

## Program Overview

*NEXT STEP LIVING* is a female specific, ages 15 to 21, transitional living program for 12 individuals with addictive behavior issues. The program is based on a 12 Step Model. Research and experience indicate that the group milieu is the program of choice for dealing with addiction. Research and experience also indicate that residents who have family participation in Family Therapy as a part of programming have the best opportunity to maintain their recovery. The program requires a minimum six month commitment and an open-end on maximum length of stay. Below is a "typical" outline for the program process. Each resident at Next Step Living is an individual and thus, the program process and total length of stay may vary for each resident. Residents will receive offsite therapy consisting of: one individual session, one family session, and four group sessions and/or 12 Step meetings each week.

### Re-Entry Phase

This is a period of "settling in", getting to know fellow residents and learning the guidelines and expectations of the program. During this time, the resident will enroll and begin school and/or secure suitable and gainful employment. Residents will begin to accept and comply with the intense schedule of therapeutic daily activities and programming. Residents will identify and appropriately express emotions, identify and appropriately deal with self-defeating thought and behaviors, and actively participate in their own goals and objectives planning.

### Discovery Phase

Residents will continue emotional development by initiating honest and authentic relationships and develop and practice the skills for dealing with emotions and impulsive thoughts and behaviors. Residents will accept responsibility for, and the consequences of, their behavior-both past and present, using the 12 Step recovery suggestions. Each resident will become actively involved in a 12 Step program, begin to deepen their spiritual life and concentrate on their physical health, wellness and fitness. Residents will initiate and demonstrate more independent living skills (self-care, appearance, household responsibilities, time management, budgeting, etc.)

### Commitment Phase

Residents will integrate the living skills that they have gained into daily living. They will develop greater independence and trustworthiness using their 12 Step program, sponsor, friends and counselors for support. During this phase, they will make discharge plans, including future education and employment, and living arrangements. Residents will find aftercare counseling in their local area of relocation.

History suggests that family members of program residents need a great deal of support while becoming educated about the disease of addiction, identifying how the disease has affected their lives, and beginning their own healing process. Al-Anon, Alateen, Open AA meetings and Families Anonymous are strongly recommended as resources of support for understanding and recovery from the deep pain of the family illness. We encourage participation in family therapy as well as family meetings. We are available to help with accessing any additional resources to meet the needs of the resident and/or family members.