



The Art of Ascending
ELEVATING LIFESTYLES

BCARE™

**BUILD STRONGER FAMILIES.
DRIVE BETTER OUTCOMES.**

The BCARE Ascension Method™ equips caregivers and systems with the tools, support, and structure they need to break cycles, strengthen families, and create lasting change.




STRONGER FAMILIES



STABLE HOMES



BETTER OUTCOMES



BETTER USE OF RESOURCES

THE PROBLEM WE SOLVE

Youth don't struggle in isolation—neither do families. BCARE addresses the caregiver and family system barriers that stand in the way of treatment progress, stability, and long-term success.



HIGH CONFLICT & CO-PARENTING STRUGGLES

Conflict between caregivers creates instability and stress for youth.



FAMILY INSTABILITY & CRISES

Repeated behavioral crises tied to inconsistent routines, boundaries, and communication.



POOR FOLLOW-THROUGH WITH SERVICES

Caregivers struggle to implement strategies and follow treatment recommendations.



PARENT-CHILD RELATIONAL STRAIN

Breakdowns in connection and trust impact youth behavior and emotional well-being.



COMMUNICATION BREAKDOWNS

Miscommunication leads to confusion, frustration, and escalation.



TREATMENT PLATEAUS DUE TO SYSTEMIC BARRIERS

Youth hit a wall when the environment at home isn't supportive of change.

THE BCARE SOLUTION






A structured, evidence-informed 12-week parent support and family systems intervention that creates measurable improvements at home and across systems.


-  Strengthens caregiver skills and confidence
-  Improves communication and co-parenting alignment
-  Creates consistency, structure, and healthy boundaries
-  Builds emotional regulation and problem-solving
-  Increases engagement, stability, and treatment carryover
-  Drives long-term behavior change and improved outcomes

WHAT YOU CAN EXPECT

-  **STRONGER ENGAGEMENT**
Caregivers become active partners in their child's success.
-  **MORE STABLE HOMES**
Reduced conflict, fewer crises, improved environments.
-  **BETTER OUTCOMES**
Youth make meaningful progress in treatment and daily life.
-  **SMARTER RESOURCE USE**
Fewer readmissions, disruptions, and escalations.
-  **STRONGER SYSTEMS**
Agencies see improved collaboration, consistency, and results.


VALUE FOR AGENCIES & SYSTEMS

-  Reduces barriers to youth progress by addressing the root: the family system
-  Complements clinical services and improves treatment effectiveness
-  Improves retention, engagement, and program success
-  Strengthens collaboration between families, providers, and systems
-  Cost-effective by preventing crises, reducing readmissions, and improving long-term outcomes

 BCARE isn't just a program—it's a transformation strategy for families, agencies, and communities.

LET'S PARTNER FOR IMPACT

Bring BCARE to your organization and equip your team to create stronger families and better outcomes.



LICENSE THE BCARE METHOD™ FOR YOUR AGENCY



STAFF TRAINING & CERTIFICATION AVAILABLE



ONGOING CONSULTATION & IMPLEMENTATION SUPPORT





BUILT BY A BEHAVIORAL HEALTH PROFESSIONAL WHO GETS IT



TOGETHER, WE CAN ELEVATE FAMILIES. TRANSFORM SYSTEMS. CHANGE FUTURES.

INTERESTED IN BRINGING BCARE TO YOUR AGENCY?

Let's connect to discuss licensing, training, and implementation options that fit your needs.

-  info@theartofascending.com
-  www.theartofascending.com
-  Courtney Gardner-Prince
Founder | Parent Coach | Behavioral Health Professional