

STEP**2**
SERVICES



REDFIELD RESIDENTIAL FACILITY

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While each client follows a separate, individualized treatment plan, the average stay in our Redfield Residential Facility is approximately 10-12 weeks. Clients live in dormitory style rooms and engage in supervised social, therapeutic and creative activities at the residence. Clients spend 30+ hours per week engaged in therapeutic activity (groups or one-on-one counseling) at STEP2's Family Counseling Center from 8 am to 4 pm Monday through Friday.

Group topics include:

- Addiction Education/Relapse Prevention
- Domestic Violence Education & Prevention
- Parenting in Recovery
- Seeking Safety
- Healthy Relationships/Communication
- Anger Management
- Trauma Education

Comprehensive life skills and life style services are offered during this time and ongoing through all levels of treatment. Daily routines are established and support is given to clients through 24-hour staffing.

Parenting classes are offered, including new born care and lactation consulting.

Nutrition classes are offered in which clients will work with STEP2's nutrition advocate to plan healthy meals on a budget, create shopping lists, grocery shop and prepare meals for up to 20 clients. A portion of the food for STEP2 residential clients comes from the Food Bank of Northern Nevada.

Community Service is encouraged and once a month clients will go to the Food Bank to volunteer. Clients are given the opportunity to exercise and are encouraged to walk the campus regularly.

Once a client has been in treatment for approximately 3-4 weeks, they are able to access resources in the community, such as obtaining valid identification, and attending to medical, dental and legal needs.

When clients near the end of residential treatment (approximately 8-10 weeks) they attend an employment development program where they take interest, skill and personality assessments, build resumes, learn interview skills and have access to interview clothing. All clients who complete this program create a professional resume and are provided transportation for job search and interviews.

Breaking the cycle of addiction in families

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INTENSIVE OUTPATIENT & OUTPATIENT SERVICES

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STEP2's intensive outpatient and outpatient services are designed to provide women living in the community with the knowledge, skills and support to maintain sobriety or assist them with getting back on track. Our client-centered practices are gender specific and focus on issues that impact women as they continue or enter into their recovery journey.

Our core groups (listed below) assist them with developing the skills necessary to live independent and healthier lives.

- Parenting
- Overcoming Trauma
- Domestic Violence Education & Prevention
- Planning for Recovery
- Relapse Prevention

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PREGNANT AT STEP2

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Clients that enter treatment pregnant receive individual case management to include:

- Transportation to Doctor Appointments
- Access to WIC
- Access to TANF
- Access to Car Seats
- Referrals to Wanda's Closet & Diaper Bank

Residential clients reside in maternity dorm rooms that include bassinets changing tables and exclusive bathrooms.

Once a pregnant woman has delivered, she is offered lactation support, infant care support and sleep safety information.



TRANSITIONAL HOUSING

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Once a client has successfully completed residential treatment she is eligible for STEP2's Transitional Housing program. STEP2's Transitional Housing (the Lighthouse Campus) has 25 cottages ranging from one, two and three bedrooms.

A woman and her children move into a fully furnished home (furnished entirely by community donations) and upon successful completion of treatment, she will take all of the furnishings with her when she moves to her next home.

Children can live with their moms in the cottages and STEP2 partners with courts, CPS and other agencies to support moms in reunifying with their minor children.

Clients will pay rent (1st month is free, 2nd month is ½ rent and 3rd month is full rent and 4th month is full rent) and are encouraged to stay for a year but are not limited to only a year. STEP2 is able to provide positive rental history references for clients who are financially compliant.

Clients will receive case management services to address monthly budgets, schedule, child care, TANF, resources and future housing.

STEP2's Community Engagement Coordinator provides weekly activities, such as hiking, art museums, swimming, yoga, theater, art events, and sober support groups so that the clients can build healthy support and social networks outside of STEP2.

Clients plan for, maintain and consume food from a community garden on campus.

Partnerships in the community allow for clients to enter into the workforce smoothly and for them to receive ongoing support to attain employment offering a livable wage.

Clients form a "Community Council" and are responsible for maintaining a healthy and active community, as well as giving back in the form of peer mentorship to residential clients and community service through maintaining the campus and garden.

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