

PIVOT Program – Young Adult Recovery

PIVOT: Your Turn Toward Tomorrow

You don't have to hit rock bottom to get help. You just have to be ready for something different. At ASAP Cincinnati, we recognize that young adults face unique challenges in recovery. PIVOT is designed specifically for those who will benefit from a young-adult specific program.



PIVOT is ASAP's intensive outpatient program designed specifically for young adults (ages 18-26) who are navigating the challenges of substance use, mental health, and everything in between. Whether you're questioning your relationship with substances or already know it's time for a change, we meet you where you are—with respect, honesty, and support.

Young Adult Recovery Program Overview

PIVOT provides comprehensive substance use treatment tailored to the needs of emerging adults aged 18-26. Our evidence-based approach combines professional expertise with flexible scheduling to accommodate your busy life.

Why Choose PIVOT?



EVIDENCE-BASED

Evidence-Based, Always

We don't do guesswork—because your recovery deserves more than trial and error. Our program is firmly grounded in evidence-based clinical practices that have been studied, tested, and shown to help people make lasting changes. That includes well-established approaches like Motivational Interviewing (MI) to help you explore your own reasons for change, Cognitive Behavioral Therapy (CBT) to challenge unhelpful thinking patterns, and Dialectical Behavior Therapy (DBT) to build emotional regulation, distress tolerance, and mindfulness skills. We also incorporate Contingency Management, a proven strategy that uses positive reinforcement to help you stay focused on your goals.

These aren't abstract concepts—they're tools you can use right away. In our program, you'll gain practical, real-world skills to manage cravings, cope with stress, improve your relationships, and feel more in control of your life. You'll learn how to navigate tough emotions without turning to substances, how to recognize the patterns that get in your way, and how to build a life that actually feels worth living—on your terms.



DESIGNED FOR YOUNG ADULTS

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This isn't a generic group therapy experience—it's a program built specifically for young adults, ages 18-26. We know this phase of life comes with a lot of moving parts. You might be in college or starting a career, figuring out your identity, building relationships, or navigating the pressures of independence for the first time.

That's why everything we do is designed with your world in mind. From the topics we cover to the way we structure sessions, we're focused on what matters most to you right now—whether that's learning to manage stress, building healthier habits, setting boundaries, or just trying to feel more like yourself again.

Our team doesn't just understand young adult life—we specialize in it. We know the ups and downs, the “in between” feeling of not being a kid anymore but not quite feeling like a full adult either. And we're here to help you move through this time with support, skills, and a safe space to grow.



Specialists in Young Adult Recovery

SPECIALISTS IN
YOUNG ADULT
RECOVERY

Our clinical team brings deep experience and a strong track record of working with young adults. We understand the unique challenges this age group faces—navigating independence, identity, relationships, school, work, and mental health—all while figuring out what kind of life you want to build. That's why we've created a space that feels honest, relatable, and empowering.

This isn't about lectures or pressure. Young adult recovery is about having real conversations, learning practical skills, and exploring meaningful change in a supportive environment. Here, you'll be treated with respect, not judgment. We believe in your potential, and we're here to help you tap into it—at your own pace, with the right tools and support behind you.

What You'll Get:

- **Group Therapy Sessions:** Wednesday evenings, Saturday and Sunday afternoons
- **Individual Therapy:** Flexible scheduling to fit your needs
- **Family Integration:** when helpful, we generally encourage those who support you to get involved!
- **Personalized Treatment Plan:** We'll help you focus on your goals, not ours

Why Choose PIVOT?

- **Age-Appropriate:** Specifically designed for the 18-26 age group
- **Flexible Scheduling:** Compatible with work, school, and other commitments
- **Evidence-Based:** Utilizing proven therapeutic approaches
- **Supportive Community:** Connect with peers facing similar challenges
- **Professional Guidance:** Led by experienced, licensed clinicians

Start Building a Life You Are Excited to Live

PIVOT provides the structure, support, and skills you need to transform your tomorrow. Our program empowers you to take control of your recovery journey in a supportive, understanding environment.

Contact Us to Begin Your Young Adult Recovery Journey

Ready to make your turn toward tomorrow? Contact us today to schedule an assessment or learn more about how PIVOT can support your young adult recovery journey.

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