Align Adolescent Recovery Celebrates 22 Years of Long-Term Adolescent Treatment & Clinical Excellence

Two decades of experience, a whole-person treatment model, and measurable long-term outcomes continue to shape care for adolescent boys and their families.



Horse grazing in Align's riding arena

TUCSON, AZ, UNITED STATES, September 3, 2026 /EINPresswire.com/ -- Align Adolescent Recovery is celebrating its 22nd anniversary, marking more than two decades of providing long-term adolescent treatment for young men and their families. Founded and operated by the Barrasso family since 2004, Align has evolved alongside the changing needs of adolescents while remaining grounded in a simple belief: meaningful recovery takes time, relationships, structure, and the opportunity to build a life worth living.

Today, Align is a nationally recognized adolescent treatment program in Arizona serving young men in grades 9–12 who are navigating substance use, mental health challenges, trauma, academic difficulties, and co-occurring disorders. Located on a 100+ acre campus outside Tucson, the program combines clinical treatment, academics, family involvement, health & wellness, life skills, and experiential programming within a long-term, developmentally appropriate environment.

"We have always believed that young people need a sacred space where they can heal," said Align Co-Founder Patrick Barrasso. "A place where they can feel safe enough to be honest, challenged enough to grow, and supported enough to believe that their future can be different from their past."

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>
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A Long-Term Approach to Adolescent Recovery

Unlike short-term models that focus primarily on stabilization, Align is built around the understanding that adolescent recovery is a developmental process. Its long-term residential treatment model gives young men the time and consistency needed to address underlying issues, practice new skills, repair relationships, re-engage academically, and gradually build independence.

Align offers a comprehensive continuum of care, including Residential Treatment (RTC), Partial Hospitalization (PHP), Intensive Outpatient (IOP), and Outpatient (OP) services on the same campus. Its semester-based structure allows treatment to evolve with each student's clinical needs and progress rather than forcing every adolescent into the same timeline.

The program also integrates a fully accredited on-campus high school, family programming, evidence-based clinical care, psychiatric support, 12 Step recovery, horsemanship and experiential programming, fitness and wellness, and life-skills development.

A Whole-Person Model for Lasting Change

Align's treatment philosophy is grounded in their In Balance Behavioral Health Model, an integrated, trauma-informed and relational framework designed to address the emotional, relational, academic, physical, and developmental needs of young people.

The model is built around seven interconnected domains of balance: clinical and emotional health, family and relationships, academics, physical wellness, life skills, purpose and adventure, and mastery and identity development.

Rather than treating symptoms in isolation, the model recognizes that sustainable recovery requires attention to the whole person. Individual and group therapy are integrated with family systems work, academic intervention, wellness, functional life skills, experiential learning, and opportunities for mastery.
The underlying process is straightforward: stabilize, heal, reconnect, build, and launch.

This approach reflects Align's belief that young people need more than symptom reduction. They need opportunities to rebuild trust, experience success, develop healthy identities, reconnect with education and family, and learn how to function in the real world.

Outcomes That Extend Beyond Discharge

Align's commitment to long-term treatment is reinforced by its commitment to measurement-

based care and long-term outcomes tracking.
The program's 2025 Comprehensive Outcomes Report uses the Youth Outcome Questionnaire (YOQ-2.0SR), a nationally normed and validated measure of adolescent functioning. Align tracks outcomes from admission through discharge and at six- and 12-month follow-up, allowing the program to examine whether improvements continue after young people return home and resume daily life.

The 2025 data showed substantial improvement across emotional, behavioral, social, and substance use measures. Overall YOQ scores decreased from a mean of 68 at admission to 41 at discharge and continued to improve to 39 at 12 months, representing a 43% reduction in overall symptom severity. Critical risk indicators improved by 79%, while social problems improved by 67%.

Substance use outcomes also showed significant improvement. At admission, a large proportion of participating adolescents reported using alcohol or drugs frequently or almost always. By discharge, nearly all youth reported never or almost never using substances, with these gains largely maintained at six- and 12-month follow-up.

For Align, the significance of these findings extends beyond the numbers. Tracking young people after discharge provides families and referring professionals with a clearer picture of whether progress made during treatment translates into functioning in the real world.

22 Years of Experience, Built for What Comes Next

As Align enters its 23rd year, the program continues to evolve while preserving the principles that have guided its work for more than two decades: individualized care, strong therapeutic relationships, family involvement, clinical accountability, and the belief that adolescents are capable of meaningful change.

The result is a comprehensive adolescent residential treatment program designed to help young men develop the emotional regulation, relationships, academic confidence, life skills, physical wellness, purpose, and sense of mastery needed for long-term success.

"Clinical excellence is not about standing still," said Barrasso. "It means continuing to listen, measure what we do, learn from the data, and improve how we serve young people and their families. That is what we have been doing for 22 years, and that is what we will continue to do."

Align Adolescent Recovery is part of In Balance Behavioral Health, a broader network built around a whole-person approach to recovery, resilience, and real-life success.

To learn more about Align Adolescent Recovery and its approach to long-term adolescent treatment, visit https://www.alignrecovery.com.

Tony Barrasso
Align Adolescent Recovery
+1 520-390-4425
email us here
Visit us on social media:
LinkedIn
Instagram
Facebook

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