

Group counseling is an eclectic approach to helping the residents grown their recovery while at Youthtown. They experience multiple types of group settings including adventure-based therapy. More traditional substance abuse groups that support sobriety and recreational groups that help the boys experience having fun in life without using substances. The boys are given the opportunity in this setting to think differently about life and their substance use. They also learn how to follow rules while learning power truths that, if applied by the residents, are life changing.