

Services Provided

Nebraska Boys Ranch and Solutions Counseling have partnered to provide a unique and much needed intensive outpatient program for dual diagnosed adolescents with co-occurring mental health and substance abuse issues in Western Nebraska.

Nebraska Boys Ranch will provide a secure, structured residential setting for adolescent boys who have or are experiencing difficulties related to substance abuse/addiction and other mental health issues.

Solutions Counseling will provide outpatient treatment in a culturally appropriate manner providing the tools to cope successfully with life challenges and risks where there are mental health and substance abuse issues.



The clients from the counties shaded in gray will receive priority for IOP services.

About Us

The **Nebraska Boys Ranch** has provided residential care for more than 42 years for boys in Nebraska. The ranch is located 17 miles south of Alliance, NE. Our facility intends to provide a wholesome life where each boy can have the growing experiences, with guidance, which will enable him to mature into a happy and productive citizen of our society. The boys live in ranch style homes and each boy has his own closet, locker, bed, and dresser. They have a family room with TVs and videos for entertainment. The ranch boasts a recreational facility with a full size basketball court, weight room, pool tables, foosball, ping pong, on site school and library. Our dining hall provides meals and snacks in a family style setting. Boys at the ranch can pursue their education through Alliance Public Schools or Adult Basic Education as deemed appropriate. The ranch provides Preparation for Adult Living Skills (PALS) and other transitional living skills training to prepare our youth for adulthood.

Solutions Counseling provides therapy for clients in the Panhandle of Nebraska. We provide treatment according to the needs and issues presented by each individual client. Our therapists are Barbara Shannon LMHP, LPC, LADC who is dually credentialed in mental health and substance abuse counseling; and Linda Dubs, LMHP, LCSW who is a licensed clinical social worker and has advanced training in play therapy. Each therapist has a broad base of knowledge and experience in counseling tech.



Nebraska Boys Ranch

and

Solutions Counseling, PC



Today a boy, tomorrow a man!

Phone: (308)762-6370

Web site: www.nebraskaboysranch.com



Treatment Objectives

Solutions Counseling, PC will provide a holistic environment that engages and promotes life skills to encourage choices that motivate positive mental health while avoiding the hazards of alcohol, tobacco, and other drugs through individual, group and family therapy.

Objectives will include:

- Awareness of personal values
- Self awareness
- Problem solving
- Anger management
- Conflict resolution
- Goal setting
- Handling emotions and feelings
- Communication
- Psychoeducational counseling on addiction and mental health
- Strengthening mind, body and spirit.

Solutions Counseling, PC
321 Flack Ave.
Alliance, NE 69301
(308)762-6868

Criteria for Referral

Client's admission to the partnering program is based on the following criteria:

- Pretreatment assessment indicating the youth's symptomology consistent with a DMS IV diagnosis of addiction and mental health, i.e. conduct disorder/alcohol abuse or dependence; ADHD/cannabis dependence; Disruptive Behavior Disorder/Methamphetamine Abuse.
- Males age 15 to 19 that are wards of the state of Nebraska.
- Medicaid eligible
- Reading level at least 4th grade.
- Motivated to refrain from substance use and submit to drug testing
- Motivated to participate in psychoeducational counseling
- Motivated to gain knowledge of and work the 12 steps of Alcoholics Anonymous/Narcotics Anonymous.
- Motivated to comply with the rules of the Nebraska Boys Ranch as a resident of this facility.

Nebraska Boys Ranch and
Solutions Counseling, PC
Partners in providing
services!

NBR Program Objectives

The Nebraska Boys Ranch strives to provide a safe secure environment for our clients. Our behavior program objectives include:

- Providing understanding of a good education
- Improve peer relationships and developing friendships
- Teach self discipline and personal responsibility
- Explore and develop interests and abilities
- Create incentive and desire to succeed
- Teach the value of hard work and strive for satisfaction through achievement
- Provide an atmosphere of pride, loyalty, comradeship and cooperation
- Develop skills for transitioning to adulthood.

Nebraska Boys Ranch
P.O. Box 639
Alliance, NE 69301
(308)762-6370