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. Our phone is answered 24 hours a day at 812-473-3144.

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.

What does Abstinence-Based mean?
The foundation of all of our programs is the belief that individuals suffering from addictive disorders are best served by assisting them in achieving and maintaining abstinence from all addictive substances, either illicit or prescribed. There is an approach to treatment of a certain type of addiction, specifically opioid dependence, which can be treated with Medication Assisted Treatment using Methadone or Suboxone (buprenorphine), both of which are addictive controlled substances. Many of our treatment-seeking clients have tried this approach and did not find the stability and quality of life they hoped to achieve. Our programs assist all individuals to a life of sobriety free of all addictive substances. We frequently utilize non-addictive medications to assist our clients with detoxification, treatment of mood disorders, cravings and relapse prevention.

Why choose Stepping Stone?
We provide the FULL continuum of care.

We have worked hard to develop programming that parallels other well-known facilities in our country. Our staff is committed, well trained and devoted to your care. We are here for our community and committed to you and your family.

We collect data from those served in our programs 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 programs 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 participants because our community is telling us that it is.
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.

Programs We 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, peer recovery specialist 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 7:00 a.m. until 9:30 p.m. Residents have daily contact with their therapist, have access to case management services to help resolve life issues (medical/legal/financial/employment) 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.

Stepping Forward Programs: Stepping Forward is a Transitional Residential Program that provides 24-hour support for those in early recovery to assist in providing the accountability, treatment services and sober living environment needed during the first 6-12 months of recovery. Stepping Forward for Men is located at our Stepping Stone facility and Stepping Forward for Pregnant Women is located in an off-site home with 10 single bedrooms.

Acudetox: This acupuncture protocol is a simple gentle placement of up to five small, sterilized disposable pins in specific sites on each ear. Clients sit quietly in a group setting for up to 30-45 minutes during pin placement. Acudetox has been shown to significantly decrease cravings for alcohol and drugs, withdrawal symptoms, anxiety, insomnia and agitation. Acudetox is offered to all of our Detox and Residential clients, and our outcomes show that 94% of those participating reported benefiting from this service. We also offer this service in some of our outpatient programming.

The Matrix Program: This is our most intensive outpatient program that meets three times a week. This program is offered either in the evenings or mornings and uses evidence-based curricula to assist those early in recovery with developing life skills, early recovery skills, relapse prevention skills and an orientation to the 12-step program. Matrix programs offer family programming once per week as a part of the regular group schedule, and individual and family therapy are scheduled as needed.

Outpatient Specialty Groups: Our services 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 may include anger management, grief, moms in recovery, veterans’ 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. Our therapists are trained in CRAFT (Community Reinforcement and Family Training) and Gottman’s Couples and Addiction Recovery.

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. We offer Vivitrol (naltrexone) as an option for opioid and alcohol users.

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): CRAFT is a behavioral program designed to help concerned significant others (CSOs) engage treatment refusing substance users into treatment. CRAFT teaches the CSO how to use their intimate knowledge of the substance user to motivate and increase the chance of the substance user entering treatment. CRAFT research has shown that almost 70% of people who use the program get their loved one to attend treatment. We offer bi-monthly “lunch and learns” for loved ones, as well as individual appointments for CSOs who are seeking help for their loved one in active addiction.

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