

## **NEXT STEP LIVING**

200 N New Mexico  
Celina, TX 75009

**972-382-2224** Office  
**972-382-2249** Fax  
www.nextstepliving.net

# **PROGRAM PHILOSOPHY**

### General:

*Next Step Living* is a spiritually based program. NSL is a structured and supervised transitional living environment designed to empower, support and assist recovering females, age 15 to 21, achieve healthy, responsible and productive lives. NSL is a totally nicotine free environment. The program requires a minimum commitment of 6 months and residents are required to have successfully completed a primary residential treatment program for addictive, self-destructive behaviors. The residents are screened for admission following referral for extended services and will be evaluated on an individual basis for appropriateness of placement. Direct transport from primary care is strongly recommended and shall be the sole responsibility of the incoming resident and her family.

### Goals and Purposes:

Next Step Living's primary purpose is to assist young females further develop and utilize the recovery skills important in maintaining a positive and productive lifestyle and to maintain abstinence from addictive, self-destructive choices. Other goals and objectives are:

- a) to assist residents in learning to identify and express emotions appropriately
- b) to assist residents in identifying problematic areas of their life and make changes and choices
- c) to achieve an improved outcome
- d) to assist residents in developing a positive relationship with themselves that will facilitate being responsible and accountable to and for themselves
- e) to assist residents in building and improving communication, social and interpersonal skills
- f) to assist residents in contributing positively as a member of the house, local community and society as a whole

### Geographical Area Served:

*Next Step Living* provides services to females, age 15 to 21, referred to NSL from throughout the United States and other parts of the world.

### Services Offered:

- 1) Individual Counseling
- 2) Family Counseling
- 3) Group Counseling
- 4) 12 Step Programs
- 5) Spirituality
- 6) Life Skills
- 7) Social Skills
- 8) Personal Skill Development
- 9) Exploring Educational Opportunities
- 10) Recreation
- 11) Employability Assessment and Development
- 12) Self Care
- 13) Awareness
- 14) Nutrition
- 15) Fitness, Health and Wellness
- 16) Creative Arts Program
- 17) Creative Writing Opportunities
- 18) Volunteer Opportunities
- 19) Exploring Hobbies and Crafts
- 20) Practice the Gift of Giving

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**Program Philosophy (continued)**

*Next Step Living* addresses issues related to "living" in society today with daily practical application of recovery tools as learned through The Twelve Steps Program. An eclectic approach, serving the individual needs of the resident, is designed to achieve a life of serenity, peace and prosperity as promised by "practicing the principles in all our affairs."

*Next Step Living* exercises a very limited level of tolerance for at-risk behaviors, such as: use of any substances (including nicotine); sexual acting out; assault (physical, etc.); stealing or major acts of dishonesty; truancy from school, work or other responsibilities; willfully violating NSL house guidelines; and, unwillingness related to programming. Random drug screening will be required. Residents will be recommended to return to referring residential treatment if discharged at staff request.