1st Step Residential Treatment Program

Welcome to the First Step 45 days Residential Treatment Program. You will find that the program is a Modified Therapeutic Community designed to provide a series of 15 days program. The program has three phases.

Phase 1 Assessment phase
Phase 2 Entitle phase
Phase 3 Recovery phase

The focus is on the Re-socialization of the individual and use the programs' entire Community resources including other residents, staff, and the social context as active Components of treatment. Addiction is viewed in the context of an individual's social, Psychological, cultural, and spiritual deficit and treatment focus on developing personal Accountability and responsibility, and socially productive lives. Treatment is highly Structure with the context of group using the 12 Steps as pathway towards sobriety and Wellness with our Mission "To Reduce Public Intoxication".

1st Step is a program designed to give the client motivation to continue their Treatment either in aftercare and/or referral into other Inpatient Treatment Program. The 1st Step is an intensive Therapeutic Community Program with a multilevel approach to Guide the client through various steps toward building a sobriety/well-briety life style. You will be monitor for alcohol daily and drugs randomly. You must attend all sessions to learn the many facts of you and your environmental experiences. All three Phases will be assigning Homework assignments must be completed and submitted to the counselor for their review and signature. Nature walks and outings are few and clients are encouraged to participate as part of the community.

During the Phase I- first 15 days you will not be allowed to leave the building. You will be allowed weekend visitations on Saturday and Sunday from 1pm to 5pm. The first time you will complete all the required Assessments and homework assignments. For instance, write a letter to alcohol/drug about your past to the present, and how you are going to change toward a sobriety life style. Complete the "All about Me" Inventory to learn more about you.
During the Phase II- second 15 days you will be allow therapeutic weekend pass to leave the building. The therapeutic pass is design to help you connect to your home and community. Homework assignments must be completed and submitted to the counselor for their review and signature.
During the Phase III- third 15 days you will be allow therapeutic weekend pass to leave the building. The therapeutic pass is design to help you connect to your home and community to seek employment, Housing and education.
We hope you have a positive Therapeutic experience toward your recovery.

Thank You,
The 1st Step Residential Treatment Program Staff, 505-722-2177 ext 110