



## Yes We Can Youth Clinics makes the difference

A 10-week-long, **intensive & inpatient**  
**treatment programme**



4-week, **tailor-made** residential aftercare



Extensive and in-depth **family**  
**coaching & counselling**



**Highly qualified** professional  
therapists



**Experts by experience**  
(counsellors)



**24/7 presence** of youth coaches & nurses



[www.yeswecanclinics.com](http://www.yeswecanclinics.com)



### About Yes We Can Youth Clinics

Yes We Can Youth Clinics is a centre of Excellence, specialising in healthcare for young people suffering from addictions and/or behavioural disorders. We offer a 10-week inpatient treatment programme, followed by a minimum of 4 weeks residential aftercare. Our approach has proven to be very successful and our team have many decades of combined experience in this field. About 70% of the young people that we see no longer need intensive specialised care afterwards.

### About the treatment

Yes We Can Youth Clinics was founded by Jan Willem Poot in 2010. Over 175 dedicated professionals work at Yes We Can Youth Clinics helping to get the lives of our fellows and their parents back on track. We help over 650 young people a year. The intensive Yes We Can programme is a journey you go through alongside our team of therapists, coaches, experts by experience and other staff members. This programme consists of daily group sessions, several 1-on-1 sessions each week, various types of acclaimed therapy and challenging sports & outdoor activities every day. By doing this seven days a week between 06:45 and 22.30, little by little, you will find your way back to structure, hope and a better outlook on life.



**yes we can**  
YOUTH CLINICS

Addiction & Mental Healthcare



**International youth clinic**  
for complex  
behavioural **disorders**,  
**addictions** and  
behavioural **problems**  
age 13 to 25

## When All Else Fails

Are you a parent or caretaker and at your wits end with regards to your child? Are you between 13 and 25 years old and do you feel that your relationship with your parents, teachers, colleagues, family and friends has gone off the rails? Do you constantly get into fights and do you need to make major changes in order to get your life back on track? Do you seem incapable of staying away from alcohol, drugs or video games? Are you depressed, even suicidal perhaps? Did other treatments, programmes and therapies have little to no effect? If so, Yes We Can Youth Clinics is here for you.

### What Rules Your Life?

- Troubles
- Lies
- Depression & anxiety
- Marijuana
- Alcohol
- Gaming & social networks
- Drugs
- Gambling
- ADD/ADHD/ODD/CD
- Aggression
- Fear & panic
- Dangerous situations

## How Does It Work?

### 1 First Contact

You will first meet with one of our counsellors. These experts have first hand personal experience with similar issues and know exactly what you are going through. Next, you meet with one of our psychologists. During this 2-hour intake, together we map out all your issues. Afterwards, you will have an intake with our psychiatrist; who will, together with the counsellor and the therapist, determine whether Yes We Can Youth Clinics is indeed the best place for you. Your 'Yes, I Do' is crucial here. If you have the motivation it takes to make this approach a success, we will set a date for the start of your treatment that very day. If needed, treatment can start the same day. If treatment at Yes We Can Youth Clinics is not the best thing for you, we will gladly help you think of a different programme that suits your needs better.

### 2 In the Clinic

You will follow an intensive treatment programme (which includes group sessions, 1-on-1 sessions, trauma counselling and dealing with disorders, problems and addictions) with other teenagers and young adults. Throughout your time there, you will be assigned your own therapist. During the sports and outdoor activities, collaboration, confidence, self-worth and perseverance is key. You will be amazed to discover how much you can do!



### 3 The Home Front

Everyone at home is involved too. Parents or carers are to participate in the intensive family coaching & counselling programme. During a special 4-day bonding week, parents will get all the tools they need to ensure the child's treatment remains effective after their return home. Halfway through the programme, they will spend one day in the clinic to experience this firsthand.

### 4 Aftercare

Once treatment is finished, the real challenge awaits. We recommend that you partake in Yes We Can's intensive aftercare programme for a minimum period of 4 weeks. Even back home, Yes We Can Youth Clinics can prepare a tailor-made programme, if needed, to be supervised by a Recovery Coach.

## Your Courage Will Be Rewarded

Do you have the courage to call or email us? If so, you will soon discover that everyone at Yes We Can Youth Clinics is friendly and caring. We know what you are going through and we are very familiar with the issues you're facing. Once you reach out to us, we will get straight to work.

Call +31(0)85 020 12 22  
or e-mail [info@yeswecanclinics.com](mailto:info@yeswecanclinics.com)