don’t have to struggle alone with their problem. Nor do they have to sit by helplessly as addiction gradually ruins their life. If your loved one is ready, there’s an



addiction treatment center in Boise that can jump-start their recovery efforts.

During their time at an addiction treatment center in Boise, your loved one can benefit from an assortment of helpful programs and therapies. For many young adults, rehab is an opportunity to rest and heal away from their triggers. By separating themselves from the comforts of home, they can prepare themselves to start working towards their long-term recovery goals.

Some of the most helpful services offered during rehab include therapy with an experienced psychologist, heavy family involvement, and personalized treatment. A combination of these programs often leads to dramatic and lasting results. Your teen can be on their way to total recovery in less time than you might have thought was possible.



1 IN 27 ADOLESCENTS HAD A SUBSTANCE ABUSE DISORDER IN 2018. THAT'S COMPARABLE TO AT LEAST ONE STUDENT IN EVERY HIGH SCHOOL CLASSROOM.

## FIND AN EXCEPTIONAL OPPORTUNITY FOR TREATMENT AT OUR IDAHO REHAB

---

If you want to give your teen the very best chance for a complete turn-around, choose rehab at Zelus Recovery in Meridian, Idaho. Our [adolescent treatment center](#) offers a wide array of programs and therapies that can point your young loved one towards a life of renewed sobriety. During their time at our facility, your teen can gain valuable insight into how addiction works and how they can overcome.

We provide our guests with many options for treatment, including substance abuse programs like:

- [Intensive outpatient program](#)
- [Outpatient rehab](#)
- [Early intervention](#)
- [Family program](#)
- Comprehensive medical care

You don't have to keep searching for an addiction treatment center in Boise. Our rehab services all of the Boise, Meridian, Eagle, and Nampa areas. So, no matter what your loved one's specific circumstances may be, our addiction rehab facility could be a great fit. At our addiction treatment center in Boise, we promise to do everything we can to help your young loved one make a full and sustainable recovery.



**Click on the image to see the video.**

"Both counselors are very dedicated to helping the entire family deal with a very complex issue. They have a solid methodology, provide information and a game plan to try to stop drug use before it becomes a dependency problem. The guidance they provide can prevent the need for full outpatient treatment, if you follow their guidelines. Even if you don't need treatment, I highly recommend you and your at-risk loved one go for counseling. An ounce of prevention is better than a pound of cure!"

**– Gina Funke**

## WHAT THERAPY OPTIONS DOES AN ADDICTION TREATMENT CENTER IN BOISE OFFER?

When you get treatment at an addiction treatment center in Boise, you're going to spend a significant amount of time in therapy. Therapy helps you figure out why you turned to alcohol in the first place. It also is a vital part of the healing process. At Zelus Recovery, we offer a variety of therapies, including:

**Cognitive-behavioral therapy:** During this therapy, you will work with a counselor to understand the patterns of thoughts and behaviors. Once you have identified negative patterns, you can create coping mechanisms to build new healthy ones.

**Dialectical behavior therapy:** During this off-shoot of cognitive-behavioral therapy, you will work alone or in a group to recognize how substance abuse has harmed you. Moreover, you will learn new communication skills to rebuild broken relationships.

**Family therapy:** Drugs and alcohol use affects the entire family, not just the person with the addiction. During family therapy, we help you communicate with your loved ones and overcome past emotional injuries.

**Relationship therapy:** During this therapy, you'll learn how to rebuild trust and help you to understand the people around you.

We provide several types of therapy, such as:

- Individual therapy
- Group therapy
- Cognitive-behavioral therapy
- Dialectical behavior therapy
- Family therapy



## SHOULD I LOOK FOR DUAL DIAGNOSIS TREATMENT?

---

If you struggle with a mental health disorder, a dual diagnosis program at an addiction treatment center in Boise could help. 1 in 7 adolescents battle with depression and 1 in 3 teens suffers from an anxiety disorder. Moreover, these are just two common mental health disorders that teens and young adults can struggle with on a day-to-day basis. Many people who struggle with drugs or alcohol do so because of a mental health disorder. Additionally, some drug or alcohol addictions can cause mental disorders.

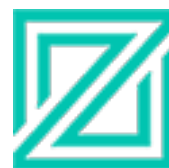
As a result, it is critical to get treatment for both the addiction and the mental health disorder. If you only treat the addiction, your mental health disorder could cause you to relapse. Conversely, if you only get treatment for your mental health disorder, your addiction may cause more mental health problems. By treating both, you can learn how to cope with both issues, thereby making relapse less likely.

## DON'T WAIT TO SEEK HELP

---

Living with addiction is hard, but this is especially true for teens and young adults. If your loved one needs help recovering their sobriety and independence, look no further than Zelus Recovery in Meridian, Idaho. Our team of medical professionals has years of combined experience treating addiction from every angle. [Contact us](#) today at [208.518.0797](tel:208.518.0797) to learn more about getting started with our addiction treatment center in Boise. Life is far too short to struggle with addiction; get treatment today, and let your life begin anew.

**SAMHSA estimated that close to 946,000 adolescents in the United States needed substance abuse treatment in 2018. However, only about 159,000 received treatment.**



---

CALL ZELUS RECOVERY TODAY  
FOR A POSITIVE CHANGE:

[208.518.0797](tel:208.518.0797)