



Shelley Skaggs
Benchmark Young Adult School
Director of Marketing & PR
25612 Barton Rd., #286
Loma Linda, CA 92354
909-307-3973 phone
909-748-6424 fax
sskaggs@benchmarkyas.com

FOR IMMEDIATE RELEASE

Benchmark's Michael Valenzuela Earns CATC

Redlands, CA (January 26, 2009) – Benchmark Young Adult School proudly announces that Primary Life Coach E. Michael Valenzuela, III, has achieved his Certified Addictions Treatment Counselor (CATC) credential through the California Association for Alcohol/Drug Educators (CAADE.) Michael will pilot Benchmark's enhanced 12-Step curriculum, which has recently implemented the Matrix Model, an Intensive Outpatient Program (IOP) treatment for addicts. The Matrix Model will be assimilated into Benchmark's successful curriculum of education, emotional growth and independent living to create a more comprehensive treatment program than that of a stand-alone treatment plan.

"I like the counselor motto of *Primum non nocere* or *Do No Harm*," states Michael. "It is something I say to myself to keep me focused and aware of my purpose in this field. Obtaining my CATC certification helps me to stay current with new techniques in counseling and new information in the science of addiction. This is also another tool that can blend with my life coaching certification to help me become a well-rounded addiction counselor and life coach. The students here at Benchmark deserve, and will receive from me, the best of both disciplines," concludes Michael.

Michael joined Benchmark in 2005 as a resident counselor and was promoted to a primary counselor position in 2007. He earned his International Coach Federation (ICF) Life Coach Certificate in 2007, thus earning the title, Primary Life Coach. Michael holds dual Associate of Arts degrees in Human Services and Liberal Arts. He completed 2048 supervised counseling hours to become fully licensed. Michael is also preparing to take the Certified Alcohol and Drug Counselor (CADC) Level II test in June, submitting his 6000 supervised hours with plans to take the oral boards in December, 2009. Michael's goal is to earn a Doctorate in clinical psychology, and later, specialize in forensic psychology. He is currently enrolled at California State University, San Bernardino in the psychology program.

*For details regarding the Benchmark Recovery program or for information regarding admissions, please call 800-474-4848 or email at admissions@benchmarkyas.com.

###