

Stepping Forward

Transitional Residential Programs

What is a Transitional Residential Program?

Often, the first six months of recovery are the most difficult: navigating financial issues, legal issues, relationship problems and a lack of safe, sober housing and social supports.

Transitional Residential programs provide 24-hour support for those in early recovery to assist in providing the accountability and safe and sober living environment needed to help individuals be successful. It is not just a sober place to live, but also a place that provides needed therapy, skills training and peer support services.

Staff include Recovery Assistants, Case Managers, Peer Support Specialists, Nurses, Therapists and an Addictionologist.

This program is less intensive than our residential programs and allows participants to gradually increase their independence through life skills training. The ultimate goal is to have prepared participants to leave Stepping Forward feeling confident they can live and work in their community, all while maintaining their sobriety.



Sometimes we have to pull back and slow down before we can launch forward. Like an arrow on a bow, ready to pull back, then forcefully launch...forward.

Because the only way **THROUGH** is **STEPPING FORWARD**.

812-473-3144, Option 2 | www.southwestern.org

 Like Stepping Stone on Facebook.

If you would like to help support this program, please send your gift (payable to Southwestern Behavioral Healthcare) to attention of the Director of Addictions at Stepping Stone. You can also donate online at www.southwestern.org.



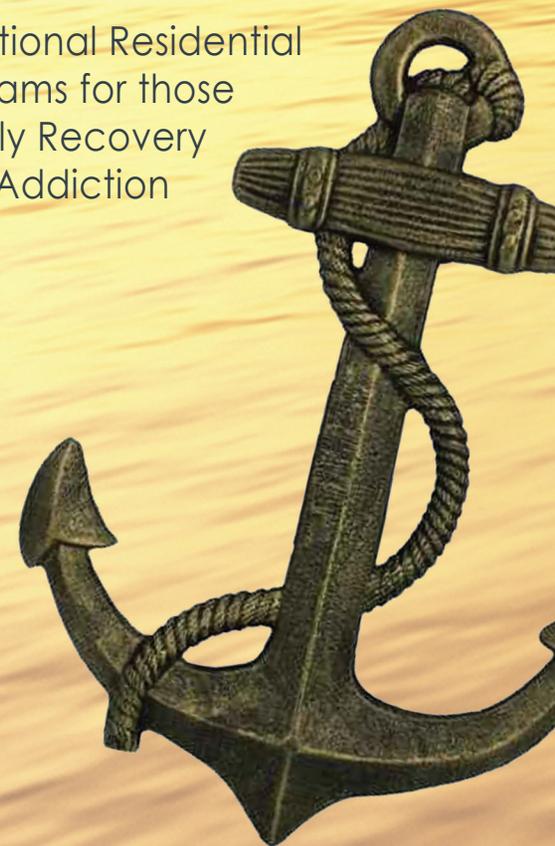
The Stepping Forward Logo
The symbol of an arrow represents **COURAGE** as one moves **FORWARD**.
The symbol of an anchor represents **HOPE**

A program of:



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

Transitional Residential Programs for those in Early Recovery from Addiction



A program of:



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



Services for Pregnant Women

This structured three phase program is designed with Pregnant Women in mind. Programming is provided at a 10 single bedroom home where pregnant women live with 24 hour support during their pregnancy and after the birth of their child.

- Nursing Case Management Services and coordination with OB and Pediatric providers to assure that you and your newborn have the medical care you need
- Case Management to assist with connecting to local resources, housing and discharge planning
- Skills training for prenatal and newborn care
- Medication Assisted Treatment as medically indicated through collaborating OB
- Parent Skills training
- Life Skills training in the areas of money management, job readiness, communication, relapse prevention and others
- Individual and group therapy to address issues related to trauma, anxiety, depression, self-esteem and other issues
- Family programming to include visitation and family therapy
- 24-hour support from our Recovery Assistants and Peer Recovery Specialists
- Connection to Recovery Meetings and Alumni

Services for Men

This structured 3 phase program provides 24-hour support and treatment programming for men at our 12 bed wing at Stepping Stone. Men are provided therapy, skills training, and case management services in this program.

- Case Management Services, assistance with finding housing and gaining access to local resources
- Skills training in the areas of money management, job readiness, parenting and relationships, communication, relapse prevention and others
- Individual, group and family therapy to address issues related to trauma, anxiety, depression and other issues
- Family programming to include visitation and family therapy
- 24 hour support from our Recovery Assistants and Peer Recovery Specialists
- Connection to Recovery Meetings and Alumni

Important Things to Know

Work: Gaining and maintaining employment or other volunteer activities is a required part of the Stepping Forward program. We walk alongside you as you look for suitable employment and strive to maintain that employment.

Children: Due to space constraints, we are not able to accept children into these programs. Participants with children will need to arrange for visits outside of programming. The Stepping Forward program for Pregnant Women is designed for newborns to reside in the home with the participant after birth.

Phases: Phase One of these programs entails a structured schedule of treatment programming that is assigned based on individual needs. Phase Two requires less programming and Phase Three involves the participant becoming a "senior resident" and mentor to others.

Cost: Phase One of treatment meets criteria for ASAM 3.1 level of care. This means that Medicaid, HIP and other insurances may pay for the daily cost of this transitional residential treatment. Phases Two and Three will be based on a sliding fee scale with intention to make all costs affordable for participants depending on their income and budgets.

Length of Stay: We ask that participants commit to 90 days in this program. Participants may stay up to 6-12 months, depending on demonstrated need.