



A Premier Residential
Extended-Care Recovery
Treatment Community



who we are



A recovery living experience in a beautiful, lodge-like campus setting combined with state-of-art, integrative services for adult men recovering from alcohol and/or drug dependency with or without a co-occurring disorder





what we do



A 90-day, three-phase program provided by experienced addiction- and trauma-certified clinical staff utilizing DBT, EMDR and Somatic Experiencing practices with a significant emphasis on the 12 Steps. Individuals receive more than 20 hours of active therapy per week in Phase I.

Our step-down process for Phases II and III is customized to meet individual treatment and recovery needs. Staff also provide for necessary additional services by coordinating work with professional consultants, physicians and therapists from the Boulder and Denver area.

admissions criteria



The perfect place for adult males who:

- a) Have just completed 30, 60 or 90 days of inpatient treatment
- b) Have not been able to achieve long-term sobriety due to unaddressed, underlying core issues and development of recovery life skills
- c) Have suffered a brief relapse after a recent treatment or after long term sobriety.

Appropriateness of all admissions evaluated on a case-by-case basis by admission, clinical staff.

services



Individual and Family Therapy

Psycho-Educational Classes
and Groups Phases I - III

Alcohol and Drug Continuing
Education

Art Therapy

Attachment Styles

Co-Dependency

Cognitive Behavior Therapy

Communication in Relationships

Conflict Resolution

Dialectical Behavior Therapy

- ◆ Mindfulness
- ◆ Interpersonal Effectiveness
- ◆ Distress Tolerance
- ◆ Emotion Regulation

EMDR

Life Skills

Psychodrama

Relationships

Relapse Prevention

Somatic Experiencing

Stress Management Techniques

Yoga and the Twelve Steps

Tai Chi



where we are



The Lookout Boulder is surrounded by Boulder County's beautiful open space parks and trails, and is a 15-minute drive from the gorgeous foothills of the Rockies, which is home to the Flatirons at Chautauqua (pictured), numerous hiking trails and bike paths, and a healthy, active outdoor community that draws athletes from all over the world. If you're looking for a healthy, beautiful setting for your new sober life, it doesn't get better than this.



our leadership team



The Lookout Boulder has brought together some of the most well-respected practitioners and experts in the addiction-recovery industry.



Mara Lehnert - founder, executive director

CEO, CACIII, CERTIFIED INTERVENTIONIST

Inspired by her own sobriety journey, Mara has combined her lifelong experience as a successful entrepreneur and business owner with her passion for helping other alcoholics and addicts to find their way to a life of recovery. She became a certified interventionist, and has performed almost 900 interventions with a 95% success rate. In 2012, Mara turned her focus to filling a much-needed service for the alcoholic/addict coming out of inpatient care and trying to transition back into the world, and CHOICE HOUSE companies were born. Since its beginning, nearly 400 men have completed the program. In 2014, Mara opened her first women's house, called LADIES CHOICE HOUSE, in Lafayette. Responding to yet another huge need — continued care specializing in *treating* trauma for chronic relapsers and men with more complicated cases of substance abuse and mental health — Mara opened THE LOOKOUT BOULDER. Mara has been presenting at national conferences for the past 11 years on the Love First method of intervention, and also contributes greatly to the criminal justice system working towards treating rather than criminalizing people suffering with substance use disorders.



Jordan Hamilton - director of admissions

Since starting in 2013, Jordan Hamilton continues to be one of the company's greatest assets, serving as both Resident Manager at the Choice House Men's property, and in 2014 he was promoted to Director of Admissions for both Choice House. and The Lookout Boulder. Jordan joined the Choice House team in early 2013 after a four-year career as a men's supervisor at the well-known Jaywalker Lodge program in Carbondale, Colorado, along with a simultaneous position at Saint Paul's Sober Living, also in Carbondale. With more than eight years of his own recovery, Jordan commands the respect of clients of all ages, teaching them through his own actions both the dignity that comes with living as sober men with integrity. Jordan completed his degree at CU Boulder in 2016 and continues to oversee general operations for all three Choice House properties, alongside CEO Mara Lehnert, and is a large part of the heart of the company.



Ozzie Cabral - director of operations

MA, LPC, LAC

Ozzie has worked in addictions and mental health since 2002 and received his MA in Clinical Psychology from the University of Colorado. He is trained in Dialectical Behavior Therapy (DBT) working with Individual Therapy, Skills Training, and treating dually diagnosed clients to include the chronically mentally ill. Areas of expertise include Aggression Replacement Training, Cognitive Behavioral Therapy, Dialectical Behavior Therapy, trauma-focused therapies, and working with co-occurring disorders. Ozzie has worked in various treatment settings including residential, outpatient treatment facilities, domestic violence, sex offender clinics, and community mental health centers. Ozzie also founded and operates Song of the Wolf Healing Center, a wolf and wolf-hybrid rescue located in Bailey, Colorado.

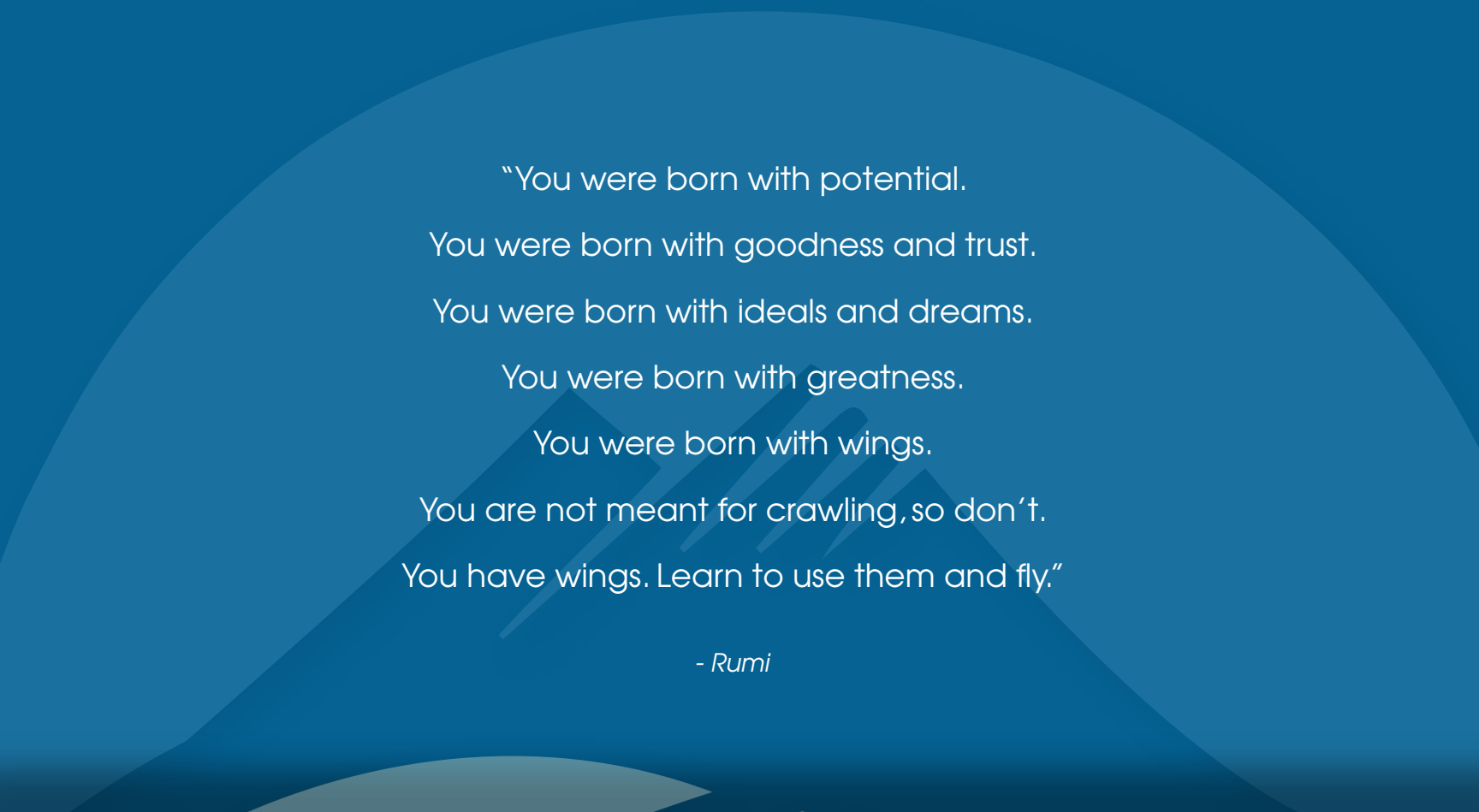
THE LOOKOUT  *Boulder*

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“You were born with potential.
You were born with goodness and trust.
You were born with ideals and dreams.
You were born with greatness.
You were born with wings.
You are not meant for crawling, so don't.
You have wings. Learn to use them and fly.”

- Rumi

