

(4) Stepping Stones is based on the 12 principles of the Fellowship:

- *Acceptance*
- *Faith*
- *Surrender*
- *Honesty*
- *Courage*
- *Willingness*
- *Humility*
- *Forgiveness*
- *Freedom*
- *Perseverance*
- *Patience*
- *Love*

We believe that these are the corner-stones of the recovery process and the reason why the fellowships of AA and NA have been so successful in recovering people’s lives.

(5) The Stepping Stones program provides for individual counseling for all patients. Therefore, in addition to the 72-hour, 6-week group treatment experience, you will also receive individual counseling to address specific issues that you may be having difficulty with. Please be sure to talk with your Stepping Stones counselor about the individual counseling.

(6) No program is successful without the key ingredient of competent, highly skilled staff. You are fortunate to have some of the finest counselors in our Stepping Stones program. The counselors who work in this program were not assigned to do this—they

voluntarily chose to work in this program. These counselors wake up every morning with one intention in mind, and that is your health and welfare. We continue to hear from patients who completed the Stepping Stones program and they continue to be thankful for the talented staff who have worked with them.

Conclusion

I hope you now have a better understanding of why we consider our “Stepping Stones” program one of the finest in the United States. WVADS, Inc. earned its reputation because we continue to be responsive to the needs of patients, families, and consumers we serve. Don’t let anyone ever tell you that you are not special; *you are to us.*

WHAT ARE THE CRITERIA FOR ADMISSION TO THE STEPPING STONES PROGRAM?

- ◆ must be detoxified and have primary drug and/or alcohol diagnosis
- ◆ must be able to make commitment to six (6) week program, three (3) days per week.
- ◆ have some degree of family/social supports
- ◆ be free of any major disabling psychiatric conditions
- ◆ be 18 years of age or older
- ◆ must agree to maintain confidentiality of all patients in group

*“Some People Rehabilitate Homes, Playgrounds, Parks, or Communities
..... We Rehabilitate People’s Lives”*

WHAT AREAS DOES THE PROGRAM ADDRESS?

The program has been designed to provide the patient and family a multi-faceted therapeutic and educational experience. The therapy will address salient and specific areas that have been historically significant to chemical dependency. An example of issues addressed in the “Stepping Stones” program are:

- ◆ Roots of Addiction
- ◆ Powerlessness and Unmanageability
- ◆ Chemical Dependency Is A Three Level Disease:
 - Physical
 - Emotional
 - Spiritual
- ◆ Dependency Roller Coaster
- ◆ Progression of the Disease
- ◆ Effects and Consequences of Use
- ◆ Life Management Skills
- ◆ Stress and Addiction
- ◆ Dealing With Anger and Resentment
- ◆ Role of Fellowship in Recovery
- ◆ Role of Self-Defeating Behaviors
- ◆ Process For Making Change
- ◆ Moving On
- ◆ Relapse Prevention
- ◆ Building a Sobriety Plan

For more information on our Stepping Stones Program, please call



(570) 820-8888
437 North Main Street
Wilkes-Barre, PA 18705



WVADS, Inc. is licensed by the Division of Licensing, Penna. Dept. of Health, and is a 501 C-3 charitable organization in the Commonwealth of Pennsylvania.

Member, United Way of Wyoming Valley
Member, Luzerne-Wyoming Counties Drug & Alcohol Program

“STEPPING STONES”

A UNIQUE INTENSIVE OUT-PATIENT EXPERIENCE

developed by

**Wyoming Valley Alcohol
and
Drug Services, Inc.**



**“YOUR FIRST STEP
ON THE JOURNEY OF
RECOVERY”**

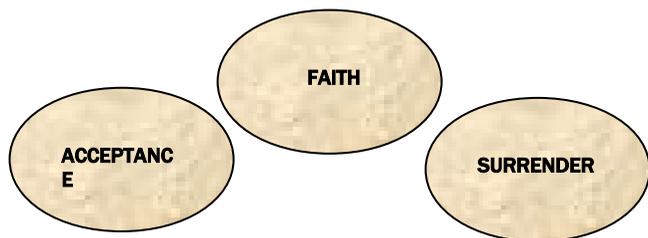
**Pioneer of Out-Patient Counseling and
Prevention/Education Since 1973**

WHAT IS THE STEPPING STONES PROGRAM?

It is an intensive out-patient counseling experience that utilizes what is called a partial hospitalization model. This simply means that the patient will be provided 10 plus hours of group counseling per week. We named it the “Stepping Stones” program because it is patterned off the 12 principles of the Fellowship programs. WVADS, Inc. has a rich treatment history dating back to 1973. We have taken these experiences, studied them carefully over time, and developed a powerfully successful program that we call “Stepping Stones”.

WHO PAYS FOR THE STEPPING STONES PROGRAM?

We are pleased to report that most all 3rd party insurance companies pay for our Stepping Stones program; traditional Blue Cross of Northeastern Pennsylvania, First Priority, Geisinger, PA Medical Assistance through Health Choices, United Behavioral Health, just to name a few. Additionally, the Luzerne-Wyoming Counties Drug & Alcohol Program and The United Way of Wyoming Valley provide us with treatment dollars to pay for those individuals who do not have 3rd party insurance coverage. Our agency is also set up to accept VISA, Discover, and Mastercard payments.

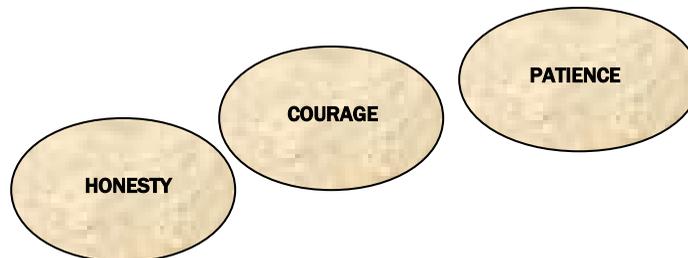


HOW DO I GET REFERRED INTO THE STEPPING STONES PROGRAM?

Just talk to any one of our staff at WVADS, Inc. It’s that simple. We will set you up with a prompt appointment to discuss the particulars of the program. We have an open admission to “Stepping Stones”, which means a patient can enter at any time. This allows for immediate access to treatment so that your recovery program is not put on hold. Your recovery is our #1 goal, and we will work diligently to insure that you are given every opportunity for rehabilitation.

CAN MY FAMILY RECEIVE TREATMENT WHILE I AM IN THE STEPPING STONES PROGRAM?

Absolutely! We have a Family Program that is held every Wednesday evening at our Wilkes-Barre office from 6:00-8:00pm. Additionally, if your family is interested in scheduling an out-patient counseling appointment to confidentially discuss family specific treatment issues, they can do so at any time. Addiction is a family disease and the efforts for recovery and rehabilitation increase significantly when the entire family receives treatment.

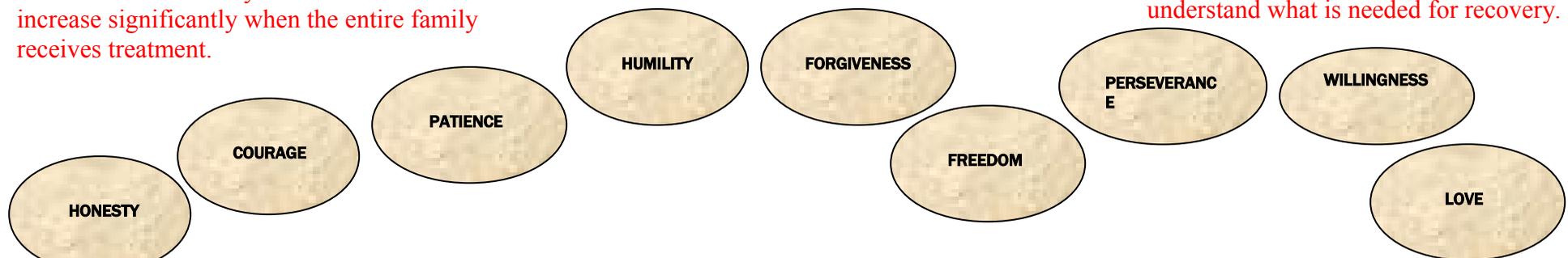


WHAT KIND OF SCHEDULE WILL I BE REQUIRED TO FOLLOW?

When we developed the “Stepping Stones” program, we did so with you, the patient, in mind. We established 3 separate treatment tracks to accommodate the schedules of patients we serve. We have a morning program from 9:00am to 1:00pm, an afternoon program from 1:00pm to 5:00pm, or an evening program from 5:00pm to 9:00pm. We meet 3 times each week for 4 hours each, or a total of 12 hours of treatment weekly. The commitment you are required to make is only 6 weeks. Think about this! A life-changing treatment experience that only requires 6 weeks. This is not to imply that recovery can be accomplished in a 6-week period. It does mean, however, that you can lay a strong foundation on which to build a lifetime of recovery one day at a time.

WHY IS THE “STEPPING STONES” PROGRAM SO EFFECTIVE?

Simply put, it was designed with the patients’ needs in mind. Additionally, we believe it has proven effective for the following



reasons:

- (1) The “Stepping Stones” treatment experience is an intensive experience with little disruption to your family life, job, or outside activities. It is structured to provide 3 days of treatment per week, with each day consisting of 4 hours of group treatment. Additionally, by spreading it over 6 weeks, it allows you, the patient, an opportunity to absorb the information more effectively.
- (2) We have designed 3 tracks to the program to accommodate the schedules of the patient. By accommodating the patient through flexible scheduling and understanding their other family and work obligations, we have developed a partnership with patients who enter our Stepping Stones program.
- (3) The treatment experience utilizes a curriculum designed to address the various issues and topics facing the patient. Keep in mind that our agency has been providing addiction treatment since 1973, therefore, we have a rich history of understanding not only addiction, but, more importantly, we understand what is needed for recovery.