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**FOR IMMEDIATE RELEASE**

**Benchmark Adds Dialectical Behavior Therapy (DBT) to Curriculum**

Redlands, CA (September 19, 2008) - Benchmark Young Adult School is pleased to announce that we have enhanced our Sober Living and Emotional Growth curriculum to include DBT (Dialectical Behavior Therapy) through the acclaimed series, "From Chaos to Freedom" by Marsha Linehan, Ph.D.

Benchmark's staff and students will all be participating in the training sessions, which will be an adjunct and ongoing process to our emotional growth and addiction curriculum.

Executive Director and owner, Jayne S. Longnecker states, "This process provides us with another format for conflict resolution and problem solving. Students can apply this technique to all aspects of their recovery and growth."

For further details, please contact our Admissions department at **800-474-4848** or via email at [admissions@benchmarkyas.com](mailto:admissions@benchmarkyas.com).

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