



The NAVIG8 program offers a comprehensive array of programming – providing holistic, family strengthening and support-focused treatment.

Using the Family Support Network (FSN) model, the NAVIG8 program is based on the premise that the primary responsibility for the development and well-being of children lies with the support system and emphasizes the role of society in supporting caregivers in raising children.

The NAVIG8 media program fosters the learning of a variety of activities supporting sobriety (art, music, poetry, painting, storytelling, photography, etc.). Its objective is to help clients explore new skills while also learning more about themselves and alternatives for their use of leisure time without substance use.

NAVIG8 offers afternoon group programming Monday through Friday.



Compass Health
Network



OUR CENTRAL REGION PARTNERS



Funding partners:



NAVIG8 ADOLESCENT
TREATMENT CENTER
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COLUMBIA, MO 65201

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NAVIG8 Adolescent Treatment Center

CENTRAL REGION



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NAVIG8 PROGRAM INCORPORATES . . .

- A focus on community by strengthening relationships between caregivers and staff, partnerships with community organizations for more effective collaborative care (including resource acquisition and referrals), and improving outcomes for teens and within the family system.
- Integration of culture with focus on responsiveness to all support system compositions; regardless of race, culture, home language, sexual orientation, and identity. Our vision includes partnering effectively and respectfully with families and caregivers.
- Comprehensive wraparound services using strategies and interventions to build the five protective factors through small but significant changes in program practice by strengthening:
 1. Parental resilience
 2. Social connections
 3. Concrete support in times of need
 4. Knowledge of parenting and child development
 5. Social and emotional competence of teens

NAVIG8 CURRICULUM

Following evaluation clients receive a tailored plan designating a selection of non-traditional substance use and co-occurring programming. NAVIG8 services focus on supporting adolescents and their caregivers by offering individual, family, and group therapy alongside community support services. Individualized services will be provided for a minimum of 3-6 months. NAVIG8 services offered will include, but are not limited to:

- Intensive in-home and school-based services.
- Individual/family healing and recovery utilizing various evidence-based approaches (e.g., Motivational Interviewing (MI); Motivational Enhancement Therapy (MET); Cognitive Behavioral Therapy (CBT); Dialectical Behavioral Therapy (DBT); life skills; experiential, self-awareness and mindfulness-based activities; trauma-focused therapy; interest expanding; mutual support groups; educational groups; and more).
- Continuing care planning from day one using Assertive Continuing Care (ACC).

