



MEET KYLE

As a child, Kyle was diagnosed with ADHD. Yet, he exhibited a variety of behaviors and feelings that could not simply be attributed to ADHD. In high school, he got into trouble often, and he had been arrested numerous times during his adolescence and young adulthood. He drank heavily and often. There were anger management issues, and major disputes and struggles with his parents and sister. He experienced dark times of depression, and periods of cutting himself and not eating. During one holiday, the police were called and Kyle was arrested for a dispute at home and threatening to take his own life.

There are many facets to all of us, including Kyle. For example, he is intelligent; he loves human connection; he plays music, he dates, and he has a strong need for validation. Kyle worked two jobs at a time and was a volunteer fire fighter for 8-1/2 years. He says he is liked by many, and then there are those who don't like or understand him.

A year ago, at age 26, Kyle ended up in the hospital. Although he had been hospitalized a few times before, and had been part of a substance use treatment program for young adults, nothing made a sustainable difference. They lacked the intensity of therapy and long-term connection he needed.

Kyle had hit bottom when he came to the hospital. A doctor entered the room, and after a 15-minute conversation, she diagnosed him with high-functioning Autism, anxiety, depression, and a borderline personality disorder. She told him she predicted he would bounce in and out of rehab programs for the rest of his life. Imagine! Kyle was overwhelmed by her words and harsh demeanor, and astounded by the doctor's lack of compassion. He didn't understand, nor did he feel respected, heard, or understood. Those 15 minutes ignited fear and anger, and in a raised voice, he told her how he felt. Hospital staff were called into the room carrying leather restraints, and at one point they held him down with a knee on his neck as he cried out and resisted.

Kyle's girlfriend promptly left him when she learned of his diagnosis, explaining that she couldn't handle someone who has mental illness. This crushed him, and Kyle's downward spiral was deep. That's when he was referred to the Continuum Recovery Services (CRS) program. The CRS residential program is designed to help individuals diagnosed with significant mental illness to stabilize and recover from the point of crisis and then go on to learn about themselves and how manage their diagnosis and build a full and healthy life every single day going forward. Clients are in the program ranging from a few weeks for stabilization, to up to a year or more of residential care, therapy, life coaching, and case management, depending on their individual needs.

The day Kyle entered the CRS program, he sobbed in one of the staff's arms, grieving the loss of his girlfriend. His grief was deep. He developed trust with the staff and fellow clients over time, and he actively participated in extensive therapies, life coaching, and wellness activities. His medications were adjusted and monitored.



Unlike hospital treatment or the rehab program he attended previously, Kyle says CRS got him to a point of true sustainable recovery because of its intensive therapies, skilled and caring staff, and the fact that they were relentless in trying to support him. They helped him to understand and appreciate his complex diagnosis. They taught him methods to assess his feelings and anger and to control his behaviors. They pushed him to work when he was in an emotional “bad spot.” and gave him tools to balance, reframe, control, express himself, or blow off steam appropriately. Kyle faithfully takes the medication he was prescribed so that he can keep his mood stabilized and is better able to control his addictions and behaviors. One of the most satisfying outcomes of the program is that Kyle embraces his Autism, and enjoys connecting with other fellow high-functioning individuals with Autism.

Kyle’s parents were integral participants in his program. They too wanted and needed to learn about his diagnosis and effective ways to communicate and support him. As parents, they also received much needed support given the past and ongoing challenges they have experienced.

After several months at CRS, Kyle now lives back with his mom. The relationship with his family has greatly improved. He has a life coach who he met at Continuum. He has a job where he was recently selected as employee of the month. He is continuously learning and connecting with new people. He also has a spiritual side, and feels connected to archangel Raphael, the archangel of healing. Kyle has hope and aspirations for the future. He would love to be a famous musician, and have a family with whom he plans to openly share about all he has gone through and all he has learned along his unique winding road of life.