



AIM HOUSE



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AIM House is an individualized, residential mentoring program for young adults ages 17.5 and older. It is designed for those who are transitioning from residential treatment centers, drug and alcohol rehabilitation centers, wilderness programs or therapeutic boarding schools. We provide a positively structured living environment and a supportive, personalized program for individuals moving toward independence.

Professional Staff and Clinical Services

Professional multi-disciplinary trained therapists and mentors are highly committed to working with the young adults at AIM House in both group and individual therapy. Medication management is available with a psychiatrist in the Boulder area. Participants attend peer-based group counseling sessions, individual therapy and meetings with an assigned master-level Primary Mentor.

Program Services

We work creatively to address the specific emotional, behavioral and educational needs of each AIM House participant. To this end, we develop a personalized AIM plan for every individual at the time of enrollment, including all groups, one-on-one sessions and activities that meet his or her distinctive needs. Our program provides clear structure, realistic expectations and consistent, predictable support from mentors. In addition, Boulder offers unique and varied services for our participants. This holistic approach is designed to help AIM House residents move forward with their lives in a real world setting.

Participant Profile

As Unique individuals, AIM House participants have varied background and stories:

- Transitioning from primary treatment
- Perhaps bright and full of potential, but trapped in negative patterns
- Underachieving and unmotivated
- Lacking self awareness
- Eating disorders
- Learning disabilities
- Drug and/or alcohol problems
- Issues with depression and anxiety

Innovative Program

- Individualized treatment plan Real world setting
- Family workshops
- Positive peer culture
- One-on-one coaching
- Group and individual therapy
- Access to academic institutions
- Vocational internships
- Volunteer opportunities
- Structured study sessions
- Identification of personal passions and incorporation into everyday life
- Life skills training
- Creative Accelerator through madelife



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RECOVERY

Recovery at AIM House

Participants in recovery receive many different forms of support during their time at AIM House. In addition to a range of in-house recovery groups, they'll find a host of support groups throughout the Boulder community. What's more, Boulder's active, mindful lifestyle can help promote the healing and growth we're dedicated to fostering in our participants.

12 Step Support

112-Step recovery groups available in the Boulder community include Alcoholics Anonymous, Narcotics Anonymous, Marijuana Anonymous, Gamblers Anonymous, Over-Eaters Anonymous, Gamers Anonymous, CoDependents Anonymous and Alanon, among others.

Creative Recovery

Creative Recovery is similar to a 12-Step program but encompasses all forms of recovery. This group has created a space that encourages all forms of creative expression, using the visual arts, music, dance, and writing as the modalities to explore each individual's recovery journey.

CUCRC

AIM House's co-founder, Danny Conroy, is also the founder and director of the CU Collegiate Recovery Center. Centrally located on The University of Colorado Boulder's Campus, the Center provides a sober community and support for those in recovery from alcohol, drug abuse, and other addictive behaviors, with daily recovery meetings, support groups and social activities.

Heart of Recovery

The Heart of Recovery is a group meeting at the Boulder Shambhala Center focused on sharing support while incorporating contemplative practice and meditation in their commitment to sobriety.

LifeRing

This secular, non-12-step based group is an abstinence-based, worldwide network of individuals seeking to live in recovery from addiction to alcohol or to other non-medically indicated drugs.

Phoenix Multisport

Phoenix Multisport is a supportive, physically active community of individuals who are recovering from alcohol and substance abuse and enjoy pursuits such as climbing, hiking, running, strength training, yoga, road/mountain biking, socials and other activities.

"We believe that Recovery is a process of creating and practicing behaviors and attitudes that optimize physical, mental, emotional and spiritual health. This process requires daily practices that establish healthy patterns. It also utilizes any/all available resources, including; peer and family support, community-based self-help support groups, and professional services."



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CREATIVE ACCELERATOR PROGRAM

Build, Measure & Learn

The madeflife Creative Accelerator program launches individuals on their creative path. Participants actively participate in a 12-week program of rigorous self-evaluation, intensive mentorship with creative professionals, and a deep focus on project-based, market-driven creative endeavors. We work specifically with individuals who want to embark on careers in graphic design, music, video & film, photography, or take the next steps in their creative business.

A Real-World Program

The hard and soft skills needed to build a body of creative work and/or to start a creative business are the pillars of the madeflife program. Our goal is to help individuals master the tools, gain the technical expertise, and develop the professional acumen to pursue their passion successfully. Participants are encouraged to think realistically about the goals for their program—whether that means developing a marketable skillset in the current environment or simply exploring one's creative passions. Either way, all participants develop a comprehensive portfolio based on their personal goals.

Creative Career Opportunities in:

Music

Accelerants have the opportunity to develop skills in music composition, theory, recording engineering, digital production, sound design, and mixing. Through this program, they advance their skills with state-of-the-art tools such as Ableton, Logic and ProTools. Producers/DJ's, singer/songwriter, booking and promotion are a few of the possible career paths for our music Accelerants.

Graphic Design

Accelerants learn principles of quality design such as line, color, shape, space, texture, scale, balance, & harmony while advancing their knowledge in the latest tools (i.e., Adobe Illustrator, InDesign, and Photoshop). Career possibilities include freelance designer, illustrator, brand & logo designer, web designer, print designer, digital designer and more.

Film & Video

Participants gain an understanding of the principles of video production, including lighting, camera angles, sound, music, and editing to convey emotion. In the process, they advance their skills in the latest tools such as Premier Pro, Final Cut X, and After Effects. Some of our Accelerants have gone on to pursue careers in freelance videography, cinematography, editing, directing, production, and adventure filmmaking.

Photography

Accelerants learn and/or further skills in staging, editing, lighting, product photography, studio photography, photojournalism, and event and adventure photography. As they progress, they advance their knowledge in current technology for post-processing corrections such as Adobe, Photoshop, Lightroom, and InDesign.

Creative Business

Participants in the Creative Business Accelerator Program advance their knowledge in the latest software, hardware, gear, and other technical tools for their business. They expand their time and project management skills and cultivate a working knowledge of their industry. Some business possibilities are in Physical Product Line, Creative Agency, Lean Startup, Entrepreneurship, Public Events Company, and Public Relations



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ACADEMICS

Academics at AIM House

The Academic Program at AIM House is centered on helping students of all different skill levels and interests develop the academic curiosity, organizational ability, and logistical skills to be effective advocates for their educational goals.

College Choice

For those pursuing higher education, the Boulder area offers a diverse array of academic institutions, not the least of which is the state's flagship university, the University of Colorado Boulder (CU). AIM House participants who may wish to pursue a degree there have the unique opportunity to experience the college's education and culture first-hand before committing to full time enrollment. In fact, through the university's ACCESS program, CU Continuing Education students take classes along with their peers in regular daytime classes with the option to apply if they would like to continue their studies.

What's more, Boulder is also home to a superior community college system, private institutions such as Naropa University, and other specialized educational programs, where our participants are welcomed and encouraged. Upon leaving AIM House, participants may go on with their education here or return to their previous colleges with more confidence, discipline, motivation and success.

High School Support

Those who have yet to finish high school will also find educational opportunities at AIM House. We've worked with a large variety of online high schools to help participants earn their diploma -- offering support and guidance to many taking the whole senior year of credits, and others who simply need to finish a few classes in order to graduate.

Whether working to complete a high school education, taking the GED, getting ready to apply for college, or attending college classes, all students have the opportunity to learn the skills necessary to succeed as students and aspiring professionals at AIM House. Our academic mentors assist participants in gaining skills and independence in their academic pursuits.

"The first few months at AIM House were focused on developing a more therapeutic understanding of myself, the last three or four weeks were directed at the more concrete areas of my future; things like a place to live after AIM House, a steady job, a strong support system, and a college education. It was through these things that I began to fully appreciate the journey it took for me to get here."



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VOCATIONAL

Vocational Program at AIM House

The Vocational Program at AIM House focuses on building skill sets and preparing participants for the professional world. Here, young adults learn to construct their own resume, identify and develop professional references, craft a cover letter, and use technology and networking to source work in the future.

For those who come to the program without a work history or have struggled to hold a job, the AIM House vocational program can make a life-changing difference. With the support of our Vocational Mentors, participants work on the essential skills needed to find and retain employment, including:

- Resume building
- Networking
- Interviewing
- Professional conduct
- Job Searching
- Time management

Many participants also join our in-house Internship Program (please see our Internship insert for more information) where they will learn real-world skills while being coached and mentored on their progress and performance. Whatever their aptitude or ambition, our Vocational Program helps AIM House participants discover their passions, develop their professionalism, strengthen their work ethic, and embark on their career path. In other words, it prepares young adults for success.

“I did not realize until I was gone from AIM House for several months how much I had changed. Thank you for creating a place where it's okay to struggle and then overcome those struggles.”



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INTERNSHIPS

Internship Program at AIM House

The Internship Program at AIM House is designed to help participants develop their identities as working people. An internship can be a bridge to the world of gainful employment and serves the dual purpose of real-world job training and vocational skill-building.

Building Life Skills

It can be difficult for those who have never held a job, have had trouble keeping one, or are unsure of what they want to do for a living to have the confidence necessary to find employment. Internships give participants an opportunity to ease back into the concept of working while learning valuable life skills.

A successful internship can serve as a launching pad for participants who have struggled in a work environment. Our proven program helps participants learn to fulfill responsibilities, develop time management skills and budget their income while providing a safe space to develop these skills.

Current AIM House Internships:

Culinary Arts

Culinary interns assist the chefs and their staff in prepping and executing meals in a professional-grade, high-volume kitchen at The Castle. As a Culinary Intern, a participant will learn food service basics like meal planning, inventory, preparation and cooking techniques, flavor building, knife skills, safety, sanitation and kitchen math.

Facilities Management

Facilities interns perform maintenance, housekeeping, and other property management tasks under the supervision of the facilities staff. Basic responsibilities include house job and room-clean checks, common area maintenance and repairs. Interns may also be expected to help with seasonal grounds maintenance (lawn care, snow removal, etc.).

Marketing

Marketing interns assist the AIM House admissions and marketing team with writing, photography, newsletter creation, video production, website maintenance and marketing materials management. Typically, marketing interns participate in one of our Creative Accelerator programs (see our Creative Accelerator insert sheet for more information) before applying for this position.

Creative

Creative Interns first complete one of the Accelerator Programs at madelife. The creative internships are incredibly competitive amongst AIM House participants in the Accelerator Program. Creative Interns work with the Creative Coordinators at madelife to work on projects that benefit madelife in their respective areas.

Jr. Mentor

Qualified Manifest participants who have been out of the Castle or Earl House for at least three months and are stable in their recovery/sobriety may apply for the Junior Mentor Position. Junior mentors act as "empowered peers" and positive role models for current program residents. They assist primary mentors in milieu management, organizing activities, and connecting with and offering support to participants.