

## About Us...

At 1<sup>st</sup> Step Referral Services providing Substance Abuse treatment is not *just* about conducting weekly sessions and sending out reports. It is about creating an environment that encourages our clients to learn and to grow in, so they are prepared and inspired to remain substance-use free.

We understand that any person attempting to transition into an abstinent lifestyle will meet with daily difficulties over an extended period of time. We also understand that substance abuse has often affected many areas of the client's life. Our commitment is to offer a meaningful, personal experience.

### *Here's Our Promise:*

- *To view each client as an individual with unique needs, challenges and strengths.*
- *To provide opportunities that supports a well-rounded recovery experience.*
- *To offer a comfortable, yet challenging, environment where each client can excel at developing and maintaining a long-term lifestyle of abstinence.*

To assure the highest quality experience, clients establish and work towards personal goals & objectives, complete weekly Self-Awareness Reports, attend support groups and actively develop their personal recovery program in addition to attending sessions.

## About Programming...

The basic OP Programming consists of an Intake, a minimum of 10-consecutive weekly sessions and a Discharge/After Care Planning session. Actual length of programming is based on referral requirements, policy compliance and progress in the program.

### Recovery Session Topics

- #1 - *Symptoms of Addiction*
- #2 - *Evaluating the Effects of Addiction*
- #3 - *The Process of Recovery*
- #4 - *Managing Cravings, Places & Things*
- #5 - *Relationships in Recovery*
- #6 - *Self-Help Groups & Support System*
- #7 - *Managing Feelings in Recovery*
- #8 - *Coping with Guilt and Shame*
- #9 - *Warning Signs of Relapse*
- #10 - *Coping with High Risk Situations*

Enrollment can commence at any point and continues until all topics are successfully addressed and requirements fulfilled.

Programming is structured to accommodate up to 52 weeks of treatment and/or relapse prevention. Each additional 10-week phase involves additional emphasis on individual recovery development and relapse prevention.

## Policy Overview...

**PUNCTUALITY** - Clients are required to be on site and ready to begin sessions at the scheduled time. Late arrivals interfere with the quality of the session and affect other's participation in the program.

**ATTENDANCE** - Weekly attendance is required to remain in the program. Clients have the opportunity to schedule a make-up session at a higher fee.

**NOTIFICATION** - Participants referred by a third party will sign an Authorization to Release Information that allows notification regarding participation, attendance and progress in the program.

### **PAYMENT** -

- Cancellations fees are applied to missed sessions
- Payment is due at the time of service: cash, check or MO
- A 4% processing fee applies to advance credit card payment
- We do not bill or provide medical coding for insurance companies

**ABSTINENCE** - Clients enrolled in OP programming are expected to be abstinent from alcohol and other drugs unless medication is prescribed and regularly monitored by a primary physician for a specific documented condition as recognized by the AMA.

## ***A Personal Note to our Clients:***

*My name is Ken. I am an alcoholic. I have also been sober for 23 years. But, I assure you I have never forgotten the fear and uncertainty I experienced as I walked through those metal doors into my residential treatment program.*

*December 23, 1988 I entered treatment. All I got that year for Christmas was a pad a paper and a pen. Instead of being with my family, opening gifts and eating a big meal, I was sitting with strangers and watching the snow cover my Toyota in the dreary parking lot below. I thought it was the worse Christmas I could ever have. Today, I know it was my best.*

*Before that day, I knew there must be something better in life than what I was going through – having been fired from a job after 22 years and on the verge of losing a second marriage, not to mention the lack of respect I felt for myself. But, it never dawned on me that my substance abuse was at the root of it all.*

*Through recovery, I have come to understand and accept my dependency. At 39 years of age I finally became the person I always wanted to be. And ever since then, I have had a new outlook on life.*

*For 21 years I have been committed to using my experience to help others on their journey to a better, substance-free lifestyle. I look forward to working with you and witnessing the 12 Promises of Recovery come alive for you, your family and your loved ones, just as they have for me and countless others in the program.*

*Sincerely,  
Kenneth L., CADC/CPS-M  
Certified Addictions Counselor*

## **OP PROGRAM FEES**

### **LEVEL-1 OP PROGRAMMING:**

Intake & Orientation (Group)	\$75*	\$125
Weekly Sessions (Group)	\$30	\$30
After Care & Discharge (Group)	\$50	\$50

### **LEVEL-2 OP PROGRAMMING:**

Intake & Orientation (Group)	\$75*	\$125
Wkly Individual & Group Sessions	\$90*	\$110
Individual After Care & Discharge	\$90*	\$110

### **INDIVIDUAL OP PROGRAMMING:**

Individual Intake & Orientation	\$90*	\$110
Weekly Individual Sessions	\$90*	\$110
Individual After Care & Discharge	\$90*	\$110

### **DRUG & PBT SCREENING:**

(Applicable for current OP clients AND 15 min prior to OP session AND forwarded to Referring Agency **only**.)

5 panel Lab Verified drug screen	\$10 / \$15
10 panel Lab Verified drug screen	\$30
PBT Testing	\$5
ETG Testing	\$35

### **\*Washtenaw County Court Referral Rate**

**Payment Options:** Cash, check or MO

	<b>DAY</b>	<b>DATE</b>	<b>TIME</b>	<b>FEE</b>
<b>INTAKE:</b>	_____	_____	_____	\$ _____
_____ <b>Weekly Thursday OP Group Sessions Starting:</b>			@ _____	

## **DIRECTIONS**

**From I-94:** Take exit #183 (Huron St.) towards Ypsilanti. / Pass Michigan Ave. / Turn left on Pearl Street. / Arrive: 1<sup>st</sup> building on the right.

**From Michigan Ave:** Turn north on Huron Street / Turn left on Pearl Street. / Arrive: 1<sup>st</sup> building on the right.

**ONE BLOCK EAST OF AATA TRANSIT CENTER.  
FREE parking available off Huron Street  
between Michigan Ave and Pearl Street**

**1st Step Referral Services**  
Counseling &  
Prevention Services  
of Washtenaw County



**Substance Abuse  
Counseling  
&  
Relapse Prevention  
Programming**

**734-485-6161**

**110 Pearl Street  
Ypsilanti, MI 48197**

***www.1st-step.com***