

# I need help. What are my first steps?

Your first step is to **CALL US!**

Seeking help is often a complex, frightening and confusing process. We will make that first step as easy as possible by completing an inquiry over the phone. This inquiry involves giving us basic information about yourself, such as demographic information and details about your substance use and any other problems you might be encountering.

## To get started, please call 812.473.3144

Choose Option 1 for **Outpatient** Services

Choose Option 2 for **Residential** Services

If you are interested in residential services, your inquiry will be reviewed within 24 hours. We will then recommend next steps. Sometimes treatment starts at a hospital, attending to medical concerns. Other times, we schedule a time for you to come in for admission to a residential program.

If you are unsure if you want residential or outpatient treatment, you are welcome to complete a residential inquiry to see what we recommend based on your substance use and treatment history.

Regardless of where you are, your best place to start is by making a phone call or stopping by and completing an inquiry in person.

***We have staff available by phone 24/7 at 812.473.3144 to answer your questions about services and admission criteria***

*If you or a loved one are in a crisis, please call our 24-hour Crisis Line at 812.422.1100.*

## Our Service Locations:

Stepping Stone/Stepping Forward  
4001 John St.  
Evansville, IN 47714  
812.473.3144

Spear Building  
415 Mulberry St.  
Evansville, IN 47713  
812.423.7791

Levell Center  
410 Mulberry St.  
Evansville, IN 47713  
812.436.4243

Gibson County Office  
320 S. Fifth Ave., Princeton  
812.385.5275

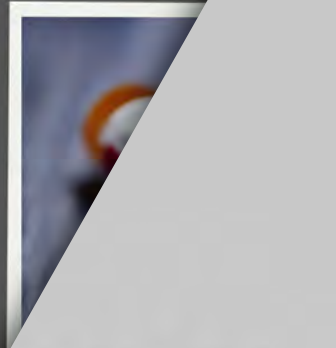
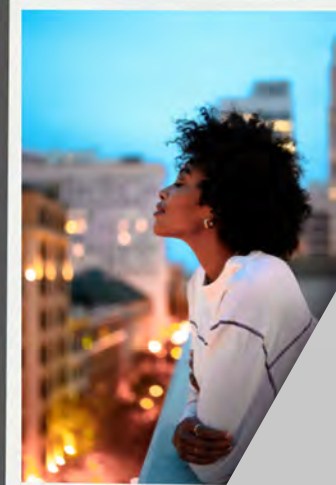
Warrick County Office  
315 S. Third St., Boonville  
812.897.4776

Posey County Office  
309 N Sawmill St., Mt. Vernon  
812.838.6558

## CONNECT WITH US:



[southwestern.org](https://southwestern.org)



# ADDICTION *Services*



**Providing a full continuum of residential and outpatient services for addictions and co-occurring mental disorders is our top priority. Our staff take pride in our programs being some of the best in Indiana. We accept clients who are prescribed all forms of medication-assisted treatment (MAT) as well as coordinate care with their provider to ensure that they are getting the best possible outcomes. We offer outpatient and residential services at our Stepping Stone facility in Evansville. Outpatient services are conveniently offered in Gibson, Posey, Warrick, and Vanderburgh counties.**

**Residential Program:**  
*Stepping Stone*

- ASAM 3.5 Clinically Managed High-Intensity Residential Program.
- Typical length of stay is 21-28 days.
- Structured, evidence-based programming from 8:15 AM-10:00 PM daily.
- Services include therapy (individual, group and family), comprehensive case management, psycho-educational classes, and peer services.
- Psychiatric Addictions Specialist available to assist with any medication and/or co-occurring psychiatric needs.
- Primary care services available with a Family Nurse Practitioner.
- Orientation to mutual support group meetings in the community.
- Family Education programming on Saturdays.

**Intensive Outpatient/Matrix Program:**  
*Warrick, Posey, Gibson, Stepping Stone and Levell Center*

- Our most intensive outpatient programs that:
- Meet as a group three times a week utilizing evidence-based curriculum.
  - Provide services that include therapy (group, individual and family), case management, education classes, peer support, and family education.

**Stepping Forward Programs:**  
*Stepping Stone*

- ASAM 3.1 clinically managed low-intensity residential programs.
- Programs for women and men at separate locations.
- Structured three-phase programs which provide 24-hour support and treatment to include group, individual and family therapy, case management, skills training, psychoeducational classes, and peer recovery services.
- Offering priority admission to pregnant women who are able to stay during their pregnancy and after the birth, with their newborn. This time frame depends on demonstrated need, with the goal of eventual transition to independent living in the community.
- Developed for clients willing to commit to a minimum of 30 days.
- Certified Level IV recovery residences by the Indiana Division of Mental Health and Addictions.

**Individual Therapy:**  
*All locations*

- Individual therapy focuses on the client's unique set of emotions, thoughts, and history.
- Collaboratively work toward individual solutions to enhance recovery.



**Outpatient Specialty Groups:**  
*All Locations*

We are always evolving to meet the needs of the community. These groups:

- Typically meet one or two times per week.
- Are designed for those who have some period of sobriety and have already completed an intensive program.
- Include specialty groups such as Dialectical Behavior Therapy, Mindfulness-Based Relapse Prevention, and more.

**AcuD detox:**  
*Stepping Stone*

AcuD detox is a specialized acupuncture protocol that:

- Includes a simple gentle placement of five small, sterilized disposable pins in specific sites on each ear.
- Occurs where clients sit quietly in a group setting for 30-45 minutes during pin placement.
- Is proven to significantly decrease cravings and helps with withdrawal symptoms, anxiety, insomnia, and agitation.
- Is offered to all residential clients and in the outpatient mindfulness group.

**Alumni Services:**  
*Stepping Stone*

- Alumni serve as mentors to those completing the intensive program.
- Assist clients with the transition from treatment to recovery.
- Organize regular alumni support group meetings and other special social events.

**There are other treatment providers for addictions, so why choose us?**

We work hard to deliver programming that parallels well-known national facilities who may charge thousands of dollars for their services. Our staff is committed, well-trained, and devoted to your care. As a private, not-for-profit agency, we are also proud to offer the same effective, intensive treatment to everyone who walks into our doors seeking help, regardless of the resources they bring.

We collect data from those served in our programs to help determine the areas in which we are making an impact. This data has shown, with solid statistical significance, that those completing our programs leave with greatly improved self-esteem, better decision-making skills, and expectancy that they will not use substances again. In addition, our clients report improvement in any co-occurring symptoms they initially presented. We know our program is helping our community because our community is telling us that it is. Together we can improve your life or the lives of the ones you love. We hope you'll take this journey towards recovery with us.



*Southwestern Behavioral Healthcare meets the licensing and accreditation standards of the Indiana Division of Mental Health and Addiction and is Joint Commission Accredited.*