

STEPPING STONE

There are other treatment providers for addictions, so why choose Stepping Stone?

We pride ourselves in providing some of the best treatment that is offered in this country. We have worked hard to develop programming that parallels that which is used by well known facilities who may charge thousands of dollars for their services. Our staff is committed, well trained, and devoted to your care. As a private, not for profit agency, we are also proud to offer the same effective, intensive treatment to everyone who walks into our door seeking help, regardless of the resources they bring. We are here for our community and committed to you and your family.

We collect data from those served in our residential program to help determine the areas in which we are making an impact during their stay. This data has shown with solid statistical significance that those completing our program leave with greatly improved self-esteem, decision making skills, expectancy that they will not use substances again, improved symptoms of depression and anxiety, and greatly reduced risk taking and hostility. We know our program is helping our community because our community is telling us that it is.

Outpatient
812-473-3144

Residential
812-473-3104



4001 John Street | Evansville, IN 47714 | 812-473-3144
www.southwestern.org

Southwestern meets the licensing and accreditation standards of the following: Indiana Division of Mental Health and Addiction and the Joint Commission.

Providing the full continuum of addiction services for our community



4001 John Street | Evansville, IN 47714
812-473-3144 | www.southwestern.org



What is Stepping Stone?

Stepping Stone provides the full continuum of services for addictions and co-occurring mental illness under one roof. This facility is part of Southwestern Behavioral Healthcare, Inc. which is a private, not for profit community mental health center serving residents of Indiana.

What services does Stepping Stone offer?

Social Detoxification Program: The Social Detoxification Program is a residential program for those who need a structured, safe environment during the first 5-7 days of abstinence. This program is medically supervised, with nursing staff and a physician present during the day and non-medical staff on-site 24 hours a day. Generally, we can safely admit those with the following addictions for detox: opiates, methamphetamine, marijuana, synthetic drugs, cocaine, and in some cases, alcohol. Residents in detox are encouraged to attend daily programming and are able to have contact with a therapist and case manager during this time.

Residential Program: Our most intensive program is the Residential Program which provides structured programming utilizing the best evidence-based practices while staying in a safe supportive environment. Those in the residential program stay between 3-4 weeks and attend all programming daily from 6:45 a.m. until 9:30 p.m. Residents have daily contacts with their therapist, have access to case management services to help resolve life issues (medical, legal, financial or employment issues), and attend 12-step meetings daily either at our facility or in the community. Family programming is held on Saturdays, which allows family to attend education sessions, then to stay and visit.

Transitional Residential Program: The Transitional Residential Program allows those who have completed residential treatment to stay in this transitional wing up to 6 months. Those living in the transitional residential wing are required to work, make payments toward their fees, attend community 12-step meetings, and attend required programming. This program allows those who are homeless or have unsafe living situations to live in a safe, supportive environment that assists in developing life skills as they begin their recovery in the community.

Intensive Outpatient Program and the **Matrix Program** are our two most intensive outpatient programs that meet three times a week. Both of these programs use evidence-based curricula to assist those early in recovery with developing life skills, early recovery skills, relapse prevention skills, and orientation to the 12-step program. These programs offer family programming once per week as a part of the regular group schedule.

Outpatient Specialty Groups are always evolving to meet the needs of the community. These groups typically meet once per week and are designed for those who have some period of sobriety and have already completed an intensive program. Specialty groups include anger management, grief, moms in recovery, veteran's services, trauma issues, co-occurring disorders and re-entry groups.

Individual and Family Therapy: Our licensed therapists are available by appointment for both individual and family therapy to address individual issues as needed.

Physician Visits: A physician addictionologist is available by appointment to address any co-occurring issues in recovery. As an abstinence-based facility, we do not endorse the use of addictive medications for those in recovery as we find it jeopardizes recovery, and we want the best possible outcomes for those who entrust us with their care.

Alumni Services: We support the activities of a group of Stepping Stone alumni who work as mentors to those completing intensive programming at Stepping Stone to help with the transition from treatment to recovery. Alumni work as mentors, but also organize regular on-site alumni support group meetings and other special social events.

Community Reinforcement Approach and Family Training (CRAFT) is a behavioral program designed to help concerned significant others (CSOs) engage treatment refusing substance abusers into treatment. CRAFT teaches the CSO how to use their intimate knowledge of the substance abuser to motivate and increase the chance of the substance abuser entering treatment. CRAFT research has shown that almost 70% of people who use the program get their substance abuser to attend treatment.

I need help, what are my first steps?

Seeking help is often a complex, frightening, and confusing process. The first step is to call us and complete an inquiry over the phone. This inquiry involves giving us basic information about yourself, such as demographic information and information about your substance use and other problems you have been encountering.

If you are seeking **Outpatient Services**, call **812-473-3144**. If you are interested in **Residential Services**, you can call **812-473-3104** that is answered at any time seven days a week. For residential services, your information will be reviewed by a manager and a physician within 24 hours. We will then recommend what your next steps might be. Sometimes treatment starts at a hospital, attending to medical concerns. Other times we schedule a time for you to come for admission to a residential program. If you are unsure if you want residential or outpatient treatment, you are welcome to complete a residential inquiry to see what we recommend based on your substance use and treatment history. Regardless, the best place to start is by making a phone call or stopping by and completing an inquiry in person. We have staff available 24 hours a day.